



Celebrating Our Members

June 5—9 Seniors' Week

Many of our Members were born and raised in the 50's and 60's when times were definitely different but the pace of innovation was just as fierce. The electric wheelchair made its debut in 1952. The instant replay was invented in 1955 and used to replay a goal on CBC's Hockey Night in Canada. In 1963 the Wonderbra was created and IMAX film came into being in 1967. Not to mention the conflict in Korea and later in Vietnam. In 1950 the cardiac pacemaker was invented which has saved countless lives, and no doubt some of our Members. The contributions of Canadians 55+ are too numerous to mention but they have shaped us all in some way or another. The younger people have a lot to thank you for and its time to celebrate your age, your wisdom, your experiences, and your future.

- June 5 @11: 00 AM—2:00 PM Seniors' Week Kick-Off Event. City Hall 1 Sir Winston Churchill Square hosted by Age Friendly Edmonton. You are invited to the Seniors' Week kick off event! Join in as Age Friendly Edmonton volunteers, dignitaries and special guests mingle and mark the start of a week dedicated to thanking and recognizing seniors! There will be refreshments and entertainment for all to enjoy.
- June 5—9, **CLSA**, Free Coffee and Goodies, 11:00—2:00 PM each day.
- June 7, **CLSA**, Volunteer Meeting, lunch, and Volunteer Orientation, Starts at 12:00.
- June 8, **CLSA**, Cuppa Corner, Presentation: Capital Estate Planning and the debut of CLSA's videos on Ageism starring our very own members.





Message from the Board Chair, Alex Paterson

Hello fellow members!

I hope this finds you all doing well.

I have been reflecting that it was just what seems like a few months ago we were dealing with the COVID thing. It feels like we have turned the corner on that. Thank goodness!

The energy in the building is electrifying. What a contrast to what it was just one year ago. I want to focus my acknowledgement this month to each and every one of our staff and the volunteers. There are so many moving parts in operating a centre such as ours. I am utterly amazed when I consider all that the staff and the volunteers do mostly behind the scenes each and every day.

Please take a moment to thank the staff and the volunteers this coming week when you drop into the centre. I am sure they will downplay their personal contribution, but without each of them it would be a much different place.

If I were a drinker, I would raise a glass, but I am not, so let me just thank each and every one of you so very much for all that you do.

2023 continues to very quickly return things back to pre-COVID participation. I have said it before and here I go again, Membership is the lifeblood of our organization and with that I have a call to action that I would like to ask each of us, myself, board members and you as my fellow member; please invite one person that you know that is 55 years or older to join CLSA and take in a class or program. If each of us were to introduce just one person that becomes a member, we would double in size which would do more to strengthen our Association than pretty much anything else that the board or staff could ever do to insure our continued success.

I look forward to the summer and look forward to seeing you and your guest at the Centre.

Cheers
Alex Paterson

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US!



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

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 five 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 services 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.

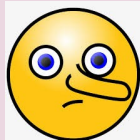
How often is the list updated? Where to do you find the providers?

We update the list of service providers monthly. The Home Supports Coordinators are always on the look out for new potential providers. At times we receive contacts from seniors that have used the provider previously.

West	North West	North East	Mill Woods	South West
Westend Seniors Activity Centre (780) 483-1209	North West Edmonton Seniors Society (780) 482-1958	North Edmonton Seniors Assoc. (780) 944-7470	Mill Woods Seniors Association (780) 496-2997	SouthWest Edmonton Seniors Assoc. (780) 860-2931
T5M T5S T5N T5T T5P T6M T5R T5V	T5E T5K T5G T5L T5H T5X T5J T6V	T5A T5Z T5B T6S T5C T5Y T5W T6A	T6K T6L T6N T6T T6B T6C T6E T6P	T6G T6H T6J T6R T6W T6X

Hold the Date!

Jun 5—9	Seniors Week
Jun 7	Volunteer Meeting and Orientation
Jun 8	Cuppa Corner with Cake!
Jun 16	Father's Day Ice Cream Social
Jun 20-21	Giant Book Sale
Jun 22	Cuppa Corner
Jul 3	Canada Day—Centre closed
Jul 6	Cuppa Corner: Magic Show—Magic Farley
Jul 27	Cuppa Corner: Edmonton Waste Management
Aug 28— Sept 1	CENTRE CLOSED TO ALL ACTIVITIES.



Many of our members have severe allergies to perfumes, hairsprays, and aftershaves. **Please avoid the use of scents at the Centre.**

Cuppa Corner Events

Every 2nd & 4th Thursday

11:00 AM — 1:00 PM

June 8—How insurance works at ANY age? And Cake!

June 22—Understanding Your Housing Options, Edmonton55

July 6—Magic Show, Magic Farley

July 20—NO CUPPA CORNER

July 27—Edmonton Waste Management

Aug 10—Learning about the Alberta Baroque Ensemble

Aug 24—Open House

Cuppa Corner takes place every **2nd and 4th Thursday of the month from 11 am – 1 pm**. See you there!

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

Comments or suggestions can be left in the suggestion box at the front office.

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. If refunds are given, then CLSA members are left holding the bag, fees will need to increase, and it makes planning very difficult. 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.



IT'S LIFE-CHANGING.

Finally! A local Doctor is helping cancer survivors live free from the constant pain and suffering associated with **Peripheral Neuropathy.**

Irreversible is not a word you want to hear from your Doctor, but it's a common one if you've been diagnosed with Chemotherapy-induced Peripheral Neuropathy or CIPN.

Elliott S. of Edmonton, AB survived testicular cancer only to be living life in constant pain. He felt as though he were walking on pins and needles, becoming weaker and weaker every day. "I was beginning to be worried that one day I would be wheelchair-bound.

Nearly half of the patients who undergo chemotherapy will develop Chemotherapy-induced Peripheral Neuropathy or CIPN.

Chemotherapy meds travel throughout the body and attack cancer cells, sadly they can also cause severe damage to healthy nerves. CIPN can begin within weeks of starting treatment and can worsen as treatment continues. A high number of really unfortunate people will be forced to endure the symptoms associated with CIPN for months, or even years after they've completed chemo.

When asked how CIPN was affecting his quality of life, Elliot responded **"It was difficult to walk up and down stairs and do other things we usually take for granted."**

The most common symptoms include:

- Pain, tingling, burning, weakness, or numbness in arms, hands, legs or feet
- Sudden, sharp, stabbing or shocking pain sensations
- Loss of touch sensation
- Clumsiness and trouble using hand to pick up objects or fasten clothing
- Loss of balance or falling

For some, their nerves will recover over time. For most, the nerve damage is **'irreversible'**. Elliott had been told just that by a series of Doctors and specialists. Essentially, they could cure his cancer but couldn't fix the damage done by the drugs used to cure his cancer.

Then Elliot made a call to Dr. Melanie Morrill Ac. of Accessible Acupuncture in Edmonton. Dr. Morrill Ac. is using the time-tested science of Acupuncture and a technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

After a series of treatments, Elliott was taking stairs with stride.

We have a split-level house and it has a lot of stairs. "This morning I walked down the stairs and made breakfast." Elliott shared.

"I remember thinking 'that's become mighty easy for me', I didn't have to hold on to the handrail or anything! It's life-changing to have my mobility back!"

Again and again, we meet with patients who were once diagnosed as "untreatable" or "incurable" but after receiving Dr. Morrill Ac.'s treatments are now living lives free from pain and suffering. For over 5 years she has been reversing the effects of CIPN and other varieties of Peripheral Neuropathy, including that caused by diabetes without invasive surgeries and medications that come with uncomfortable side effects.

If you've recently beat cancer only to find that you're living a life in constant pain and discomfort or you're struggling with the same symptoms as a result of either Peripheral Neuropathy or Diabetic Peripheral Neuropathy, Dr. Morrill Ac. and the incredible team at Accessible Acupuncture can help!

Dr. Morrill Ac. is once again accepting new CIPN patients. In an effort to protect her patients, she has made the difficult decision to limit the number of new patient appointments available. Only 10 new neuropathy patients will be accepted before the end of April. Call (587) 879-7122 now to schedule a consultation.

SCHEDULE a consultation TODAY
CALL 587-879-7122

HYS Centre 600, 11010 101 ST NW
Edmonton, AB
AccessibleAcupuncture.ca

New Horizons for Seniors Program

Service Canada has a long standing grant that provides organizations such as ours with funding that is used to enhance the lives of seniors in the community.

Central Lions Seniors Association is pleased to announce that we have received funding under the Government of Canada's New Horizons for Seniors Program for our TLC Health and Wellness Fair. Although the Fair was cancelled we will still be providing workshops, seminars, and presentations with the focus on health and wellness for seniors. The funds will be well spent and we appreciate that the New Horizon program allowed us to pivot while still meeting the main objectives of the project funding.

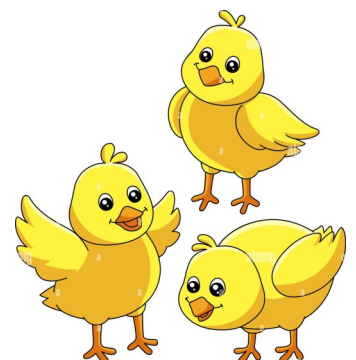
The funding has also allowed us to produce several short video's on ageism which are being edited and produced by Marie, our Marketing intern and features ten members of CLSA. The first of the video's will debut on June 7.

Musing of a Farmer's Daughter

My mom was a farmer, although in her day we didn't call her that. Dad was the farmer and Mom was the farmer's wife. But farming was what she did and she did it splendidly. Each spring we planted over 2000 hills of potatoes, three large gardens, and got 100—120 chicks. In the spring she would take us hunting for Morrel mushrooms and in summer we picked saskatoons, blueberries, pin cherries, and hazelnuts. In the fall we would butcher a pig, a cow, and most of the chickens. She would work long into the night to cut and wrap meat, blanch and freeze vegetables and make all sorts of jams, jellies, and preserves. I get exhausted just thinking of the work. She did all that while raising four children, helping out in the field during harvest, and keeping her home clean and safe. She was simply an amazing farmer.

Our family was musical, but my mom was not. We used to tease her that she couldn't carry a tune in a paper bag. That was until she stopped singing because we teased her one too many times. I didn't stop to think about all the things she did to make our music sessions fun by providing all the drinks and eats that we wanted. She was the best cook.

Thank goodness my mom is still with us. I get to tell her as many times as I can what a great farmer she was and what a special mom I had.



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 where the AB Gov will match your donation up to \$15,000.
- ◆ 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 Pont
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 a \$200 donation.**

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 Access Pass go to www.edmonton.ca/programs_services/leisure-access-program.

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



A White Woman's Life in the Native Community

In 1986 I met a wonderful Cree wisdom keeper, medicine man and teacher from Musquacis (Hobbema). In 1988 we made the relationship permanent. Life without each other became unthinkable. I was head of diagnostics in a rural hospital and active in politics and in the community, was well travelled, so I thought I knew lots.

Life changed drastically. I learned much as I sat with the wise elders.

I learned just how angry people can get when my life was threatened.

I learned about how the foundation of Native philosophy is to be WHO you are. You are born perfect so there is no need to improve on Creator's (God's) creation.

I learned how the policy of John A. McDonald to 'take the Indian out of the Indian' by kidnapping the children, locking them up, denying them their freedom, their community and abusing them, never accomplished that. It just created the intergenerational trauma we see today. I thought about that no amount of abuse could take away the fact that I am Danish, and I will always be.

I learned that the traditional philosophy of harmony was a pillar of their society. I learned about a justice system which strived not to punish, but to re-create harmony when harmony was broken. I learned about true democracy where everyone who wanted a say got one. I learned about our spiritual selves and how we celebrate is all good if it is harmonious. I learned about how all beings in nature have a very important purpose. So many things I never thought about before.

Then I asked myself why didn't I know these things? I didn't know because we believed our government and the media who believed the people who ran the residential schools who said that native people were nothing but savages, so that became the settler's false narrative.

I learned that we can learn much from so-called savages from all over the world.

Thank you, Creator, for my journey.

Rita Makkannaw



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Spring/Summer 2023 Program Guide Corrections

- ⇒ Cards & Paper Crafts – SC-004 – June 19
- ⇒ Ukulele: The next step – SM-009 – 8 weeks
- ⇒ Ukulele: Advancing Along – SM-010 – 8 weeks
- ⇒ Stained Glass – Sstainedglassw - 8 weeks
- ⇒ Stained Glass – Sstainedglassw* - Member Rate \$40.00

CLSA Rummage Sale—September 8 & 9

Don't know what to do with the boxes of "stuff" in the basement? Do you need to purge because you are downsizing? Just tired of your things and want a change? Bring your gently used items to Central Lions Seniors Association and donate them for our Fall Rummage Sale. **We will be accepting donations starting June 12.** Please call ahead to ensure we can help you unload.

We cannot accept:

- Clothing of any kind
- Large Furniture
- Broken appliances
- Outdated electronics
- Cosmetics



2023 Memberships On Sale Now. Only \$35/year!

Get your 2023 membership today! Members who have already purchased 2023 memberships, can register online for spring/summer programs any time here: <https://app.booking.ca/centrallionspub/account/index.asp>.



New to CLSA? Call 780-496-7369 or visit us to get your **2023 account profile** set up. Please note, you must have a 2023 Membership in order to access Member pricing. You must have a CLSA activated profile to use the online registration program.

6 Things to Plan to Age Well Where You Live

Planning ahead before you need additional services is the key.



- Plan resources and services you can call on to help you at home
- Plan how to best use the space in your home as your health needs change
- Plan different housing options to be prepared when your current home doesn't work for you
- Plan to proactively stay in charge of your health, your mindset and your skills for aging well
- Plan for how you will support yourself, how your family can support you, how your community can support you
- Plan for finding joy and passion in every day of your life



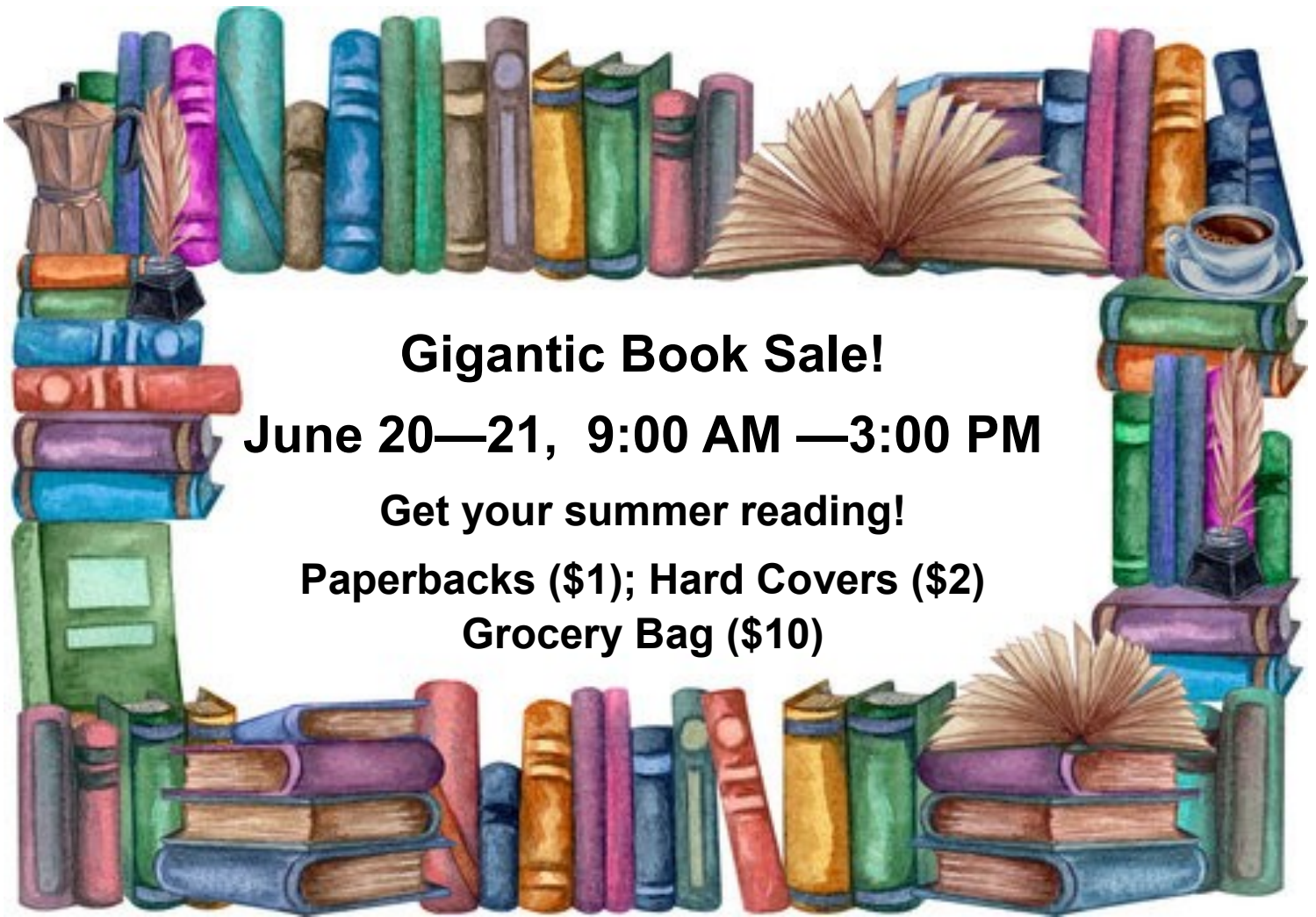
Central Lions Seniors Center

On location every

Tuesday 2:15-3:15pm

Thursday 1:00 -2:00pm

Save up to 40% on groceries



Gigantic Book Sale!

June 20—21, 9:00 AM —3:00 PM

Get your summer reading!

Paperbacks (\$1); Hard Covers (\$2)

Grocery Bag (\$10)

Protect Your Savings

If you're sick, hurt, or hospitalized, how will you cover ALL your expenses such as home care, snow removal, or pet sitting?



**Talk with Alex Paterson
780-907-4672**

james.paterson2@combinedagent.com

Most seniors don't think they can get insurance coverage for hospitalizations, illnesses, or injuries after 65 but we protect to 85 and some for life, including cancer, heart attack and stroke.



HAWAIIAN Luau Fundraiser



The Spring Fundraiser was a great event that cleared over \$6900 for CLSA programs and social events. Thank you to the Members who attended, to the many volunteers who helped run the event, and our Hula Honey's for entertaining the group. A special thank you to Paul and Robin who travelled from Vancouver to make the event special. An extra special thank you to my staff who worked so hard to pull off the event without their fearless leader who was on vacation in England. Your dedication and passion shows clearly in the work you do to make CLSA a fun place to be. Next year I promise not to plan a vacation during a big event at CLSA.

“SOMEONE”

Someone scattered diamonds of dew on the grass at Laurier Park.
The chickadees saw who did this but they’re keeping me quite in the dark.

Someone splashed patches of gold on the tree-lined path that I walk.
The squirrels are chattering wildly but they are refusing to talk.

Someone tossed white opals into the clear blue sky.
I asked the clouds who did this but they just drift lazily on by.
Someone set the leaves dancing to a soft silver-green tune
The wind puckers its lips, blows me a kiss and whistles merrily through.

Sad willows bow low, shake their heads, they don’t know
Who created this brilliant star-studded show.
The wild river chuckles and kicks up white spray
Spreads ripples of mirth and meanders away.

I chase after the old man but he curves and he bends
Now my path wanders off and then abruptly it ends.
The crows are caw-cawing loudly, what is it they want to say?
I stretch out on the grass, abandon my search, and simply delight in the day.

A cool breeze blows softly, quite out of the blue
Did I hear someone whisper, “I’ll tell you who!”
I glance quickly round, will I finally meet
The creator of beauty, that someone I seek?

Then suddenly, somewhere from deep down inside
The truth is revealed and I now realize
That creator of beauty I so longed to meet
The beholder of beauty - that someone - is me!

S.S

CLSA Gift Certificates Available!

Gift shopping made easy!
CLSA gift certificates are available at our front desk or call 780-496-7369. Birthday coming up? Buy the gift of art, music, fitness, or recreation for your loved one.



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.

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.



The winner of our latest 50/50 raffle was Susan Bilinsky. Congratulations to Susan for purchasing the winning ticket. Thank you to everyone who supports CLSA through the 50/50 raffle. The raffle continues to help provide programming for all of our Members.



Featured Programs



River Cree Casino: SO-002 & 003

Back by popular demand! Monthly outings to the River Cree Casino. Fee includes transportation, \$5 play money, and lunch. Meet in the CLSA atrium at 9:30 AM for a 10 AM departure to the casino. The bus departs the casino at 2:30 PM. for a 3:00 PM return to Central Lions. (\$10/person)

Walkers welcome. No wheelchairs please

Member/Non-Member Rate: \$10.00

**Thurs: June 15, July 20
9:30 AM - 3:00 PM**



Anatomical Gifts, Organ, & Tissue Donation:SHW-006

Who can donate their organs? What is tissue donation? What does it take to donate your body to science? What happens to the left-over bits? How do organ/tissue donation and body donation impact each other? In this session we will explore these and other questions, along with your rights and responsibilities when it come to donating and ensuring your wishes are known. (\$20 for Members) **Friday, June 9, 10:00 AM—12:00 PM**



Acrylics: Brushwork Painterly Style SPD-009

Under the guidance of a professional artist, learn how to create expressive painting with lots of tone, texture, brushwork and paint. Expressive or painterly style art embraces marks made by the paint brush or paint knife rather than trying to hide them. This style is not intended to look smooth or classical like a photograph. Supplies are extra, list available. (\$60 for Members)

**Fridays, June 9-30,
1:00 PM—4:00PM**



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Over 100 People Attend Mothers' Day Tea



**Beth Portman,
Entertainer
Extraordinaire**



**Holly from Mary Kay gave
coupons for free facials.**



**The Churchill and Our
Parents' Home brought
flowers for all.**



WESTJET RAFFLE

THE
WINNER
IS...

Please join me in congratulating Catharine Millson for winning the two Westjet Tickets at the Luau. The tickets were provided compliments of Westjet in support of our Members. We raised \$3320 on the sale of raffle tickets.



Welcome to the Neighborhood

You are invited to...

The 2nd Annual Oliver Community Seniors Trade Show

Our Parents' Home is pleased to extend an invitation to you and a guest to enjoy refreshments and delicious appetizers created by our New Revera Chef and kitchen, while you meet and mingle with local businesses in the Oliver area who cater specifically to the needs and interests of seniors.

Join us on the 14th floor for some pretty amazing views, good conversation and great food.

June 29, 2:00 – 4:00pm

Our Parents' Home - 10112 119 Street

Please RSVP to Tracy by June 27th
(as space is limited)

Tracy.Shaw-Ache@reveraliving.com
(780) 935-5922

Signs of A Scam

1. Asking for personal information. Ask for money.
2. Sending you money and then asking you to transfer back.
3. Pretending to be a grandchild in trouble.
4. Telling you to pay to receive a prize.
5. Telling you to lie to your family, bank, or police.
6. Tries to confuse you.
7. Leaving you an alarming message.
8. Threatening you with arrest or fines.

If in doubt, assume it's a scam and ask forgiveness later.

Is It Too Late to Make Friends?

We know, and science backs us up, that social interaction doesn't just feel great but it does your mind and body good. While losing friends as you get older is common and very difficult, seniors who make the effort to stay social reap the benefits of better health and happier lives.

COVID really did a number on seniors. Not only did we lose many of our friends and family, we also lost the physical connections that are so important. Although a phone call, or a zoom chat helps, nothing can replace being in the same room with other people.

Taking an exercise class, attending social events like Cuppa Corner or volunteering at CLSA can make a big difference in your energy, your spirit, and your mind. Other people are in the same boat and are eager to meet and visit with others. It does take some effort but the rewards far out way the initial awkwardness of meeting new people.

Cuppa Corner is a great way to start. We have the free social event every 2nd and 4th Thursday of the month. Come out and join us.

10 Exercises That Can Keep Your Brain Sharp

Summarized from AARP by Hallie Levine

<https://www.aarp.org/health/brain-health/info-2022/workouts-for-brain-health.html>

We've known for some time that [what's good for your heart is good for your brain](#). This is especially true when it comes to exercise. Studies show that regular physical activity can help lower the risk of dementia, and recent research offers some clues about why.

A 2022 [study](#) published in *Alzheimer's & Dementia* found that older adults who remain active have higher levels of brain proteins that enhance connections between neurons, which in turn improves their memory and boosts cognition. This protective impact was found in everyone, even in people showing [signs of dementia](#).

At CLSA you can participate in all of these:

1. Aerobic Exercise
2. Weight Training
3. Yogo
4. Tai Chi
5. Dancing
6. Pickleball
7. Ping Pong
8. Walking
9. Boxing
10. STEP

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



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. Relax with a seated, 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 \$55; Payable to Julie Leblanc

Clinic by appointment only:

To book an appointment call Julie @ 780-920-3149.
 Must be a CLSA Member to book.

YOU HAVE ENTERED
 A WRITER'S HOME

What happens here...



goes in my next book.

Calling All Writers

We want our CLSA newsletter to be more. If you are a writer and have a story to tell, please consider sending it to us for publication in our Newsletter. Stories should be no longer than 500 words. Only 1 or 2 can be published in each newsletter. Send your stories to info@centrallions.org.



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Volunteer Opportunities—Give the Gift of Your Time

Special Event Volunteers: Specific roles may include event set-up, decorating, hosting, ticket-taking, and inventory pre-/post-event.

If you are interested in helping out with any of the above roles, please send an email to Janice.isberg@Centrallions.org or call 780-442-0937.

Upcoming Volunteer Opportunities

- June 5—9: Seniors Week
- June 16: Father's Day Ice Cream Social
- June 20-21: Book Sale
- Aug 24: Open House

Welcome Home



Now Renting Studio, 1 bdr, 2 bdr & Lodge Suites!



Kensington Village
12603-135 Avenue NW
Edmonton, AB



Millwoods Manor
6640-28 Avenue NW
Edmonton, AB



Southside Manor
10751-29 Avenue NW
Edmonton, AB

Book a tour today at shepherdsgardens.ca

Be a part of the community

- Independent senior's living
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- Located near shopping, parks, and recreation



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You can sign-up
for one session
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TAKE YOUR
FITNESS ROUTINE TO
THE NEXT LEVEL!

Book your spot now!

Sessions are available
every Thursday:
8:30 am - 9:30 am
9:30 am - 10:30 am
10:30 am - 11:30 am
12:30 pm - 1:30 pm
1:30 pm - 2:30 pm
3 spots per time slot

Sign Up Today!

See the front desk
call 780-496-7369

Member Rate:
\$60.00 per session

A PAR-Q Form is Required
(available on registration)
Registration is for members only



WILLS, ESTATES & NOTARY.

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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

A Final Thought....

Our suggestion box is located by the door leading to the Association's office. Please feel free to add a suggestion or a comment. If you liked something, tell us. If you didn't like something, tell us. It's important that we receive all your feedback so we can better serve the Membership. I read each and everyone of your comments and will respond to constructive criticism with a phone call or email. I'd rather you tell me then tell everyone else. Give us a chance to fix the problem or discuss with you why something is done a certain way. The only way we can improve is to understand how our decisions impact you, as a Member.

