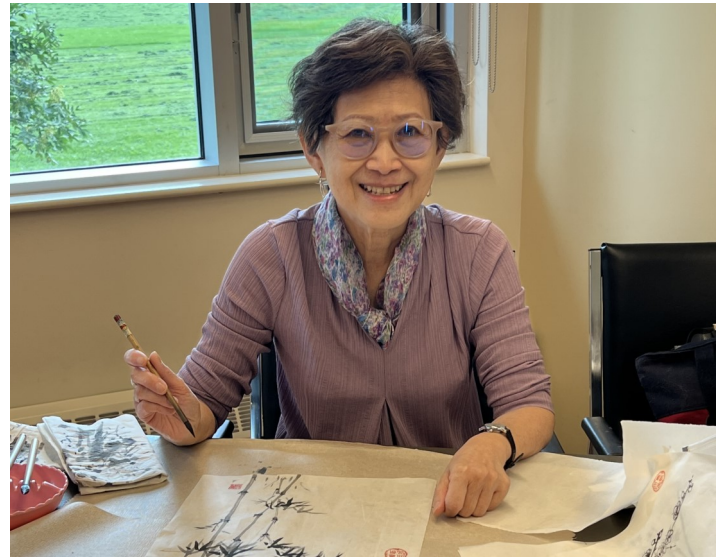




2023 Open House Was a Huge Success!!



CLSA welcomed over 650 members and guests to our Open House. Everyone had a chance to try out activities, spin the wheel for a chance to win prizes, and partake in our tradeshow featuring 22 vendors. Lunch was generously organized and served by the Host Lions Club. It was quite the day!



October Message from the Board Chair, Alex Paterson



Hello fellow members:

Well here it is, Fall already. It feels like we blinked and summer was gone.

What an exciting time at the Centre! There is so much activity. Classes are buzzing with energy. Membership has returned to pre-COVID numbers which makes it so much fun for everyone. The Open House had a huge turnout and the rummage and book sale was a great success!

I would like to do a shout out to the staff and our volunteers that worked tirelessly to put on the Open House and the rummage and book sale. I also want to acknowledge the staff of Ground Electric and All Core Construction. The owners of both of these companies had their staff at the Centre to help set up for the rummage and book sale, none of whom are members. Their generous offering of their manpower was a huge help.

We look forward to what promises to be a very busy Fall and Holiday season with the Night of Laughs comedy show on Oct 12 and our annual Holiday Gala on Dec. 14th.

You know I have a call to action in each of my messages and it's always the same - please think of a friend to invite to join you in an activity at the Centre. The more the merrier. We look forward to once again being the largest seniors' association in the world. Lol yup, I said world! World domination is the plan.

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

Cheers,

Alex Paterson

**FOLLOW
US!**



Like



Comment



Share

Follow us on Facebook and Instagram at
[@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. 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.

Rummage and Book Sale a Success!!!



On September 8 & 9, we hosted a massive rummage and book sale with the help of these volunteers (shown above) from All Core Construction and Ground Electrical. Without their help, we could not have moved and set up the plethora of treasures available.

Thank you to all the volunteers who helped out over the past month and the days of the sale to make it all happen. A special thank you to Sandy Aikins who organized the Rummage Sale and Donna Chanasyk who organized the books. These two, along with many volunteers and donors, made it possible to raise over \$6000 for the Association. A big shout out to the staff who worked many extra hours to help.



MOBILE FARMERS MARKET



Every Tuesday
2:15pm -3:15pm

AT

Central Lions Seniors Association

SAVE UP TO 40% ON GROCERIES



It's Not Retirement, It's "Rewirement"

The term "Rewirement" was coined by author Jeri Sedlar, a motivational speaker, social researcher, and co-author of the book "Don't Retire, REWIRE". It's about changing our mindset and focusing, not on what we left behind, but on what we have to look forward to. It's about finding your passion and understanding that you now have the time to pursue it more fully.

For the first time, you have the freedom to decide how to use your time. Rewiring is the process of reallocating your time to include the things that bring you pleasure. If you want or need to continue to work in some capacity this will constrain some of your choices and time. However, if this is not the issue, you're flexible.

Take the first year to explore, to plan, and to engage with the world on a different level. Explore your passions. Some people know what they get excited about while others need to try a variety of things to see what feels right.



An Artistic Celebration: YEG's Older Adults

Join us on **October 4th** at Central Lions from 2-4pm as various older adults showcase their unique artistic talents! In honour of **International Day of Older Persons** (October 1) and **Ageism Awareness Day** (October 7), we are inviting you to come celebrate the amazing talent that Edmonton's older adults have to offer. From poetry readings to musical performances, the day will be sure to highlight some brilliant individuals.

Light refreshments will be provided. Registration is preferred.

Register here: <https://www.eventbrite.com/e/artistic-celebration-yegs-older-adults-tickets>

OPEN ART STUDIO NOW AVAILABLE



The open art studio is a place to join others as you all work on your own art ideas and projects. It is a supportive environment where any art-making goes: doodling, sketching, painting, paint by numbers, mixed media, sculpture. For those of you taking art classes at CLSA it is a place to practice what you have learned in class.

Pack up your bag with your art-making supplies and head on to CLSA Tuesday mornings from 9:00 - 12:00.

Flex Single Day Rate—\$3.00



Volunteers Needed

Our Ambassador Chairs are in need of some volunteers to fill them. An Ambassador is the first person everyone sees when they come into the building. They are there to say “Good Morning, Good Afternoon, Good Bye, Have a Nice Day”. They check in those who are coming for Uninstructed Activities such as Snooker, Cards, or Pickleball. They sign out keys for instructors, and give instructors their attendance sheets. Chairs are comfy, you get to hear all the office gossip, and it’s a regularly scheduled weekly timeslot. If you want to hear more about it, please talk with Janice (Janice.isberg@centrallions.org) Its an important part of making CLSA feel warm and welcoming.



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.

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



Delivered by Jewish Family Services Edmonton

Hold the Date!

Oct 4: An Artistic Celebration, 2-4 PM

Oct 9: CENTRE CLOSED

Oct 12: Cuppa Corner

Oct 12: Night of Laughs Comedy Show

Oct 23: Flu and Covid Vaccination Clinic

Oct: 26: Cuppa Corner

Nov 9: Remembrance Day Ceremony at 10:30.

Nov 13: CENTRE CLOSED

Nov: 23: Cuppa Corner

Cuppa Corner Events

11:00 AM — 1:00 PM

Oct 12: Accessible Acupuncture presentation

Oct 26: Halloween BINGO, Puzzle Exchange, and Costume Contest

Nov 9: Remembrance Day Service **starting at 10:30**. School Boys Band, will be playing along with representatives from the Legion.

Nov 23: Zoey's Dog Rescue, Meet some of the V.I.Ds. (Very Important Dogs)

Enjoy free coffee and treats and some great conversation.

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

Edmonton Foot Care Clinic

3rd Tuesday of Every Month at CLSA



Edmonton
FOOT CARE

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.

**Sign up by
October 23!**



"Our Bark is Worse Than Our Bite"

**Central
Lions**
Seniors Association

11113 113 St
Edmonton, AB

For Snooker Players 55+

"TOP DOG" SNOOKER TOURNAMENT

Nov 30 - Dec 2 | 8:30 AM - 4:30 PM

\$5 for members

16 Player Min

\$15 for non-members

32 Player Max

(\$5 for the tourney and \$10 goes toward a 2023 CLSA membership)

Matches will
be arranged
by name draw

Sign Up Today!
Call 780-496-7369
Or In Person

***A minimum of 16 participants are required to run this tournament. If we do not reach this number by October 23, 2023 the tournament will be cancelled.**



Better care for a better life

With Alberta's **Client Directed Home Care Invoicing Program**, you can choose your own provider of in-home care and have the cost covered by this **government-funded program**.

It can be a little complicated to get started, but Bayshore is here to help. We will guide you through the enrollment process, review your AHS assessment, design a personalized care plan, provide consistent care and manage the invoicing – alleviating your stress and providing the care you need to live your best life.

Let's talk.

780-801-3880

edmonton@bayshore.ca



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Calling all Cooks or Pretend Cooks...

Using up leftovers can be cost effective and very tasty. Instead of throwing them out or just heating them up, what do you do with them? Soups? Casseroles? Baked Sandwiches?

We are exploring the idea of creating a Leftovers' Cookbook, and would love to have you send us your ideas and recipes for giving leftovers a new life. Please share by sending to info@centrallions.org.





LESLIE MANN

AT YOUR SERVICE

Seniors Services & Care

Contact

780-916-0338

Examples of Services Offered

- **Buying / Delivering groceries**
- **Unloading groceries**
- **Putting groceries away**
- **Picking up prescriptions**
- **Driving to / from appointments**
- **Keeping company at appointments**
- **Conducting home checks**
- **Light housekeeping**

Musings of a Farmer's Daughter

School was so very important to my parents. As was the case back in the day, my parents did not graduate from high school. Mom had a grade 8 education and Dad finished grade 9. Had they wanted to continue, it would have been by correspondence. So when it came to us kids, school was not to be taken lightly.



I remember several winter mornings when the bus did not run because of the drifting snow. One particular morning Dad had all four of us pile into the truck for the trek to school. Every time we came to a high drift Dad would get out and shovel, then we would continue on until the next drift blocked our way. We arrived at school an hour late but we were there. To this day, that memory sticks in my head, as well as the realization that he was teaching us just how important school was. All four of us kids, went on to become professionals of one sort or another thanks to parents who valued education above all else.

Janice Isberg



www.jcspainting.ca

jason@jcspainting.ca

780-238-0072

Seniors Discount

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

**BOOKS, BOOKS,
AND MORE BOOKS.**

We will not be accepting donations of books until further notice. Thank you for your continued support of our fundraising efforts.



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



Sex After 60

Sex after 60? That's a big yes. Many mature couples have better love lives than they did in their more youthful days. There are lots of reasons for this. They have deeper intimacy with partners, fewer distractions, no pregnancy concerns, and just plain more time to get busy. Plus, they have much more know-how and done-that than those young things on TV.



That's not to say there aren't challenges considering changing hormone levels for both men and women, but the rewards far out weigh the challenges. Common sense and a creative spirit can spark new ways to enjoy sex. For example, if a flat surface doesn't work for your knees, a new position or special furniture can offer another angle. If you have problems getting aroused, a vibrator can help get blood moving. It's natural to worry about "getting back into the swing of things" if you've been inactive for a while. But just having sex can help you relax and let desire take the lead.

Why bother, you ask? Short answer: The benefits of sex are many. Just a few reasons to keep at it (and going solo counts): It boosts your immune system, burns calories, lowers blood pressure, helps you relax, eases pain, keeps your mind sharp, and may lessen the risk of heart attack and prostate cancer. It keeps you and your partner close. It just may help you live longer. Oh, and it makes you happy.

Condensed from <https://www.webmd.com/healthy-aging/ss/slideshow-guide-to-sex-after-60>

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 upcoming 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.

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Age Advantage

Don't ignore me.
Silver threads earned through augmented
Years crown my head, protect a mind
Still capable of remembering.

My eyes may no longer focus quickly.
They are old and tired, having witnessed
An eternity of happenings.

Don't ridicule me.
I'm not as fashion-conscious as I used to be.
Stores I've shopped at are no more. Relics
reside
in storage closets. Outfits, decades old.
Dare I purchase shoes online?

New technology captivating the young,
challenges my daily existence.
Can they research school projects in libraries

without the Internet, like I did? Are
they capable
of long division by hand, without
using calculators?
Can they write a letter in cursive, like
I do?

Don't discard me.
My tree of knowledge has matured,
not rotted.
I can illustrate past adventures in the
blinking of an eye... If anyone cares
to listen.

Krystyna Fedosejevs, *From "Through
the Eyes of Experience", Age
Friendly Alberta, 2023*

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Did You Know About the Seniors Home Adaptation and Repair Program (SHARP)

The Seniors Home Adaptation and Repair Program provides low-interest home equity loans to help senior homeowners finance home repairs, adaptations, and renovations.

The program provides a maximum loan amount of \$40,000. A loan will be repaid upon the sale of the property, or earlier if the senior chooses with no penalty. Monthly repayments are not required.

Who is eligible?

To qualify for a loan under this program you must meet all of the following criteria:

- be age 65 years or older
- be an Alberta resident for at least 3 months
- own a residential property in Alberta
- have an annual household income of \$75,000 or less
- maintain a minimum of 25% equity in your home

What is covered?

SHARP is designed to help cover the cost of home repairs, adaptations, and renovations that help seniors remain safe and secure in their homes. Adaptations or repairs will be considered if they improve energy efficiency or increase the physical safety, mobility, independence, or health and well-being of the senior homeowner.

Interest charge

Simple interest (not compounded) will be charged once a loan is approved. The interest rate is variable and is reviewed twice a year in April and October and may be adjusted accordingly.

Applying to the program

You must complete and submit a Seniors Home Adaptation and Repair Program application form in order to apply to the program. Call 1-877-644-9992

New Year. New Possibilities.

With personalized experiences, tailored services, and a variety of programs, Revera redefines retirement living expectations. Enjoy more hobbies, more friends, and spend more time focused on your health and happiness.

Don't wait to discover the possibilities.
MOVE IN TODAY & START THE YEAR RENT FREE*

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*Offer ends October 31, 2023. Rent free period is subject to date of possession. See full terms and conditions for details.

Navigating Life's Challenges: Expert Advice for Seniors

Seniors and family caregivers often encounter a myriad of challenges as they navigate the complexities of aging. 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 to supporting seniors and their family caregivers.



Dear Tammy



I am thinking about moving to a senior living residence. How do I begin to find a place that is right for me?

Finding a suitable senior living residence is an important decision that requires careful consideration. Here is some advice to help you in your search:

1. Determine Your Needs and Preferences.

Start by assessing your needs and preferences. Consider factors like the level of care you require, your budget, desired location, lifestyle preferences, and any specific amenities or services that are essential to you.

2. Research Different Types of Senior Living.

There are various types of senior living options, including independent living communities, senior lodges, assisted living facilities, memory care, and long term care. Understand the differences between these options to find the one that best suits your needs.

3. Visit Multiple Residences

Take the time to visit several senior living residences in person. This will give you a chance to see the facilities, meet staff and residents, and get a feel for the atmosphere and culture of each community. Pay attention to cleanliness, safety measures, and the friendliness of staff.

4. Ask Questions

Don't be afraid to ask questions during your visits. Inquire about staff-to-resident ratios, available services and activities, meal options, and any additional fees or charges. Ask about their approach to care and how they accommodate residents' changing needs.

5. Consider Future Needs

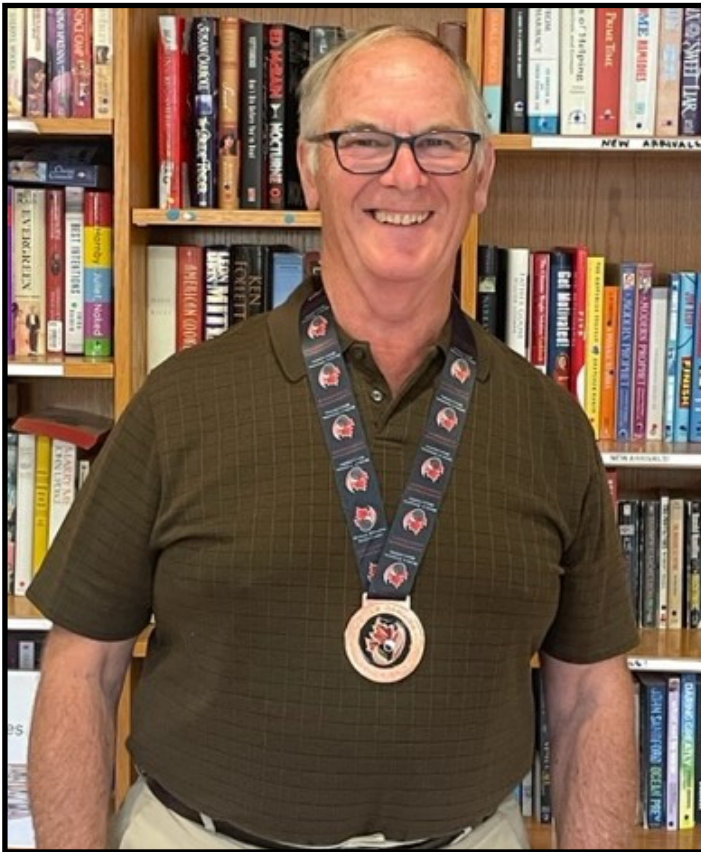
While you may be independent now, it's essential to consider your future needs. Look for a senior living residence that offers a range of care services, so you won't have to move again if your needs change.

6. Involve Family and Friends

Include your family and close friends in the decision-making process. Their insights and support can be valuable in helping you make the best choice for your future.

We encourage you to submit your questions to info@centrallions.org. Use the subject line "Dear Tammy".

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



Bronze Medalist at the Canadian Senior Triples Championship

Congratulations to Tony Spencer who, along with his team, took the Bronze Medal at the prestigious Canadian Senior Triples Championship hosted from Sept 12—16 by the Commonwealth Lawn Bowling Club, Edmonton. Tony, and his teammates, Ed Gallacher and Richard Turner all play out of the Highlands Lawn Bowling Club. Barbara Spencer's team came in fourth. Congratulations to both Tony and Barbara for their outstanding athleticism. Tony and Barbara are long standing members of CLSA.



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- New home electrical systems
- Insurance inspections
- And much more!



THE {FULL} LIFE AWAITS

Make Every Day Count Presentation: Physical Activity Guidelines for Canadians Ages 65+

Thursday, August 3 at 11 am • Central Lions Recreation Centre

Join Touchmark Lead Certified Fitness Professional Ally Kupchenko for a presentation on the Physical Activity Guidelines for Canadians Ages 65+ and how Touchmark exemplifies these expectations by encouraging residents to live The {FULL} Life! Learn ways to remain active as you age, about the various health-related resources available to you, and get answers to your questions. No RSVP required.

Scan the QR code or call 780-809-3241 for more information.



TOUCHMARK AT WEDGEWOOD  

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Save the Date!



Get ready for our 50's themed Holiday Gala on Dec 14.

Tickets will go on sale November 1.

Enjoy a lavish banquet, the vintage inspired music of Beth Portman, plus fun and games galore.

Volunteers with over 25 hours will receive a free ticket.

Get ready to pull out your cropped denim, you're A-line midi skirts, bobby socks, leather jackets, hair gel, saddle shoes, and fedora.

Featured Programs



Camera Basics for Beginners: FGI-026

This 4 week class will be focused on camera basics. You'll learn about ISO, shutter speed, and aperture and how to use them to make better photos as well as other essential focus settings for getting sharper images. Other topics like lens choice, composition and lighting will also be introduced. (Pg. 22)

Member Rate: \$147
Non-Member Rate: \$182
Wed, Nov 1 - 22
12:00 - 3:00 PM



Feelings & Emotions: FHW-002

Emotions have wisdom; they are here to tell you something. Releasing emotions is a way to heal and let go of your burdens or baggage. Many of society's problems and much individual suffering is the result of unexpressed feelings. Come prepared to do some work, to share and let go of your burdens or baggage. (Pg. 28)

Member Rate \$24
Non-Member \$59
Mon, Oct 23
9:00 - 11:00 AM



Chinese Painting with Felt Markers: FPD-001

Ruby will show you how to "paint" Chinese-style pictures using colourful felt markers. This is an expansion from the previous classes on birds, flowers, and landscapes. Ruby will help you explore different techniques as you progress your own style. All levels welcome.

Member Rate \$63
Non-Member \$98
Wed, Oct 4 - Nov 1
9:00 AM - 12:00 PM



VACCINATION

Flu Vaccination and COVID Booster Clinic

October 23

9:00 AM — 1:00 PM

Please call 780-496-7369 to book
your appointment.



**Central
Lions**
Seniors Association

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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Happy Halloween

What do you call a ghost with a broken heart? A hollow-weenie!

Why was the mummy so tense? He couldn't unwind!

Why did the skeleton go to the party alone? Because he had nobody to go with!

What do you call a monster with a glass eye? An eye-popping surprise!

Why don't skeletons fight? They don't have the guts!



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A NIGHT OF LAUGHS

Refreshments will be available for purchase

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Con Mullen



Louisa Pang



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With Headliner
Bob Beddow



Tickets \$25
Thurs | 12 | October

Doors @ 6:30 PM
Show @ 7:00 PM

780-496-7369 | www.centrallions.org | 11113 113 St Edmonton

Reverse Puberty

Reverse Puberty has arrived with gale force winds
Indubitably contrived to hail without rescind
Where seasons become internal
With private summers of infernos
At minus 40 coats will open
Sheets and blankets thrown and hoping
The temperature drops soon
As I swelter 'neath the moon.

I have kissed full nights sleep goodbye
Waved my hand and started to cry
Estrogen deprivation
Random acts of ovulation
Early a.m. risings occur
To my bladder I defer
Eyes wide open with racing heart
Buddha belly is just the start

Worse yet are the black dogs
Where mental acumen becomes a fog
And the memory is on a leave
With no return date I believe
How can a mind trained for mathematics
Get hijacked and become erratic
As I lament the loss with words sublime
My daughter says you have no memory for quite some time.

Karen Lumley, From "Through the Eyes of Experience", Age Friendly Alberta, 2023





SOCIETY FOR ADULT DAY PROGRAMS

ABOUT US

Founded in 1980, ElderCare Edmonton (ECE) is a non-profit organization that supports adults and their caregivers through recreational adult day programs. Our programs allow participants to engage in therapeutic recreation independently from their caregivers to help adults maintain independence and reduce isolation.

WHO CAN JOIN

ElderCare programs are available to clients with a valid Alberta healthcare card. These programs cater to individuals who can attend regularly. We help those at risk of losing their ability to manage independently in the community. Our programs are suitable for those with increasing healthcare usage, chronic or complex medical conditions, and signs of cognitive impairment. Caregivers in need of respite can also benefit from our programs.



PROGRAM COST

The program includes a food service fee of \$10 per day. There is no additional charge to attend the program.

LOCATIONS

CENTRAL LIONS | 11113 - 113 St

FULTON PLACE SCHOOL | 10310 - 56 St

WESTEND SENIORS | 9629 - 176 St

CONTACT US

(780) 434 - 4747

INFO@ELDERCAREEDMONTON.CA

WWW.ELDERCAREEDMONTON.CA

A Final Thought.... I've been with Central Lions now for over a year and feel like I have barely touched the surface. CLSA has an active, intelligent membership that deserves the best that we can offer. Our Fall program looks great and we continue to listen to our Members' needs and to try and provide as much as we can.

I've met some incredible people with great life stories that I've had the privilege of listening to. I wish I could hear more of your stories and I will over time.

CLSA has become part of my DNA and I look forward to serving you for a while to come.

Janice Isberg, Executive Director.



**Draw Date:
Dec 14 at our
Holiday Gala**