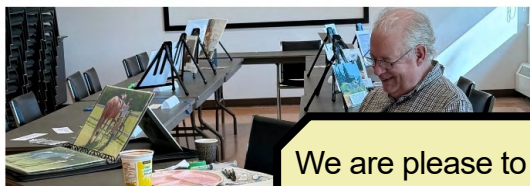
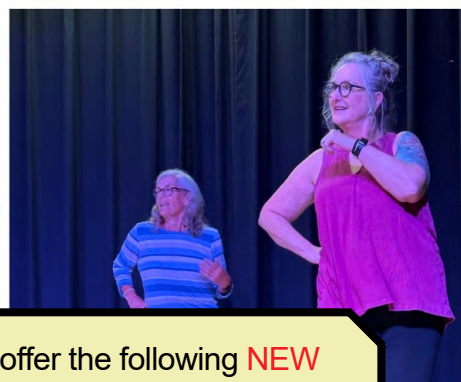


WINTER 2026

Program & Activity Guide

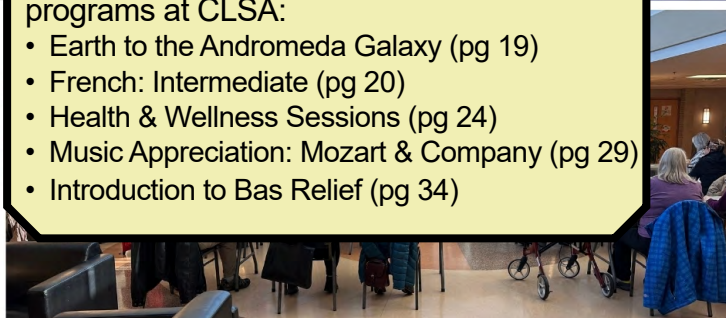
Age Well, Live Fully!

JAN - APR



We are please to offer the following **NEW** programs at CLSA:

- Earth to the Andromeda Galaxy (pg 19)
- French: Intermediate (pg 20)
- Health & Wellness Sessions (pg 24)
- Music Appreciation: Mozart & Company (pg 29)
- Introduction to Bas Relief (pg 34)





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Central Lions Recreation Centre

11113 – 113 Street NW
Edmonton, Alberta T5G 2V1

Phone: 780–496–7369

Fax: 780–442–0946

Website: www.CentralLions.org

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

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

About Us: CLSA is an independent non-profit society formed in 1979 and achieved charitable status in 1986. Our programs are made available through registration fees, donations and fundraising. We rely on dedicated volunteers who support our efforts every step of the way.

Our **Mission** is to encourage, promote and provide opportunities through recreation, education and socializing, to enhance the well-being of persons aged 55 and older. ***Come for the programs, stay for the people!***

Executive Director

Karen Melnychuk

780–442–0937

Karen@CentralLions.org

Hours of Operation (Mon–Fri)

Closed on statutory holidays

Main Entrance/Registration Desk (South)

Phone: 780–496–7369

8:30 a.m. – 4:00 p.m.

Fitness Centre (North)

Phone: 780–442–0949

7:30 a.m. – 3:00 p.m.

How to Register for Winter Programs and Activities

Registration Desk is open from 8:30 AM to 4:00 PM, Mon – Fri

Registration for **Preferred Members** opens on **December 8 at 8:30 a.m.** For everyone else, registration opens on **December 15 at 8:30 a.m.** See page 48 for more information on Preferred Membership.

Online Registration

You must purchase a membership before you can access your online account and register for programs online. You can access the online registration system on our website www.CentralLions.org by clicking on 'My Account' in the upper right corner.

Instructions to log-in for the first time can be found on our website. Look for 'Membership' in the menu bar, then click on 'Registration' to read the log-in instructions.

If you are new to CLSA, or you don't have a current 55+ membership or online account, please call 780-496-7369 or email info@centrallions.org. A member of our team will assist you with setting up your client profile.

If you have any trouble logging into the system, please let us know! Sometimes it's a simple typo on our end, or the name on the account is your birth name and not the name you use every day. It's an easy fix.

Telephone 780-496-7369

If reception is busy, leave a message stating your name and phone number. All messages will be answered within 24 hours. **Registrations must be completed before the program start date.**

In Person

Come to our office and a CLSA member will be happy to serve you.

Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.

Computers & Devices

One-on-One Tutorials

Computer Tutorials: One-on-One

Instructor: Shawn Gramiak

Member \$50 | Non-Member \$90 (*Fee is per session*)

Are you having trouble with your computer, device, and/or its software?

A one-on-one tutorial may help you get the most out of your system. These 45-minute, customized training opportunities are designed to address concerns you might have with your Windows, Apple or Android device (phone, iPad, Android tablet or laptop). Once you have registered, the instructor will contact you to arrange a convenient tutorial time and review the topics you want to address. Multiple concerns may require more than one instructional session.

WCD-001 | *Tutorial time will be determined by instructor and participant*

Crafts

Cards & Paper Crafts

Cards & Paper Crafts **Mon 9:30 AM - 12:30 PM**

Instructor: Pam McLean

Member \$25 | Non-Member \$65 | Supply Kit \$10 (payable upon registration)

Card making has come a long way from simple paper folds and markers. In each workshop, you will complete three projects using a variety of stamps, ink, paper, techniques, accessories and more. No experience is required. All materials provided with cards pre-cut and ready for you to assemble, stamp and create.

WC-001 | Jan 19 | One-Day Workshop

WC-002 | Feb 23 | One-Day Workshop

WC-004 | Apr 20 | One-Day Workshop

Cards & Paper Crafts: House of Cards **Mon 9:30 AM - 4:00 PM**

Instructor: Pam McLean

Member \$38 | Non-Member \$78 | Supply Kit \$35 (payable upon registration)

Have fun socializing as you discover your creative side in this all day workshop.

Using a variety of fancy folds and creative techniques, you will complete an assortment of 'All Occasion' cards that will 'wow' your family and friends.

Invite a friend! There will be a 1/2 hour break for lunch - The cafeteria will be open or you can bring your own.

WC-003 | Mar 16 | One-Day Workshop

Stained Glass

The Art of Stained Glass **Mon 9:00 AM - 1:00 PM**

Instructor: Sharon Tomljenovich

Member \$355 | Non-Member \$395

Join Sharon as she teaches you how to create your own stained glass piece from start to finish. This workshop covers everything from selecting and picking your glass, cutting and grinding techniques, foiling, soldering, and finishing with a zinc border. You will gain the knowledge and hands on experience in the art of stained glass! ***All supplies included.***

WC-005 | Jan 26 - Feb 9 | 3 Weeks

Stained Glass Workshop - Floating Dragonfly **Mon 9:00 AM - 1:00 PM**

Instructor: Sharon Tomljenovich

Member \$100 | Non-Member \$140

Join Sharon for this fun workshop where she will take you step by step to create your own beautiful Floating Dragonfly and Lily Pad. ***All supplies included*** (pre-cut glass pieces). No prior experience required.

WC-006 | Mar 9 | One-Day Workshop

Stained Glass Workshop - Butterfly Plant Buddy **Mon 9:00 AM - 1:00 PM**

Instructor: Sharon Tomljenovich

Member \$100 | Non-Member \$140

Join Sharon for this fun workshop where she will take you step by step to create your own decorative Butterfly Plant Buddy which hangs off the side of a planter.

All supplies included (pre-cut glass pieces). No prior experience required.

WC-007 | Mar 30 | One-Day Workshop

Dance

Ballroom

Beginner Ballroom **Thurs 9:00 AM - 10:00 AM**

Instructor: Elise Millard

Member \$55 | Non-Member \$95

Learn how to Ballroom Dance in this beginner's class by practicing steps and learning choreography that will help you glide across the dance floor with usable patterns, spins, and turns. Ballroom dance is proven to help improve balance and coordination and increase self-confidence and social skills. Join in on the fun!

WD-001 | Jan 15 - Feb 26 | 7 Weeks

Beginner Ballroom **Thurs 9:00 AM - 10:00 AM**

Instructor: Elise Millard

Member \$62 | Non-Member \$102

WD-002 | Mar 5 - Apr 23 | 8 Weeks

Ballroom (M) Thurs 10:10 AM - 11:10 AM

Instructor: Elise Millard

Member \$55 | Non-Member \$95

In this program you will learn classic ballroom and Latin dances to help you glide, spin, and turn across the dance floor. Besides being a lot of fun, ballroom and Latin dance are a great workout, improve balance and coordination, and increase self confidence and social skills. Lessons are for experienced dancers seeking to learn and renew techniques and complex step patterns. Space is limited, please register with a partner. ***Fee is per person.***

WD-003 | Jan 15 - Feb 26 | 7 Weeks

Ballroom (M) Thurs 10:10 AM - 11:10 AM

Instructor: Elise Millard

Member \$62 | Non-Member \$102

WD-004 | Mar 5 - Apr 23 | 8 Weeks

Cardio Rhythm (M-V) is a cardio-based program that engages the body with various exercises and equipment for a total body workout. Join the fun and move to the beat! Learn more on **page 10**.

Hula

Hawaiian Hula Dance

Instructor: Tracy Thorne

This program is divided into three progressive levels. Beginners register for Coconut level only. More advanced students should enroll in Hibiscus or Plumeria levels which include the preceding levels. **Register in one level only.**

Coconut Level (Beginner) Thurs 1:00 PM - 1:45 PM

Member \$32 | Non-Member \$72

This is the beginner level and warm-up for the more advanced levels.

WD-005 | Jan 15 - Feb 26 | 7 Weeks

Coconut Level (Beginner) Thurs 1:00 PM - 1:45 PM

Member \$34 | Non-Member \$74

WD-006 | Mar 5 - Apr 23 | 8 Weeks

Hibiscus Level (Choreography) Thurs 1:00 PM - 2:30 PM

Member \$53 | Non-Member \$93

Choreographed class. Includes the preceding Coconut Level. It is recommended that students have some dance experience.

WD-007 | Jan 15 - Feb 26 | 7 Weeks

Hibiscus Level (Choreography) Thurs 1:00 PM - 2:30 PM

Member \$60 | Non-Member \$100

WD-008 | Mar 5 - Apr 23 | 8 Weeks

Plumeria Level (Performance) Thurs 1:00 PM - 3:15 PM

Member \$65 | Non-Member \$105

Performance class. Includes the preceding Coconut and Hibiscus Levels and uninstructed rehearsal time for the performance troupe **"The Hula Honeys"**.

Dancers that wish to practice but not perform are welcome to attend.

WD-009 | Jan 15 - Feb 26 | 7 Weeks

Plumeria Level (Performance) Thurs 1:00 PM - 3:15 PM

Member \$72 | Non-Member \$112

WD-010 | Mar 5 - Apr 23 | 8 Weeks

Other Dance

Line Dancing Tues 9:30 AM - 10:30 AM

Instructor: Tracy Walters

Member \$40 | Non-Member \$80

Line dancing is a form of low impact exercise danced in lines. You will learn dance patterns which are performed to many different genres of music (country, pop, rock and roll; just to name a few). No partner or experience required. If you have a love of dancing, come try it out. Shoes with a leather or slippery sole recommended.

WD-011 | Jan 13 - Feb 24 | 7 Weeks

Line Dancing Tues 9:30 AM - 10:30 AM

Instructor: Tracy Walters

Member \$45 | Non-Member \$85

WD-012 | Mar 3 - Apr 21 | 8 Weeks

Line Dancing Intermediate Fri 2:45 PM - 3:45 PM (no class Apr 3)

Instructor: Tracy Walters

Member \$40 | Non-Member \$80

This is a line dance class for those who have taken the Beginner line dance class and want more of a challenge. We will include some dances from the Beginner class and some dances for those who want to improve their line dance skills. Shoes with a leather or no grip sole are recommended.

WD-013 | Jan 16 - Feb 27 | 7 Weeks

WD-014 | Mar 6 - Apr 24 | 7 Weeks

Need more information? Call 780-496-7369 or visit our website at www.CentralLions.org, Facebook, or Instagram [@CentralLionsSeniors](https://www.instagram.com/CentralLionsSeniors)

Tap Dance

Tap Dance (Beginner) Wed 11:40 AM - 12:40 PM

Instructor: Jeff Gatti

Member \$70 | Non-Member \$110

It's never too late to tap dance; anyone can learn! No experience required.

Steps, moves and basic routines including posture and balance will be reviewed.

WD-015 | Jan 14 - Feb 25 | 7 Weeks

Tap Dance (Beginner) Wed 11:40 AM - 12:40 PM

Instructor: Jeff Gatti

Member \$80 | Non-Member \$120

WD-016 | Mar 4 - Apr 22 | 8 Weeks

Tap Dance (Intermediate) Wed 9:30 AM - 10:30 AM

Instructor: Jeff Gatti

Member \$70 | Non-Member \$110

Enjoy tap exercises throughout this course. Build your aerobic fitness, muscle strength, flexibility and coordination. Tap is also great for your memory.

Prerequisite: Completion of Tap Dance Beginner Technique and/or some previous tap experience is recommended. Tap shoes are suggested.

WD-017 | Jan 14 - Feb 25 | 7 Weeks

Tap Dance (Intermediate) Wed 9:30 AM - 10:30 AM

Instructor: Jeff Gatti

Member \$80 | Non-Member \$120

WD-018 | Mar 4 - Apr 22 | 8 Weeks

Tap Dance: Performance (Advanced) Wed 10:35 AM - 11:35 AM

Instructor: Jeff Gatti

Member \$70 | Non-Member \$110

Want to work on tap techniques and expand your repertoire to include more complex footwork? Choreographed festival performance opportunities are available during the last week either at Central Lions or at a performance location pending the desires of the group.

WD-019 | Jan 14 - Feb 25 | 7 Weeks

Tap Dance: Performance (Advanced) Wed 10:35 AM - 11:35 AM

Instructor: Jeff Gatti

Member \$80 | Non-Member \$120

WD-020 | Mar 4 - Apr 22 | 8 Weeks

Waitlist Policy: If the activity in which you wish to register 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. Don't delay – Register today!

Fitness Programs & Workout Room

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 today at 780-442-0949.

Workout Room Hours

Monday – Friday

7:30 a.m. – 3:00 p.m.

Closed on statutory holidays

*Must be a CLSA Member to work out

Workout Room Fees

Drop-in \$5

10-Visit pass \$35

Seasonal Pass \$150

Annual Pass \$420

* Passes purchased in-person only

Please Note: Workout intensity level is indicated in the title of the activity by the following letters: **(G)entle, (M)oderate, (V)igorous**

Better Balance & Strength (G-M) Tues 1:40 PM - 2:40 PM

Instructor: Cathy Taskey

Member \$56 | Non-Member \$96

This modified Better Balance and Strength program is for those who are seeking an easier, less intense program. Exercises are adapted for both standing and seated workouts. No floor exercises. Participants with health concerns and/or use of walkers or canes are welcome to join.

WF-001 | Jan 13 - Feb 24 | 7 Weeks

Better Balance & Strength (G-M) Tues 1:40 PM - 2:40 PM

Instructor: Cathy Taskey

Member \$64 | Non-Member \$104

WF-002 | Mar 3 - Apr 21 | 8 Weeks

Better Balance & Strength (G-M) Thurs 1:40 PM - 2:40 PM

Instructor: Cathy Taskey

Member \$56 | Non-Member \$96

WF-003 | Jan 15 - Feb 26 | 7 Weeks

Better Balance & Strength (G-M) Thurs 1:40 PM - 2:40 PM

Instructor: Cathy Taskey

Member \$64 | Non-Member \$104

WF-004 | Mar 5 - Apr 23 | 8 Weeks

Cardio Fit & Yogasize (M) Fri 1:15 PM - 2:45 PM (no class Apr 3)**Instructor: Marlene Marvin****Member \$74 | Non-Member \$114**

A combination of moderate cardio activity to improve heart and lung capacity, followed by yogasize postures standing, sitting and on the floor. This will help strengthen and improve core and lower back muscles. Class ends with various breathing and relaxation techniques. A chair may be placed beside the yoga mat to assist going down to the floor and back up safely.

WF-005 | Jan 16 - Feb 27 | 7 Weeks**WF-006 | Mar 6 - Apr 24 | 7 Weeks****Cardio Rhythm (M-V) Thurs 11:20 AM - 12:20 PM****Instructor: Elise Millard****Member \$55 | Non-Member \$95**

Get your whole body moving while learning the most fun and popular social dances. You get a total body workout by engaging the body with various exercises and equipment. Join the fun and move to the beat! This class will incorporate some equipment. Bring your yoga mat for stretching exercises at the end of the program.

WF-007 | Jan 15 - Feb 26 | 7 Weeks**Cardio Rhythm (M-V) Thurs 11:20 AM - 12:20 PM****Instructor: Elise Millard****Member \$62 | Non-Member \$102****WF-008 | Mar 5 - Apr 23 | 8 Weeks****Co-ed Gentle Move & Groove (G) Wed 1:00 PM - 2:00 PM *New Day****Instructor: Marilee Barry****Member \$42 | Non-Member \$82**

This program is for individuals who have been sedentary for a while or have chronic conditions that benefit from gentle exercise. Exercises are performed in both standing and seated positions. A typical class includes a light cardio warmup and strengthening exercises. Balance and posture are often emphasized.

We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level.

WF-009 | Jan 14 - Feb 25 | 7 Weeks**Co-ed Gentle Move & Groove (G) Wed 1:00 PM - 2:00 PM *New Day****Instructor: Marilee Barry****Member \$48 | Non-Member \$88****WF-010 | Mar 4 - Apr 22 | 8 Weeks****Co-ed Gentle Move & Groove (G) Fri 12:00 PM - 1:00 PM (no class Apr 3)****Instructor: Marlene Marvin****Member \$49 | Non-Member \$89****WF-011 | Jan 16 - Feb 27 | 7 Weeks****WF-012 | Mar 6 - Apr 24 | 7 Weeks**

Co-ed Keep Fit (M) Mon 10:30 AM - 11:30 AM (no class Feb 16)

Instructor: Cathy Taskey

Member \$35 | Non-Member \$75

Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. This class builds from 25-35 minutes of aerobic movement followed by balance, chair and/or resistance exercise. Everyone is encouraged to workout at their own pace.

WF-013 | Jan 12 - Feb 23 | 6 Weeks

Co-ed Keep Fit (M) Mon 10:30 AM - 11:30 AM (no class Apr 6)

Instructor: Cathy Taskey

Member \$41 | Non-Member \$81

WF-014 | Mar 2 - Apr 20 | 7 Weeks

Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM

Instructor: Timmie Horvath

Member \$36 | Non-Member \$76

WF-015 | Jan 14 - Feb 25 | 7 Weeks

Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM

Instructor: Timmie Horvath

Member \$42 | Non-Member \$82

WF-016 | Mar 4 - Apr 22 | 8 Weeks

Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM (no class Feb 16)

Instructor: Cathy Taskey

Member \$35 | Non-Member \$75

Looking for a high-energy workout? Improve your heart health and stamina as the class progresses from 30-40 minutes of aerobic movement and exercise. Work on mobility or joint flexibility, muscle strength, balance and agility through active movement.

WF-017 | Jan 12 - Feb 23 | 6 Weeks

Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM (no class Apr 6)

Instructor: Cathy Taskey

Member \$41 | Non-Member \$81

WF-018 | Mar 2 - Apr 20 | 7 Weeks

Corrective Fitness Tues 10:45 AM - 11:45 AM

Instructor: Naissa Preston

Member \$58 | Non-Member \$98

Corrective fitness helps us understand how to fix movement compensations and imbalances to improve the overall quality of movement during workouts and in everyday life. This class will help with aligning the body to reduce the risk of future injury.

WF-019 | Jan 13 - Feb 24 | 7 Weeks

Corrective Fitness Tues 10:45 AM - 11:45 AM**Instructor: Naissa Preston****Member \$67 | Non-Member \$107****WF-020 | Mar 3 - Apr 21 | 8 Weeks****ESSENTRICS® for Seniors (G) Tues 11:15 AM - 12:00 PM****Instructor: Lori Griffith****Member \$76 | Non-Member \$116**

This gentle, slow-tempo program focuses on mobility, balance, and strength. It is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains and are just beginning to exercise after being inactive. Program includes standing and chair work. Bring a yoga mat, water, and towel to class.

WF-021 | Jan 13 - Feb 24 | 7 Weeks**ESSENTRICS® for Seniors (G) Tues 11:15 AM - 12:00 PM****Instructor: Lori Griffith****Member \$87 | Non-Member \$127****WF-022 | Mar 3 - Apr 21 | 8 Weeks****ESSENTRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM****Instructor: Meaghan Hipkin****Member \$86 | Non-Member \$126**

This gentle, full body, dynamic stretching program is designed to release tight muscles, rebalance joints and restore the body. It is an age-reversing workout that will restore movement in your joints and flexibility in your muscles, relieve pain and increase your energy. Program includes standing & floor work exercises. Bring your yoga mat, small towel and water to class.

WF-023 | Jan 14 - Feb 25 | 7 Weeks**ESSENTRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM****Instructor: Meaghan Hipkin****Member \$98 | Non-Member \$138****WF-024 | Mar 4 - Apr 22 | 8 Weeks****ESSENTRICS® Release, Rebalance, Restore (G-M) Thurs 11:15 AM - 12:00 PM****Instructor: Meaghan Hipkin****Member \$76 | Non-Member \$116****WF-025 | Jan 15 - Feb 26 | 7 Weeks****ESSENTRICS® Release, Rebalance, Restore (G-M) Thurs 11:15 AM - 12:00 PM****Instructor: Meaghan Hipkin****Member \$87 | Non-Member \$127****WF-026 | Mar 5 - Apr 23 | 8 Weeks**

ESSETRICS® Stretch & Tone (M) Tues 10:00 AM - 11:00 AM**Instructor: Lori Griffith****Member \$86 | Non-Member \$126**

This program is a full body, equipment-free workout that uses a dynamic combination of strengthening and stretching to develop lean, strong, and flexible muscles.

Perfect for men and women of all fitness levels. ESSETRICS® can help prevent and treat injuries, unlock tight joints, improve posture and leave you feeling energized and healthy. Program includes standing and floor exercises.

Bring a yoga mat, water, and towel to class.

WF-027 | Jan 13 - Feb 24 | 7 Weeks**ESSETRICS® Stretch & Tone (M) Tues 10:00 AM - 11:00 AM****Instructor: Lori Griffith****Member \$98 | Non-Member \$138****WF-028 | Mar 3 - Apr 21 | 8 Weeks****ESSETRICS® Stretch & Tone (M) Thurs 12:15 PM - 1:15 PM****Instructor: Meaghan Hipkin****Member \$86 | Non-Member \$126****WF-029 | Jan 15 - Feb 26 | 7 Weeks****ESSETRICS® Stretch & Tone (M) Thurs 12:15 PM - 1:15 PM****Instructor: Meaghan Hipkin****Member \$98 | Non-Member \$138****WF-030 | Mar 5 - Apr 23 | 8 Weeks****Golden Gloves Fitness (M-V) Fri 11:45 AM - 12:45 PM (no class Apr 3)****Instructor: Louise Lepore****Member \$49 | Non-Member \$89****Equipment rental fee \$10 (payable upon registration)**

Uppercut. Hook, Jab! What better way to weave cardio into your life than throwing a few punches! Golden Gloves Fitness is a no-contact fitness class designed to increase flexibility, balance, muscular strength and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required; just comfy clothes and a good pair of sneakers. Your workout is what you make it. The class is suited to all abilities; exercises are adaptable.

WF-031 | Jan 16 - Feb 27 | 7 Weeks**WF-032 | Mar 6 - Apr 24 | 7 Weeks****Hall Walkers**

One foot in front of the other, and before you know it, you will be walking your way to better health! Learn more about our Hall Walkers on **page 43**.

Golf Conditioning (M-V) Wed 2:30 PM - 3:30 PM

Instructor: Cathy Taskey

Member \$45 | Non-Member \$85

A golfer's body is exposed to some tremendous forces and the potential for injury. Practice and review important exercises that will help you reduce your injury risk in this four-week golf-specific conditioning program. Strength, flexibility, core conditioning and warm-up exercises to help limber up before you step on the golf course will be covered. Get into the swing and see your golf scores improve!

WF-057 | Mar 11 - Apr 8 | 5 Weeks

Latin Fitness (M) Wed 9:00 AM - 10:00 AM

Instructor: Dagmar Sanchez

Member \$61 | Non-Member \$101

This is a low impact cardio workout where you will learn new Salsa Dance moves or improve the skills you already have. Burn calories and move your body to some Caribbean and Latin rhythms with a Cuban Salsa Dance Champion. This class focuses on rhythm, balance, range of motion and coordination.

WF-033 | Jan 14 - Feb 25 | 7 Weeks

Mindful Movement (G) Fri 10:30 AM - 11:30 AM (no class Apr 3)

Instructor: Louise Lepore

Member \$40 | Non-Member \$80

A typical class includes a light cardio warmup and strengthening exercises. Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level. Exercises can be performed seated or standing.

WF-035 | Jan 16 - Feb 27 | 7 Weeks

WF-036 | Mar 6 - Apr 24 | 7 Weeks

Pickleball Programs – Novice & Intermediate

We are offering several levels of pickleball to suit all levels of play. See **page 39** for more details.

Retro Fitness (M) Wed 10:10 AM - 11:10 AM

Instructor: Dagmar Sanchez

Member \$61 | Non-Member \$101

Retro Fitness is a dynamic workout for all ages, combining the classic moves you love with a modern twist. Designed with low-impact routines, Retro Fitness lets you groove to your favorite tunes at your own pace. This fun and engaging class focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility and coordination. Whether you're a seasoned dancer or new to fitness, Retro Fitness offers a welcoming environment to stay active and have a blast. Slip on your indoor running shoes and get ready to dance your way to a healthier and fitter you!

WF-037 | Jan 14 - Feb 25 | 7 Weeks

Strength Training (M-V) Thurs 12:30 PM - 1:30 PM

Instructor: Cathy Taskey

Member \$56 | Non-Member \$96

Strength training (weight/resistance training) is a physical activity that can provide benefits to your muscles, bones, body weight and shape. Designed to help prevent the natural loss of lean muscle mass, this moderate to active non-cardio workout focuses on the whole body (including the back) using weights and other portable equipment. ***Floor exercises are part of this program.***

WF-040 | Jan 15 - Feb 26 | 7 Weeks

Strength Training (M-V) Thurs 12:30 PM - 1:30 PM

Instructor: Cathy Taskey

Member \$64 | Non-Member \$104

WF-041 | Mar 5 - Apr 23 | 8 Weeks

Strength Training: Progressive (V) Tues 12:30 PM - 1:30 PM

Instructor: Cathy Taskey

Member \$120 | Non-Member \$160

WF-042 | Jan 13 - Apr 21 | 15 Weeks

Tai Chi

Tai Chi: Yang Style

Instructor: Leslie Sarabin

The most popular and widely practiced Tai Chi style throughout the world, Yang Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Other benefits include improved focus and concentration and increased energy.

Tai Chi Practice

Practice time for individuals wishing to work on their Tai Chi form. See **page 43**.

Tai Chi: Yang Style - Level 1 (G) Mon 11:45 AM - 12:45 PM

(no session Feb 16)

Member \$89 | Non-Member \$129

WF-039 | Jan 12 - Mar 23 | 10 Weeks

Tai Chi: Yang Style - Level 2 (M) Mon 1:20 PM - 2:20 PM

(no session Feb 16)

Member \$89 | Non-Member \$129

Level two is the continuation of the movements learned in Level 1.

WF-043 | Jan 12 - Mar 23 | 10 Weeks

Tai Chi: Yang Style - Level 3 (M) Mon 2:30 PM - 3:30 PM

(no session Feb 16)

Member \$89 | Non-Member \$129

Level 3 will work towards completing the entire movement sequence. Participants require a good understanding of the movements plus completion of Levels 1 and 2.

WF-044 | Jan 12 - Mar 23 | 10 Weeks

Yoga

Chair Yoga for Fitness (G) Tues 12:30 PM - 1:30 PM

Instructor: Timmie Horvath

Member \$52 | Non-Member \$92

Discover the transformative power of yoga without floor poses in this, tailored for seniors seeking an alternative to traditional yoga. This class offers a welcoming, adaptive approach to building strength, enhancing bone density, and improving balance—all from a chair. Enjoy a series of seated poses and stretches that provide a comprehensive yoga experience while nurturing both body and mind. Perfect for those who prefer to stay off the floor, this gentle yet effective workout helps maintain flexibility, increase muscle strength, and find tranquility.

WF-045 | Jan 13 - Feb 24 | 7 Weeks

Chair Yoga for Fitness (G) Tues 12:30 PM - 1:30 PM

Instructor: Timmie Horvath

Member \$59 | Non-Member \$99

WF-046 | Mar 3 - Apr 21 | 8 Weeks

Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM (no class Feb 16)

Instructor: Sylvia Galbraith

Member \$42 | Non-Member \$82

Emphasizing flexibility, balance, breathing and body awareness, gentle yoga exercises (*asanas*) are done sitting in a chair and/or standing, and the equipment is supplied. Everyone is encouraged to work at their own pace and comfort level.

WF-047 | Jan 12 - Feb 23 | 6 Weeks

Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM (no class Apr 6)

Instructor: Sylvia Galbraith

Member \$49 | Non-Member \$89

WF-048 | Mar 2 - Apr 20 | 7 Weeks

Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM (no class Feb 16)

Instructor: Sylvia Galbraith

Member \$63 | Non-Member \$103

Improve your physical and mental well-being with a combination of yoga poses, breathing and meditation exercises. This program aims to increase strength and flexibility, relieve stress, calm the mind, and achieve complete relaxation. Remember to bring your own yoga mat, water and towel.

WF-049 | Jan 12 - Feb 23 | 6 Weeks

Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM (no class Apr 6)

Instructor: Sylvia Galbraith

Member \$73 | Non-Member \$113

WF-050 | Mar 2 - Apr 20 | 7 Weeks

Yoga: Hatha (M) Thurs 9:30 AM - 11:00 AM

Instructor: Sylvia Galbraith

Member \$74 | Non-Member \$114

WF-051 | Jan 15 - Feb 26 | 7 Weeks

Yoga: Hatha (M) Thurs 9:30 AM - 11:00 AM

Instructor: Sylvia Galbraith

Member \$84 | Non-Member \$124

WF-052 | Mar 5 - Apr 23 | 8 Weeks

Yoga: Iyengar Stretch & Relax

Instructor: Barb Deneka

The Iyengar tradition of yoga includes a combination of active yoga, breath awareness and restorative yoga. Flexibility, strength, balance and alignment are its focus. Props are used to make the poses accessible to all participants. Includes some floor work so bring your yoga mat, water, towel and/or a small fleece blanket.

**Yoga: Iyengar Stretch & Relax – Beginner (G) Fri 10:45 AM - 11:45 AM
(no class Apr 3)**

Member \$55 | Non-Member \$95

WF-053 | Jan 16 - Feb 27 | 7 Weeks

WF-054 | Mar 6 - Apr 24 | 7 Weeks

**Yoga: Iyengar Stretch & Relax – Intermediate (M) Fri 9:00 - 10:30 AM
(no class Apr 3)**

Member \$82 | Non-Member \$122

WF-055 | Jan 16 - Feb 27 | 7 Weeks

WF-056 | Mar 6 - Apr 24 | 7 Weeks

General Interest & Languages

Financial Management

Annual 2025 Market Review and 2026 Outlook Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in a world that's currently affecting your retirement savings and investment strategies now and into the future. We will review the events and performance of 2025 and provide guidance on the outlook for the 2026 new year. With Trump entering his second year of presidency after a very volatile 1st year, we will also dive into what it will mean for the financial markets and the implications for the world.

WGI-001 | Jan 20 | One-Day Presentation

Romance Scams and Your Finances Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

Seniors today face a new wave of romance scams that not only steal hearts but also financial security, often evolving into sophisticated investment frauds. With scammers now leveraging advances in artificial intelligence—creating convincing fake online personas, deepfake videos, and tailored communications—these scams are more difficult to spot than ever before. This presentation will empower you with practical tips to recognize the warning signs, insights on how AI is used to manipulate victims, and strategies to protect both your money and your peace of mind. Wei Woo will help you to equip yourself and those you care about with the knowledge to build a shield against the tech-savvy scammers—because a little awareness can make all the difference in staying safe.

WGI-002 | Feb 17 | One-Day Presentation

Volunteer With Us! Volunteers are the heart of our organization. From smiling at our Ambassador's Desk to helping organize special events, to serving on our Board and various committees, we couldn't do it without them! If you'd like to help out, let us know at the front desk or call 780-496-7369. Volunteers with at least 25 hours of support are our guests at the Volunteer Appreciation Event. Your help is greatly appreciated!

Understanding Investment Management Fees **Tues 1:30 PM - 3:00 PM**

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly, as well as to why. Moreover, the new Total Cost Reporting is coming into effect for this 2026 year-end statements. Join Wei Woo and explore this very relevant and important issue in depth.

WGI-003 | Mar 17 | One-Day Presentation

General Interest

Book Club **Tues 1:00 PM - 2:30 PM**

Member \$8 | Non-Member Rate \$48

Re-discover the joy of reading! This group meets monthly to discuss the books we have read in a relaxed, supportive and respectful environment. Readings will include both fiction and non-fiction titles. Books are available for sign out. Space is limited for this popular program so be sure to register early.

WGI-014 | Jan 13, Feb 10, Mar 10, Apr 14 | 4 Sessions

Casino Outing: River Cree Resort & Casino - See page 31 for full details.

Earth to the Andromeda Galaxy **Wed 1:00 PM - 3:00 PM**

Instructor: Rick & Susan Bramm

Member & Non-Member Rate \$3

You are invited to join amateur astronomers Rick and Susan Bramm for a colourful and intriguing tour of our dynamic Solar System with the Sun at its centre and eight orbiting planets — and then into the deep space beyond. This talk will feature many photographs taken by Rick of the Sun's surface and eclipses, Northern Lights (aurora) and the Moon — as well as “deep sky” images of stars and features lying beyond the Solar System. Learn details about the composition of the Sun, its various layers, incredible electromagnetic nature and how it influences the Earth. Find out more about our closest celestial neighbor, the Moon - it's interesting geologic history, topography and phases. Understand more about the red planet Mars with special attention given to the current Mars Perseverance Rover mission and its Jezero Crater landscape images (seen in 3D!). Then travel beyond our Solar System through beautiful images of nebula and star clusters within our Milky Way Galaxy and then to other galaxies beyond our own. A cosmic time travel experience.

WGI-017 | Feb 11 | One-Day Presentation

Languages

French: Beginners Wed 10:00 AM - 11:30 AM

Instructor: Karima Afchar

Member \$49 | Non-Member \$89

The language of instruction will be primarily English, but you will have ample opportunity to practice your French. You will learn basic grammar structures along with the following vocabulary and conversational topics: greetings, introducing oneself, furniture in a classroom and in a house, talking about one's family, talking about time and describing oneself and others. Enjoy learning the essentials using illustrations, music and more.

WGI-015 | Feb 4 - Feb 25 | 4 Weeks

French: Intermediate Wed 12:30 PM - 2:00 PM

Instructor: Karima Afchar

Member \$49 | Non-Member \$89

The language of instruction will be primarily English, but you will have ample opportunity to practice your French. You will learn at the intermediate level grammar structures along with vocabulary and conversational topics: greetings, introducing oneself, talking about one's family, talking about time and describing oneself and others. Enjoy learning new phrases and practicing your French using illustrations, music and more. **Experience with or Beginner French is required.**

WGI-016 | Feb 4 - Feb 25 | 4 Weeks

Spanish - Hello, Welcome! *Hola, Bienvenido!*

Learn how to tell your ceviche from your cervesa! Whether you are traveling to Spain or want to explore a new language, learn how to speak Spanish naturally and confidently in CLSA's Spanish program. Beginners are welcome. Intermediate and Advanced levels include practice of verb tenses, grammar, reading, listening and speaking. Teaching is adjusted per course to meet the needs of the participants.

Spanish – Beginner (Level 1) Fri 10:00 AM - 12:00 PM (no class Apr 3)

Instructor: Jorge Oyarzun

Member \$98 | Non-Member \$138

This introductory course is designed for students with limited or no previous knowledge of Spanish. Please bring a copy of "Spanish Vocabulary" by Dorothy Richmond, which is best obtained through Amazon or Indigo.

WGI-008 | Jan 16 - Feb 27 | 7 Weeks

WGI-009 | Mar 6 - Apr 24 | 7 Weeks

Spanish – Intermediate **Fri 10:00 AM - 12:00 PM (no class Apr 3)**

Instructor: Tania Oyarzun

Member \$98 | Non-Member \$138

Completion of Spanish: Beginner Level 1 and/or some experience and comfort with the Spanish language is required. Please bring a copy of "Spanish Verb Tenses" by Dorothy Richmond; best obtained through Amazon or Indigo.

WGI-010 | Jan 16 - Feb 27 | 7 Weeks

WGI-011 | Mar 6 - Apr 24 | 7 Weeks

Spanish – Advanced **Fri 12:30 PM - 2:30 PM (no class Apr 3)**

Instructor: Tania Oyarzun

Member \$98 | Non-Member \$138

Ready to master your Spanish? Advanced levels include the practice of verb tenses, grammar, reading, listening, and speaking. Completion of Spanish Intermediate and/or fluency in Spanish. All class material will be provided by instructor.

WGI-012 | Jan 16 - Feb 27 | 7 Weeks

WGI-013 | Mar 6 - Apr 24 | 7 Weeks

Open Circle Discussion

Open Circle Discussion **Mon 1:00 PM - 3:00 PM**

Facilitator: Gilbert Miron, Rita Makkannaw

Member & Non-Member Rate \$3

A round circle sharing discussion consisting of a question on a current topic which affects our humanness in our present world. Topics will be announced on the day.

Discussion #1 **WGI-020** | Jan 12 | One-Day Presentation

Discussion #2 **WGI-021** | Feb 9 | One-Day Presentation

Discussion #3 **WGI-022** | Mar 9 | One-Day Presentation

Discussion #4 **WGI-023** | Apr 13 | One-Day Presentation

Scholarships Available

CSLA provides scholarship funding for low-income individuals.

It is important that every Member be able to take at least one activity each year. To that end, we have a Scholarship program that provides up to \$150 of funding to those who demonstrate a need. The only requirement is a City of Edmonton Leisure Access Pass for low-income Edmontonians.

For more information on the Access Pass go to:

https://www.edmonton.ca/programs_services/leisure-access-program.

Philosopher's Café

Presenter: David J. Goa **Thurs 1:30 PM - 3:00 PM**

Member \$8 | Non-Member \$8

CLSA's Philosophers' Café provides opportunities to share, discuss and try to understand big issue topics. Some topics are sensitive in nature. Presentations and discussions are led by David Goa, founding Director and International Fellow of the Chester Ronning Centre for the Study of Religion & Public Life.

Café #1 – Neighborliness, Friendship and Redeeming Political Enemies

In a time of spiraling animosity, is neighborliness and political friendship possible? What is required of each of us to maintain a democratic society? What disposition and skills are called for when we face virulent political animosity?

WGI-004 | Jan 22 | One-Day Presentation

Café #2 – The Loss of Culture and the Civil Life

The first order of suffering is personal. The second order is seeing others suffer. Is there a third order of suffering, that odd and hard to identify suffering when we experience the loss of political aspirations, of what we thought was our social progress and how we imagined our civil life unfolding? Do Libanius (314 – c.392) and Hypatia (+415), the last of the great philosophers of pagan Rome and witnesses to its end, have something to teach us as we fear an end?

WGI-005 | Feb 26 | One-Day Presentation

Café #3 – Values, Building a Better World for All

Canada's 24th Prime Minister, Mark Carney, wrote a book titled Values, Building a Better World for All. It is rare to have a national leader do so. Growing up in Fort Smith and Edmonton he learned how to stick-handle, an important political skill, earned a PhD at Oxford in Economics, served as Governor of two national banks and the list goes on. What values does he hold? How does he understand the common good and how to extend it?

WGI-006 | Mar 26 | One-Day Presentation

Café #4 – The Fourth Season of Life

Contemplation, Reconsideration, Integration For those blessed to reach their “three score and ten”, the seventy years traditionally expected as a lifespan, life takes a turn. What does the fourth season of life offer and how do we live it out?

WGI-007 | Apr 23 | One-Day Presentation

Travel



Exploring Portugal Thurs 10:00 AM - 11:30 AM

Instructor: Carole & Elizabeth Szwajkowski

Member & Non-Member Rate \$3

Join Liz and Carole on their journey to Portugal, starting in Lisbon. Learn about the city, history, music, food and drink. We enjoyed two amazing day trips from Lisbon. Our first trip was to Fatima, a Catholic pilgrimage site, Nazaré, a traditional fishing village and now a surf destination and Óbidos, a beautiful walled, medieval town. Our second day trip was to Sintra, a UNESCO World Heritage Site and to Cascais, a coastal town. After 5 days, we drove to Porto, stopping in the town of Coimbra, a lovely historic city in central Portugal. Our stay in Porto was amazing, with a fantastic one-day trip to the Douro Valley, a UNESCO World Heritage site.

WGI-018 | Mar 5 | One Day Presentation

Colours of Morocco Thurs 10:00 AM - 11:30 AM

Instructor: Carole & Elizabeth Szwajkowski

Member & Non-Member Rate \$3

Join Liz and Carole on their journey to Northern, Central and Southern Morocco. The trip started in Casablanca and first toured northern Morocco, including the towns of Chefchaouen (Blue city), Anhour, Tétouan, Tangier and then Rabat. Then they visited Fes, Erfoud, spent two amazing days in the desert, explored the busy city of Marrakech and had one final day in Casablanca. We rode camels, took in a tagine cooking class, visited a Moroccan winery, learned about the Arab, French and Berber history/culture, bought rugs made and sold by Moroccan women, saw several UNESCO World Heritage Sites, ate amazing food and made new friends!

WGI-019 | Apr 23 | One Day Presentation

Stay updated! Sign up for our emails on www.centrallions.org. You can also call 780-496-7369 and listen to the voicemail message for updates, friend us on Facebook @CentralLionsSeniors, follow us on Instagram @CentralLionsSeniors, buddy up with a CLSA friend who can share news with you, or share your mailing address with us to receive our print newsletter.

Health & Wellness

Choosing the Right Home for Your Needs Thurs 1:00 PM - 2:30 PM

Presenter: Daniela Baez, Qualicare

Member & Non-Member Rate \$3

Learn how to evaluate housing options that suit your lifestyle, health needs, and long-term goals, helping you make informed choices about where to live.

WHW-005 | Apr 16 | One-Day Presentation

Dementia Awareness & Support Thurs 1:00 PM - 2:30 PM

Presenter: Daniela Baez, Qualicare

Member & Non-Member Rate \$3

Learn how to recognize the signs of dementia, and create a more understanding, dementia-friendly community.

WHW-002 | Jan 15 | One-Day Presentation

Fall Prevention Strategies Thurs 1:00 PM - 2:30 PM

Presenter: Daniela Baez, Qualicare

Member & Non-Member Rate \$3

Discover effective strategies to reduce the risk of falls, including exercises, home modifications, and daily habits that promote balance and safety.

WHW-004 | Mar 19 | One-Day Presentation

Heart Health Wed 1:00 PM - 2:30 PM

Presenter: Anusha Iyer, R.Ph

Member & Non-Member Rate \$3

We will cover topics under cardiovascular health, functioning of heart kidneys and lungs as one system, chronic conditions that affect heart and kidneys as a unit, crucial medications that are used in multiple heart conditions like diuretics, beta blockers, blood thinners and so on, side effects and interactions with these medications and to conclude we discuss overall supplementation needed for maintenance of good heart health.

WHW-008 | Jan 14 | One-Day Presentation

Home Safety Tips Thurs 1:00 PM - 2:30 PM

Presenter: Daniela Baez, Qualicare

Member & Non-Member Rate \$3

Explore practical ways to make your home safer, prevent accidents, and create a comfortable living environment that supports independence.

WHW-003 | Feb 19 | One-Day Presentation

Intro to Meditation Thurs 11:00 AM - 12:30 PM

Presenter: Kushok Lobsang Dhamchöe

Member \$15 | Non-Member \$55

The benefits of meditation are well-established: it reduces stress, increases joy, improves mental resilience, and improves a host of physical health.

We all want the benefits of a mindful life, but for many of us, the question is:

“How do I begin?” In this class, you will learn the fundamentals of mindfulness meditation and lay the foundation for your personal meditation practice under the guidance of a qualified teacher.

WHW-007 | Apr 23 - Apr 30 | 2 Sessions

Prescribing Pharmacists Wed 1:00 PM - 2:30 PM

Presenter: Anusha Iyer, R.Ph

Member & Non-Member Rate \$3

This presentation will cover the role of prescribing pharmacists and how pharmacists as professionals can fill the gaps in the current healthcare industry, provide resources and help the patients get faster and efficient care.

WHW-010 | Apr 15 | One-Day Presentation

Prescriptions & Interactions Wed 1:00 PM - 2:30 PM

Presenter: Anusha Iyer, R.Ph

Member & Non-Member Rate \$3

This presentation will cover the top 10 interactions in medications that are most commonly prescribed for Canadians, we will also focus on different types of interactions which includes drug/drug, drug/food, and drug/disease interactions.

WHW-009 | Mar 11 | One-Day Presentation

Seniors Care Wed 1:00 PM - 2:30 PM

Member & Non-Member Rate \$3

Presenter: Representative from BDS Senior Care

At BDS Senior Care we provide services at no cost to you with help of government funding. Staying in the comfort of your own home is everything and that's why we are dedicated to providing home care services designed to support you living safely, independently and happily. We also can provide you extra support even during your recovery after hospital visits. All you need is a valid Alberta health care card and we direct bill to Alberta blue cross, you don't need Alberta blue cross membership.

WHW-006 | Feb 18 | One-Day Presentation

Sound Bath Experience Thurs 1:00 PM - 2:00 PM

Presenter: Dagmar Sanchez

Member \$30 | Non-Member \$70

Indulge in a serene and distinctive 60-minute Sound Bath experience led by Dagmar Dharma. Immerse yourself in the ethereal tones of the Crystal Singing Bowls, rain sticks, and angel bells, seamlessly woven with Restorative yoga, either on a chair or on your mat. This gentle yet powerful journey nurtures the mind and body, offering a chance for personal growth, introspection, and tranquillity. Guided breathwork prepares you for an immersive experience with various instruments and frequencies, skillfully interwoven with intention and compassion, enriching your journey into stillness and self-discovery. Participants who have a pacemaker or use hearing aids should exercise caution. If you have any health concerns, please seek professional medical guidance before attending.

WHW-001 | Feb 5 | One Day Presentation

Alberta Health Services Presents:

STEP Forward (Supervised Transitional Exercise Program)

STEP Forward is a beginner to intermediate level physical conditioning program offered by Alberta Health Services at CLSA. It is suitable for people with a chronic health condition which limits their ability to move, or for those who are looking to improve their physical function due to injury or physical rehabilitation. For information: Visit <https://www.centrallions.org/step-forward-program> to see the program info page, or call 780-735-3483.

Clinics

Chair Massage Clinic

Members Only: \$40 per visit

Take the stress out of your day with a seated, clothes-on, gentle relaxation half-hour chair massage for the head, neck and shoulders. **Must be a CLSA Member to book**; fees payable to Julie Leblanc.

Reflexology Clinic

Members Only: \$60 per visit

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress and assist in relaxation. Pressure is thought to have a beneficial effect on overall health. This is a one hour session. **Must be a CLSA Member** to book; fees payable to Julie Leblanc.

To book either a chair massage and/or a reflexology appointment:

Who: Julie Leblanc, Massage Therapist - registered with the NHPC

When: Jan 14, 28, Feb 11, 25, Mar 11, 25, Apr 8, 22

Time: 9:00 a.m. – 2:00 p.m.

How: Call Julie @ (780) 920-3149 to book

Therapeutic Foot Care Clinic

Members Only: \$35 per visit

Edmonton Foot Care provides foot care relief if you are diabetic, have impaired circulation, are at high risk for common foot disorders or need preventive foot care measures. Services include: clipping and shaping of nails, removal or reduction of corns and calluses, assistance with ingrown nails and/or fungal nails plus referrals as needed. Staff are qualified nurses who possess advanced foot care knowledge.

Must be a CLSA Member; fees payable to Edmonton Foot Care Inc.

Note: Services may be tax-deductible.

When: Jan 20, Feb 17, Mar 17, Apr 21

How: Call 780-488-5878 anytime between 8 a.m.- 4 p.m., Mon-Fri.

Music

Drumming

Djembe: From Hearts to Hands Drumming Wed 1:30 PM - 2:30 PM

Instructor: Bill Mitchell

Member \$56 | Non-Member \$96

Equipment Rental \$10

The djembe originated in West Africa and is now the most popular hand drum in the world. Focusing on traditional African rhythms, students will be introduced to the basic techniques in creating sound quality. The use of simple sentences and syllables bridge the connection between voice and hands in creating musical patterns. In a team atmosphere many patterns played together will create a musical landscape in no time. Simple patterns can be upgraded and tailored for students with prior djembe experience. The djembe is an extraordinary drum so come out, have fun and feel your heart beat through the drum! For those who prefer written notation there will be hand outs available.

WM-001 | Jan 14 - Feb 25 | 7 Weeks

Djembe: From Hearts to Hands Drumming Wed 1:30 PM - 2:30 PM

Instructor: Bill Mitchell

Member \$64 | Non-Member \$104

Equipment Rental \$10

WM-002 | Mar 4 - Apr 22 | 8 Weeks

Email List

We encourage our members to join our email list to hear about updates and other information that may be of interest. You can sign up on our homepage

www.centallions.org

Guitar

A Guitar Star is Born! (Basic Experience Required) Fri 10:00 AM - 11:00 AM **(no class Apr 3)**

Instructor: Daron Panko

Member \$71 | Non-Member \$111

Looking to refresh your guitar basics? Participants will have fun with one-string melodies and one-finger chords to advanced playing on all strings. You will learn basic chord structures and play tunes or accompany them. Strum, pluck, sing and improvise your way to guitar stardom. Not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

WM-003 | Jan 16 - Feb 27 | 7 Weeks

WM-004 | Mar 6 - Apr 24 | 7 Weeks

Guitar Heroes (Int/Adv) Fri 11:15 AM - 12:15 PM (no class Apr 3)

Instructor: Daron Panko

Member \$71 | Non-Member \$111

Been playing for a while? Don't need anyone to teach you your G chord from your A minor? Then this course is for you! Enjoy playing the songs you want with various strumming styles and finger-picking pattern. Explore mastering the guitar fretboard in different keys, playing more melodies and progressions, maybe even taking a solo. You must have completed at 'A Guitar Star is Born' level and/or have previous guitar experience playing with a group. Not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

WM-005 | Jan 16 - Feb 27 | 7 Weeks

WM-006 | Mar 6 - Apr 24 | 7 Weeks

One-on-One Lessons

One-on-One Lessons: Guitar & Ukulele Friday (no class Apr 3)

Instructor: Daron Panko

Member \$228 | Non-Member \$268

Music is good for the soul. These one-on-one lessons are suitable for all levels, including absolute beginners and individuals who want to improve and advance their skills. For those interested in joining ukulele or guitar group lessons but have never played before, this is the place to start. Please list your instrument and level of play when registering. **Instruments not provided.**

Jan 16 - Feb 27

WM-007 | 12:30 PM - 1:00 PM | 7 Weeks

WM-009 | 1:05 PM - 1:35 PM | 7 Weeks

Mar 6 - Apr 24

WM-008 | 12:30 PM - 1:00 PM | 7 Weeks

WM-010 | 1:05 PM - 1:35 PM | 7 Weeks

One-on-One Lessons: Piano **Thurs**

Instructor: Ihor Nedoshytko

Member \$175 | Non-Member \$215

It is never too late to try something new. Learning the piano is an enjoyable and rewarding experience. If you love to listen to music, you can learn to learn to play the piano, no matter your age. New students will learn how to read music and play simple, well-known tunes within a few weeks. Advanced students may continue their education in classical piano, or learn to play chord style to pop, country, hymns, old standards or your favourite tunes. "Accelerated Piano Adventures for the Older Beginner: Lesson Book 1", Music book by Nancy Faber and Randall Faber, can be purchased from Amazon or Long & McQuade.

Jan 15 - Feb 26 | 7 Weeks

WM-1P1:00 | 1:00 PM - 1:30 PM

WM-1P2:20 | 2:20 PM - 2:50 PM

WM-1P1:40 | 1:40 PM - 2:10 PM

WM-1P3:00 | 3:00 PM - 3:30 PM

One-on-One Lessons: Piano **Thurs**

Instructor: Ihor Nedoshytko

Member \$199 | Non-Member \$239

Mar 5 - Apr 23 | 8 Weeks

WM-2P1:00 | 1:00 PM - 1:30 PM

WM-2P2:20 | 2:20 PM - 2:50 PM

WM-2P1:40 | 1:40 PM - 2:10 PM

WM-2P3:00 | 3:00 PM - 3:30 PM

Other Music

Central Lions Singers **Wed 1:00 PM - 3:00 PM (no class Feb 25)**

Instructor: Dianne Eustace

Member \$71 | Non-Member \$111

Do you enjoy singing? Are you looking for a mentally stimulating challenge as well as getting to know others through social interactions and musical performances? Consider joining the Central Lions Singers, a non auditioned choir, and improve your breath control, your singing voice, your music reading ability and your feeling of well-being that comes with making music together.

WM-020 | Feb 4 - Apr 15 | 10 Weeks

Music Appreciation: Mozart and Company **Wed 10:00 AM - 11:30 AM**

Instructor: Judith Richardson

Member \$43 | Non-Member \$83

Come explore the heart of the Classical Period with Mozart and Company. We will be listening to the masterful works of Mozart and other influential composers of his time. Prepare for lively discussions and a deeper appreciation of this magnificent era in music history.

WM-019 | Apr 1 - Apr 22 | 4 Weeks

Sing Along Social **Fri 1:00 PM - 2:30 PM (no session Apr 3)**

Instructor: Louise Lepore **Member \$27 | Non-Member \$67 | Drop-in-Rate \$5**

Let your Lion's voice roar during this fun Friday afternoon pub-style sing-a-long!

It doesn't matter if you sing like an angel or squawk like a duck; this will be fun.

The instructor will lead the group through musical styles, from folk to funk.

Non-members are welcome, so bring a friend, your grandchildren, your favourite uncle or anyone that wants to have fun and roar.

WM-011 | Jan 16 - Feb 27 | 7 Weeks

WM-012 | Mar 6 - Apr 24 | 7 Weeks

Ukulele

The ukulele is a small instrument with BIG possibilities. It's easy to learn; the key to playing is having fun! With these lessons, you will be strumming songs from day one and surprised how quickly you will progress. This program is divided into two levels. Beginner 1 & 2 players (new to the instrument) register in Fun and Easy only. More advanced students may enroll in The Next Step.

Handouts are included, however, **you must bring your own instrument.**

Ukulele: Fun & Easy (Beg 1 & 2) **Tues 12:15 PM - 1:00 PM (no class Mar 31)**

Instructor: Daron Panko

Member \$54 | Non-Member \$94

Discover how to play chords, melodies, techniques and read notes with ease.

Everyone is welcome; no experience is required.

WM-013 | Jan 13 - Feb 24 | 7 Weeks

WM-014 | Mar 3 - Apr 21 | 7 Weeks

Ukulele: The Next Step (Beg 2, Int & Adv) **Tues 1:10 PM - 2:10 PM** **(no class Mar 31)**

Instructor: Daron Panko

Member \$71 | Non-Member \$111

This level is a great opportunity for beginner players with some experience to practice techniques and for intermediate/advanced players to review and warm-up. Sign up early as space is limited. Some playing experience is required.

WM-015 | Jan 13 - Feb 24 | 7 Weeks

WM-016 | Mar 3 - Apr 21 | 7 Weeks

Ukulele with a Touch of Steel Guitar **Thurs 9:30 AM - 12:00 PM**

Instructor: Ihor Nedoshytko

Member \$79 | Non-Member \$119

Creating beautiful music on the ukulele or steel guitar is both relaxing and fun!

Discover the joy playing in this friendly musical group. Different music genres are played weekly. Opportunities are available to perform with the Hawaiian Treasures. Offsite performances are optional. This program is not suitable for beginner ukulele students. Steel guitar players require experience.

WM-017 | Jan 15 - Feb 26 | 7 Weeks

Ukulele with a Touch of Steel Guitar Thurs 9:30 AM - 12:00 PM

Instructor: Ihor Nedoshytko

Member \$90 | Non-Member \$130

WM-018 | Mar 5 - Apr 23 | 8 Weeks

Offsite Adventures

River Cree Resort & Casino Thurs 9:30 AM - 3:00 PM

Member \$10 | Non-Member \$10

Monthly outings to the River Cree Resort and Casino. Register early for these social outings as space is limited. Fee includes round trip transportation (**walkers welcome, no wheelchairs please**), \$5 play money and a complimentary lunch at Tap 25 restaurant. The bus departs Central Lions at 10 a.m. and departs the casino at 2:30 p.m. for a 3 p.m. return to Central Lions.

WO-001 | Jan 22

WO-002 | Feb 19

WO-003 | Mar 19

WO-004 | Apr 16



Painting & Drawing

Acrylics

Hen Party Fri 10:00 AM - 12:00 PM

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

Join Linda and Learn to Paint Funky Chickens in this fun 2 hour Art Class! She will guide you step by step through the process. You'll choose from a variety of Funky different Chickens and Paint the one that appeals to your inner artist No experience necessary! Please bring an apron or extra shirt to protect your clothes from paint.

All supplies are included, including the 16"x20" black canvas

WPD-009 | Apr 10 | One-Day Workshop

Impressionist Acrylic Landscapes Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$90 | Non-Member \$130

Immerse yourself in colour, light, and texture as you learn to create expressive impressionist landscapes with acrylics. In this inspiring course, you'll explore new reference images and paint a variety of stunning scenes — from sunlit meadows and shimmering lakes to distant mountains and gentle forest paths.

Through easy-to-follow, paint-along demonstrations, you'll discover how to mix colours, layer brushstrokes, and develop your own impressionist style. Learn how artists choose their palettes, build compositions, and capture the feeling of a landscape rather than its details. With plenty of guidance and individual attention, this course is perfect for beginners and intermediates eager to expand their skills and bring new energy and creativity to their acrylic paintings.

Supplies extra, list available upon registration.

WPD-002 | Jan 21 - Feb 18 | 5 Weeks

Painting the Northern Lights Using Acrylics Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Capture the magic of the Aurora Borealis in this inspiring afternoon acrylic workshop. Guided step-by-step, you'll learn how to blend just the right colours to create a sky alive with movement, light, and mystery. Discover special techniques for adding sparkling stars, and complete your painting with a tranquil northern landscape which will include silhouetted trees, soft snow, and the quiet hush of a winter night.

This course offers a relaxing and creative escape where you'll paint, learn, and experience the wonder of the cosmos. Perfect for beginners and intermediates who want to bring the beauty of the northern lights to life on canvas.

Supplies extra, list available upon registration.

WPD-004 | Mar 4 - Mar 25 | 4 Weeks

Quirky Birds Mon 10:00 AM - 12:00 PM

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

Join Linda and Learn to Paint Quirky Birds in this fun 2 hour Art Class! She will guide you step by step through the process. Learn how to create a variety of different expressions, the illusion of feathers. No experience necessary! Please bring an apron or extra shirt to protect your clothes from paint. ***All supplies included.***

WPD-012 | Apr 27 | One-Day Workshop

Sunlit Walk Mon 10:00 AM - 12:00 PM

Instructor: Linda Finstad

Member \$60 | Non-Member \$100

Join Linda Finstad as she gently guides you step by step to create depth in a sunlit forest, and how to introduce directional light. She brings her joy and amusement to keep the classes entertaining and productive, perfect for beginners. Please bring an apron or oversized shirt for overtop of your clothing. ***All supplies included.***

WPD-008 | Mar 30 | One-Day Workshop

Using Van Gogh's Colours in Your Acrylic Paintings Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Step into the world of Vincent van Gogh and discover how to infuse your paintings with his bold energy and expressive colour. In this vibrant course, you'll explore Van Gogh's distinctive palette, his dynamic brushwork, and the techniques that gave his art its unmistakable emotional power. With step-by-step demonstrations and personal guidance, you'll learn how to apply colour with confidence, layer texture to create movement, and capture the rhythm and feeling that define Van Gogh's style. By the end of the course, you'll have created several acrylic masterpieces inspired by Van Gogh's vision — filled with light, emotion, and life. Perfect for beginners and intermediates eager to explore expressive colour and brushwork.

Supply list available upon registration.

WPD-006 | Apr 1 - Apr 22 | 4 Weeks

Drawing

Coloured Pencils Mon 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Gain experience with choosing colours and problem solving as you focus on basic shapes, values, and textures. Demonstrations and individual guidance included. Photo reference will be provided by the instructor. An introductory class or previous coloured pencil experience is recommended.

Supply list available upon registration.

WPD-013 | Jan 26 - Feb 23 | 4 Weeks

Don't delay—sign up today!

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.

Drawing Figures and People Mon 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Refining the art of drawing figures and portraying human activity requires dedicated practice and guidance. This course offers comprehensive instruction on capturing dynamic gestures and motions through various techniques. Suitable for all skill levels, participants will benefit from personalized feedback and mentorship from an experienced artist, honing their ability to depict human subjects with artistic flair.

Supply list available upon registration.

WPD-015 | Mar 9 - Mar 30 | 4 Weeks

Introduction to Cartooning Mon 10:00 AM - 12:00 PM

Instructor: Linda Finstad

Member \$105 | Non-Member \$145

In this 3 part workshop you will learn how to: **Week One** - How to create faces full of character and emotion. **Week Two** - How to draw bodies the easy way - in any pose.

Week Three - Cute critters, We will draw dogs, cats and quirky birds.

No previous experience required. Feel free to bring your own markers or coloured pencils if you wish to add colour to you creations. ***All supplies included.***

WPD-011 | Jan 19 - Feb 2 | 3 Weeks

Other Mediums

Brushwork Painterly Style (All Levels) Fri 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$85 | Non-Member \$125

Under the guidance and demonstrations 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 of painting is not intended to look smooth or classical like a photograph. All levels of artists are welcome.

Supplies extra, list available upon registration.

WPD-014 | Jan 30 - Feb 27 | 5 Weeks

Introduction to Bas Relief Fri 10:00 AM - 12:00 PM

Instructor: Linda Finstad

Member \$105 | Non-Member \$145

This beginner friendly class teaches you everything you need to know to create stunning 3D art. Perfect if you want to unleash your creativity, learn a new skill or enhance your home decor. You will create a simple bas relief design on an 11x14 canvas over the course of 2 sessions (as the plaster needs time to cure) before applying the colour. Please bring an apron or extra shirt to protect your clothes from paint. ***All supplies are included.***

WPD-007 | Feb 13 - Feb 20 | 2 Weeks

Painting with Gouache (All Levels) Fri 1:00 PM - 4:00 PM (no class Apr 3)
Instructor: Muhammed Salayi **Member \$85 | Non-Member \$125**
Gouache (goo...wash) is an opaque water-based medium that is often described somewhere between watercolours and acrylics. Extremely pigmented, it dries quickly and can be easily corrected and layered to create a rich, luminous work of art with a matte finish. Learn more about this centuries old, pre-Renaissance painting style under the guidance of a professional artist as you create your own summer-themed picture of fields and flowers. All levels of artists welcome.
Supplies extra, list available upon registration.
WPD-016 | Mar 13 - Apr 17 | 5 Weeks

Watercolours

Night Scenes and Sunsets Using Watercolours Mon 1:00 PM - 4:00 PM
Instructor: Frank Haddock **Member \$56 | Non-Member \$96**
Capture the fleeting beauty between day and night, the moment when light fades, colours deepen, and imagination awakens. In this course, you'll explore a series of new projects inspired by glowing sunsets, moonlit skies, and the quiet mystery of the night. Learn to master the wet-in-wet technique to create luminous skies, blend rich and radiant hues, and use masking fluid to reveal the shimmer of stars and reflections of moonlight. Through guided, step-by-step demonstrations, you'll paint alongside your instructor and bring each scene to life with atmosphere and emotion. Perfect for beginners and intermediates, this course invites you to explore the magic of watercolour (where pigment meets light) and discover the beauty of night through your own creative expression. ***Supplies extra, list available upon registration.***
WPD-005 | Apr 13 - Apr 27 | 3 Weeks

Watercolour & Pen: Creative Creatures Thurs 1:00 PM - 4:00 PM
Instructor: Valdis Gislason **Member \$73 | Non-Member \$113**
Learn to use watercolours and a pigma pen to create an array of whimsical creatures such as mice, cats, dogs, sheep, pigs, rabbits, lions, tigers, donkeys, cows, frogs, elephants, fish, birds, deer, bears, and giraffes. No painting or drawing experience required. Bring a pencil, eraser, watercolour paints, a fine-tipped pigma pen, and, if you have them, two or more watercolour brushes that come to a good point. Paper and paint brushes will be discussed and provided for the first class
Supplies extra, list available upon registration.
WPD-010 | Mar 26 - Apr 16 | 4 Weeks

Watercolour: Discover the Many Colours of Snow Mon 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Think snow is just white? Think again! In this inspiring four-week course, you'll uncover the surprising spectrum of colours hidden within winter landscapes. From sunrise pinks to twilight blues, you'll learn how light, atmosphere, and reflection transform snow into a vibrant canvas. Each week, you'll paint a new winter scene, guided step-by-step through techniques that bring depth, contrast, and emotion to your work. Along the way, you'll explore essential colour theory tips that will help you see and paint the world in new ways. Perfect for beginners and intermediate artists alike, this course invites you to embrace the beauty and colour of the winter season. Don't miss your chance to capture the magic of snow in full colour!

Supplies extra, list available upon registration.

WPD-001 | Jan 19 - Feb 9 | 4 Weeks

Watercolour: Seasonal Landscapes with Perspective Mon 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$90 | Non-Member \$130

Explore the beauty of the seasons while learning to add depth and dimension to your landscapes! In this fun four-week course, beginners and intermediates will discover how to use perspective, colour, and composition to create realistic and atmospheric scenes. With step-by-step demonstrations, you'll learn essential watercolour techniques such as colour mixing, texture, and special effects like fog and reflections. Paint along with your instructor and complete four stunning seasonal landscapes that capture both the perspective and the spirit of each season.

Supplies extra, list available upon registration.

WPD-003 | Feb 23 - Mar 23 | 5 Weeks

Special Events



Cuppa Corner: Our Cuppa Corner takes place on the 2nd Wednesday of every month from 11 am to 1 pm. Come enjoy an informative presentation or fun activity and chat with peers over coffee and treats. Visit centrallions.org for more information.

Dates: Feb 11, Mar 11, Apr 8

Book Sale March 25 - 27: Bookmark these dates! Our spring booksale returns with tons of books, DVDs and CDs for you to choose from! Help us prepare for this event and drop off gently-used donations any time at the front desk. **Please note we do not accept magazines, encyclopedias, or dictionaries/thesauruses.**

AGM March 25: Join us on Wednesday March 25, 2026 as we review our operational and fiscal year. We will also be voting to fill vacant positions on the CLSA Board of Directors. If you are interested in joining the Board you can pick up an application at the front desk available starting **February 2, 2026.**

Events Hosted by Our Social Team

New Comer Social: We are now offering a once a term new comer social for new members to CLSA. This will take place from 1 pm to 2:30 pm and is an open coffee social for new and current CLSA members to socialize.

Whether you're here to make new friends, explore what CLSA has to offer, or just sip on some coffee in a relaxed and welcoming space, this event is for you!

Visit www.centrallions.org for more information. Register at the front desk!

Date: April 23

Birthday BINGO: Taking place on the second last Tuesday of the month from 1 pm to 2 pm.

Whether it's your birthday or not, come join us for a fun-filled afternoon of BINGO and help us celebrate our birthday members in style! Also, our birthday members will enjoy an extra-special treat just for them! Visit centrallions.org for more information.

Dates: Jan 20, Feb 24, Mar 24, Apr 21

CLSA Photo Policy: From time to time, our staff and volunteers will be taking photographs and videos. We may use these to promote the Centre in our newsletters, on our website, Facebook page, and other material intended for the public. Your image is your personal information and is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act. CLSA respects this and realizes that not everyone wishes to be included in photos or videos. If you do not want your photo to appear in our promotions, please STEP ASIDE, TURN YOUR BACK or make your position known to the photographer.




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Paddle Sports

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM -10:30AM	Table Tennis	Pickleball L3 <i>Intermediate</i>	Table Tennis	Pickleball L3 <i>Intermediate</i>	Table Tennis
10:35 AM - 12:35 PM	Pickleball L3 <i>Intermediate</i>	Pickleball L3 <i>Intermediate +</i>	Pickleball L3 <i>Intermediate</i>	Pickleball L3 <i>Intermediate +</i>	Pickleball L3 <i>Intermediate</i>
12:40 PM - 2:40PM	Pickleball L2 <i>Novice</i>	Pickleball L2 <i>Novice</i>	Pickleball L2 <i>Novice</i>	Pickleball L3 <i>Intermediate</i>	Pickleball L2 <i>Novice</i>

Pickleball Novice - Level 2

Still working on your forehand, backhand and volley? Come and enjoy the game of Pickleball in a friendly non-intimidating setting, while participating in a round-robin play format. Every day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

RECOMMENDED PREREQUISITE: Participants should have at least a rudimentary knowledge of Pickleball or have taken Beginner Pickleball.

Monday 12:40 PM - 2:40 PM

Member Rate \$75 | Non-Member Rate \$115

WNovice-M | Jan 5 - Apr 27 | 15 Weeks (no sessions Feb 16, Apr 6)

Tuesday 12:40 PM - 2:40 PM

Member Rate \$85 | Non-Member Rate \$125

WNovice-T | Jan 6 - Apr 28 | 17 Weeks

Wednesday 12:40 PM - 2:40 PM

Member Rate \$85 | Non-Member Rate \$125

WNovice-W | Jan 7 - Apr 29 | 17 Weeks

Friday 12:40 PM - 2:40 PM

Member Rate \$75 | Non-Member Rate \$115

WNovice-F | Jan 9 - Apr 24 | 15 Weeks (no session Apr 3)

Pickleball Intermediate - Level 3

Come join other experienced players who want to play competitively in a social atmosphere. Each day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

Monday 10:35 AM - 12:35 PM

Member Rate \$75 | Non-Member Rate \$110

Winter-M1035 | Jan 5 - Apr 27 | 15 Weeks (no sessions Feb 16, Apr 6)

Tuesday 8:30 AM - 10:30 AM

Member Rate \$85 | Non-Member Rate \$125

Winter-T830 | Jan 6 - Apr 28 | 17 Weeks

Tuesday Level 3+ 10:35 AM - 12:35 PM (**This day is more competitive than Mon, Wed, Fri.*)

Member Rate \$85 | Non-Member Rate \$125

Winter-T1035+ | Jan 6 - Apr 28 | 17 Weeks

Wednesday 10:35 AM - 12:35 PM

Member Rate \$85 | Non-Member Rate \$125

Winter-W1035 | Jan 7 - Apr 29 | 17 Weeks

Thursday 8:30 AM - 10:30 AM

Member Rate \$85 | Non-Member Rate \$125

Winter-Th830 | Jan 8 - Apr 30 | 17 Weeks

Thursday Level 3+ 10:35 AM - 12:35 PM (**This day is more competitive than Mon, Wed, Fri.*)

Member Rate \$85 | Non-Member Rate \$125

Winter-Th1035+ | Jan 8 - Apr 30 | 17 Weeks

Thursday - 12:40 PM - 2:40 PM

Member Rate \$85 | Non-Member Rate \$125

Winter-Th1240 | Jan 8 - Apr 30 | 17 Weeks

Friday - 10:35 AM - 12:35 PM

Member Rate \$75 | Non-Member Rate \$115

Winter-F1035 | Jan 9 - Apr 24 | 15 Weeks (no session Apr 3)

Table Tennis Mon-Wed-Fri 8:30 AM - 10:30 AM (no session Feb 16, Apr 3, Apr 6)

Member Rate \$235 | Non-Member Rate \$275 | Flex Rate \$7 (Per Session)

Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! Come and enjoy a pleasant workout.

WTableTennis | Jan 5 - Apr 29 | 47 Sessions

Uninstructed Activities

Arts & Crafts

Knitting & Crochet Wed 10:00 AM - 12:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Meet, mingle, and share tips with fellow knitters and crocheters. This is a friendly group that gets together weekly to socialize, practice, and share techniques. Sharpen your knitting skills and have some fun with this tight 'knit' group.

WKnit | Jan 7 - Apr 29 | 17 Weeks

Lapidary Tues 9:00 AM - 3:00 PM

Member Rate \$85 | Non-Member Rate \$125 | Flex Daily Rate \$7 (Per Session)

Lapidary is the art of cutting, shaping, and polishing rocks and fine gemstones. Learn the basic techniques from fellow members.

WLapidary | Jan 6 - Apr 28 | 17 Weeks

Open Art Studio Tues 9:00 AM - 12:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Open art studio is to help inspire, connect and create. Whether you are working on a project from class or from home this is a friendly space. Come find your happy place. All levels of artist welcome.

WOpenArt | Jan 6 - Apr 28 | 17 Weeks

Stained Glass Wed 9:00 AM - 3:00 PM

Member Rate \$85 | Non-Member Rate \$125 | Flex Daily Rate \$7 (Per Session)

This group meets in our well-equipped studio space to work on projects in a supportive and friendly environment. Members are expected to have a working knowledge of stained glass processes. This is not for beginners.

WStainedW | Jan 7 - Apr 29 | 17 Weeks

Stained Glass Thurs 9:00 AM - 3:00 PM

Member Rate \$85 | Non-Member Rate \$125 | Flex Daily Rate \$7 (Per Session)

WStainedTh | Jan 8 - Apr 30 | 17 Weeks

Cards

NOTE Drop-in activities operate on a strict first-come, first-served basis. If an activity is full when you arrive on the day, we unfortunately cannot make exceptions to the capacity limit for safety and fairness.

Bridge Mon 12:30 PM - 3:30 PM (no session Feb 16, Apr 6)

Member Rate \$37.50 | Non-Member Rate \$77.50 | Flex Daily Rate \$3 (Per Session)

Bridge is a social card game played by sociable people. Need a little practice trying different hands of play? Come join our fun and casual group of players for an afternoon of Bridge.

WBridge | Jan 5 - Apr 27 | 15 Weeks

Cribbage Thurs 1:00 PM - 3:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Cribbage is a game for two to four players, in which the object is to play so that the value of one's cards played reaches exactly 15 or 31. Join us every week as we discuss the latest issues facing seniors in between games.

WCrib | Jan 8 - Apr 30 | 17 Weeks

Mahjong Tues 10:00 AM - 12:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Similar to the western card game rummy, Mahjong is a game of skill, strategy and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. No experience required as guidance and instruction are available.

WMahjong | Jan 6 - Apr 28 | 17 Weeks

Mahjong Tues 1:00 PM - 3:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

WMahjong-pm | Jan 6 - Apr 28 | 17 Weeks

Whist Wed 1:00 PM - 3:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Join us for this fun afternoon card game where each person or team wins "tricks" and scores points. The most points at the end of play wins the game.

WWhist | Jan 7 - Apr 29 | 17 Weeks

Movement

Hall Walkers Tues & Thurs 8:30 AM - 10:30 AM

Member \$85 | Non-Member \$125 | Flex Daily Rate \$3 (Per Session)

Studies have proven that walking is the best thing we can do to improve our overall health and increase our longevity and functional years. Lace up your shoes and join the fun in this self-directed, safe, friendly and interactive environment.

WWalkers | Jan 6 - Apr 30 | 34 Sessions

Snooker Mon-Fri 9:00 AM - 4:00 PM (no sessions Feb 16, Apr 3, Apr 6)

\$35 10-punch passes are available (Members Only)

Member Rate \$162 | Non-Member Rate \$202

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred.

WSnooker | Jan 5 - Apr 30 | 81 Sessions

Tai Chi Practice Tues & Fri 1:15 PM - 2:30 PM (no session Apr 3)

Member Rate \$80 | Non-Member Rate \$120 | Flex Daily Rate \$3 (Per Session)

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is led by a peer; two complete yang styles are practiced weekly and sabre form is practiced on Fridays. Come and improve your technique in this friendly and supportive atmosphere.

WTaiPractice | Jan 6 - Apr 28 | 32 Sessions

Music

NOTE Bands are by audition only. If you are interested in auditioning for any of our bands please come to the front desk or call 780-496-7369 and we will put you in touch with the band leader.

Firefighter Alumni Band & Swingtime Band Wed 10:00 AM - 12:00 PM

Member Rate \$32 | Non-Member Rate \$72

Get together and play good music! **Must be able to read music.**

WF&SBand | Jan 7 - Apr 22 | 16 Weeks

Guitar Jam (Practice) Fri 12:30 PM - 2:00 PM (no session Apr 3)

Member Rate \$37.50 | Non-Member Rate \$77.50 | Flex Daily Rate \$3 (Per Session)

Come jam your heart out at this uninstructed practice session. Improve your skills while enjoying the company of your peers.

WGuitarJam | Jan 9 - Apr 24 | 15 Weeks

Lions Big Band **Tues 9:30 AM - 12:00 PM**
Member Rate \$32 | Non-Member Rate \$72

Get together and play good music. **Must be able to read music.**

WLionsBand | Jan 6 - Apr 21 | 16 Weeks

Schoolboys Alumni Band **Thurs 9:00 AM - 12:00 PM**
Member Rate \$42.50

For more information call Carol at 780-259-9707. Auditions are not required.

You must be 55+ years old to participate.

WSchoolboys | Jan 8 - Apr 30 | 17 Weeks

Young @ Heart Band **Mon 1:00 PM - 2:30 PM (no session Feb 16, Apr 6)**
Member Rate \$30 | Non-Member Rate \$70

Join us for fun and fellowship. This group plays songs from past eras.

Must be able to read music.

WYoung | Jan 5 - Apr 27 | 15 Weeks

Just a friendly reminder: CLSA is a scent-free zone

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 confined spaces. Thank you for your cooperation!

Did You Know?

CLSA is a non-profit charity organization. Donations are gratefully accepted and all donations over \$20 will receive an income tax receipt.

You can make a donation by:

- <https://give.crowdfunding.alberta.ca/GivetoCLSA>
- <https://www.canadahelps.org/en/dn/79408>
- **In person at our front desk or by phone at 780-496-7369**

CLSA raises funds to relieve conditions associated with aging, such as social isolation and loneliness and to improve the physical or mental well-being of seniors.

How to Use Flex Registration

Flex Registration lets you pick and pay for the dates that you want to attend. Flex Registration is available for paddle sports and for some uninstructed activities this Winter season.

What does this mean?

For paddle sports and some uninstructed activities, there are two options for registration.

1. Buy a barcode that covers all of the dates in the Winter season; or
2. To secure your space, pre-register with Flex Registration to pick your times.

How to use it:

1. Log in to your Online Registration Account
<https://app.booking.ca/centrallionspub/account/index.asp>
2. Search for your barcode, or the name of your sport or activity.
3. Pick your barcode:
 - **Full-Season Barcode** – Click '**Course Session**' (left side of the page, in blue colour) to select all of the course dates. Click '**Finish**' (green button at bottom right) to proceed to payment page.
 - **Flex Registration** – Select the dates you want on the calendar. After you've selected your dates, proceed to the payment page. Your total will appear on the payment page. You can pay by Debit Visa, Visa or MasterCard. We do not accept American Express
4. You're registered!

Please note for Flex Registration: If you need to change the dates you've picked, call our front desk at 780-496-7369 for assistance.

Severe Weather Policy

Inclement weather is a part of living in Alberta. As we work in an adult based organization, it is expected that participants and instructors will make their own determination as to their own personal safety. However, refunds will not be issued to participants unless CLSA determines that the weather is a safety hazard for all. Instructors will be expected to make-up the class at a later date.

CLSA Code of Conduct

CLSA believes in creating a positive community and strives to maintain a respectful, friendly and supportive environment for all. Everyone will...

- Be protective of the safety, security, well-being and goodwill of others and the Centre.
- Not participate in any action that disrupts or disturbs the morale, efficiency, safety, or operations of CLSA.
- Conduct themselves in a respectful and responsible manner in all interactions with others.

CLSA does not tolerate inappropriate, abusive, or undesirable language or behaviours. Violations of the Code of Conduct will be dealt with in accordance with established CLSA procedures. We reserve the right to revoke membership to anyone not complying with our Code of Conduct.

Payment and Confirmation

- Participants are not considered registered until full payment has been received.
- Payment can be made using VISA, MasterCard, cheque, debit, or cash. Please make cheques payable to Central Lions Seniors Association. Postdated cheques are not accepted. Online registration is by credit card or debit visa only.
- **Please review the program dates listed on your invoice, as dates can be excluded due to holidays or City of Edmonton rentals.**

Disclaimers

- All participants (member/non-member) must agree to the liability waiver and agree to abide by the CLSA Code of Conduct before attending any CLSA programs, activities, or special events.
- Opinions expressed by program presenters do not necessarily reflect the views of CLSA.
- CLSA is not responsible for injuries incurred during any program, sport or activity, or other sponsored CLSA activity.

Cancellations, Refunds and Transfers

Courses may be cancelled due to low enrollment, extreme weather, instructor unavailability and facility maintenance.

- Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.
- If it is necessary for CLSA to cancel a program, you will be notified by phone or email prior to the program start date. In this situation, refunds or credits will be issued to your account.
- Generally, no refunds or credits are given for programs, presentations, activities, or Fitness Centre registrations unless cancelled by CLSA, except in the event of a serious illness or injury where refund requests may be forwarded in writing to the CLSA Executive Director for review. We will not refund for any reason once a program ends.
- Withdrawals or Transfers to another program are permitted, subject to availability, without penalty up to 15 days prior to the program start date. Careful consideration needs to be taken by CLSA staff when a transfer is requested 14 days or less prior to the program start date or if the program has started. A transfer may not be possible. A \$10 administration fee will be charged. If applicable, any credit balance will be refunded.

Please Note...

- Program dates, times, instructors and fees are subject to change.
- From time to time programs and activities may not occur due to educational programming, facility maintenance, special events, emergencies and external bookings.
- Any registration after the program start date must be completed in person or by phone, space permitting. If in doubt of details, we recommend calling us at 780-496-7369.

Stay Informed!

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), follow us on Facebook @CentralLionsSeniors and Instagram @CentralLionsSeniors, check out our website occasionally, or buddy up with a CLSA friend who can share information with you.

2026 CLSA Memberships

Valid Jan 1 – Dec 31, 2026

55+ Membership

(In-person, over the phone, & online)

Eligibility: 55+ Years

Price: \$40 (prorated at \$20 starts Sept 1)

Benefits:

- **Preferred Member**
- Early program registration
- Full voting privileges at Annual General Meeting
- Member rates on CLSA programs and activities
- Reciprocal member rates at participating seniors centres

Gold/Lifetime Membership

(In-person only)

Eligibility: 85+ Years (Must be a member for 3 consecutive years)

Price: Free

Benefits:

- **Preferred Member**
- Early program registration
- Member rates on all activities
- Reciprocal member rates at participating seniors centres
- Full voting privileges at AGM

Queen Mary Park and Prince Rupert Partnership Pass

(In-person and over the phone only)

Eligibility: 55+ Years. (Must have a Queen Mary Park or Prince Rupert Community Association Membership)

Price: \$5

Benefits:

- **Preferred Member**
- Early program registration
- Member rates on all activities
- No voting privileges at AGM

Partnership Pass (Reciprocal)

(In-person only)

Eligibility: Members of Reciprocal Seniors Centres, Marigolds 55+.

Price: \$5

Benefits:

- Member rates on all activities
- No voting privileges at AGM

Associate Membership

(In-person and over the phone only)

Eligibility: Residing at same address as 55+ Membership holder.

For spouse/partner aged 34–55.

Price: \$65

Benefits:

- Member rates on all activities
- No voting privileges at AGM

Note: Membership fees are not refundable nor transferable.