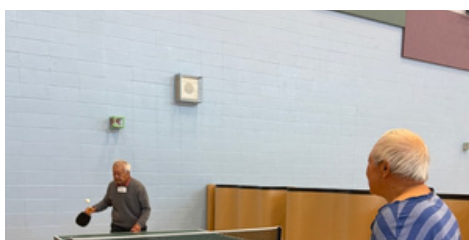


Issue 5.25

There's no age limit on life!

Oct/Nov 2025



OPEN HOUSE!
2025

Thank You to Our Sponsors!

Hold the Date!

Oct 13 - Thanksgiving - Closed

Oct 20 - City election day

Oct 21 - Birthday Bingo

Oct 30 - Flu Shot Clinic

Oct 30 - Halloween Event

Oct 31 - Halloween

Nov 4 - Remembrance Day
Celebration

Nov 7, 8 - Book Sale and Craft Market

Nov 11 - Remembrance Day - Closed

Nov 12 - Cuppa Corner

Nov 20 - Newcomer Social

Nov 25 - Birthday Bingo



Cuppa Corner Events

Wednesday Nov 12

11 AM - 1 PM

Presentation @ 11:30 AM

Neil Gower - Author

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



CLSA Board of Directors 2025 – 2026

Chair: Claire Redpath

Vice Chair: Adele Beaudry

Treasurer: Michele Kirchner

Secretary: Deb Ward

Directors: Ron Bride

Bob MacDonald

Marilyn Quaedvlieg

Fred van de Voort

Barbara Ligtoet

Joyce Ricioppo

Executive Director: Karen Melnychuk

Operations Manager: Tara Harris



Message from our Board Chair Claire Redpath

Hi everyone,

Well, it's officially Fall and the leaves are turning, and so are the pages of our Fall program guide; things are in full swing!

We're excited to welcome back our returning members and to greet new faces joining us this fall term. It's been such a joy seeing our community come alive again around the centre.

We're now at 1,740 members strong and growing! We encourage you to share the word with friends and neighbours and invite them in to experience all that we have to offer!

Unfortunately, two of our board members have stepped down from their roles, Thomas S. and Dan M. Their hard work and dedication will be deeply missed, and we wish them all the best moving forward.

Wishing you a wonderful rest of the autumn season and see everyone soon!

Claire Redpath
Board Chair, CLSA

WE ARE LOOKING FOR PEOPLE TO SHARE THEIR CLSA STORIES



We want to hear your story!

Be a part of CLSA's 60th anniversary! We are looking for 60 people to share their experiences and memories with us. Stories will be collected between now and October!

Help us celebrate this incredible milestone!

**Interested? Want to learn more? Ready to sign up and
be part of CLSA history?**

**Contact Marie at: marie@CentralLions.org or
call 780-442-0943**



Spooky-Tacular Monster MASH!

11113 113 Street Edmonton, AB



What's brewing:

- A wickedly wonderful costume contest
- Spooky games galore to test your courage
- A mysterious fortune teller & tarot card reader ready to reveal what lurks in your future
- A live band to keep the dance floor alive
- Light refreshments will be served
- Prizes, laughter, and a cauldron full of spooky surprises!

Space is limited

Grab Your Tickets Today!

- In Person at the CLSA front desk
- By Phone 780-496-7369

Bring a friend or a loved one!



www.centrallions.org | 780-496-7369

Featured programs: Never stop learning and growing!



Stained Glass Workshop - Pumpkin Suncatcher FC-006

Mon Oct 27

Member Rate - \$95

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



Ember Healthcare - FHW-005

Wed Oct 22

Member Rate - \$3

Tammy with Ember Healthcare presents homecare support and how Ember Healthcare helps support seniors, (older adults) and families in our community, by providing services such as Personal care, Respite care, Overnight care, Social support & companionship, including Pet care. They are also well versed in Crisis management.



Seniors for Climate Action Now - FGI-025

Tues Oct 28

Member Rate - \$3

Come Join a member of Scan (Seniors for Climate Action Now) Edmonton, to discuss related concerns to climate change and energy, and answer questions people might have about climate change. Our goal is to build a nation-wide community of seniors to create a better future for our children and grandchildren.

50/50

TICKETS \$5

On your ticket, clearly print your:

- Name
- Phone Number

DRAW DATE: DECEMBER 11, 2025

We will contact the winner by phone.

**No need to be present
at the time of the draw!**

**Past Winner Take
Home Totals**

- Dec 12 - \$2057.50
- May 5 - \$2040.00

Raffle License # 742635

Max 1000 tickets sold

Tickets may only be bought and sold within Alberta



Easy Butternut Squash Soup

Submitted by Love & Lemons

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- ½ teaspoon sea salt
- 1 (3-pound) butternut squash, peeled, seeded, and cubed
- 3 garlic cloves, chopped
- 1 tablespoon chopped fresh sage
- ½ tablespoon minced fresh rosemary
- 1 teaspoon grated fresh ginger
- 3 to 4 cups vegetable broth
- Freshly ground black pepper

Directions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

<https://www.loveandlemons.com/fall-recipes/#wprm-recipe-container-51313>

Do you have a recipe that you are known for? Would you like to have it featured in our next newsletter? Email your recipe to info@centrallions.org or drop off a paper copy at the front desk!

Our next newsletter goes out in December so get your recipe in today!



Central Lions Seniors Association

11113 113 St Edmonton, AB T5G 2V1

PH: 780-496-7369

www.centrallions.org

Email: info@centrallions.org

Hours of Operation: 8:30 AM to 4:00 PM Mon to Fri

Closed Stat Holidays

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Discount*



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eagerbeavermoving.com

CALLING ALL CRAFT SELLERS!

Join Us for CLSA's Community Holiday Market!
Looking to get an early start on selling your crafts
for the upcoming holiday season? Be a vendor at
our community holiday craft sale!

**Dates: Friday Nov 7 (9AM to 7PM)
and Saturday Nov 8 (10AM - 2PM)**

**Location: Central Lions Seniors Association
11113 113 Street Edmonton, Alberta**



Tables for Rent:

6ft for \$25

Deadline to Apply:

Friday October 24, 2025

Scan Here for Our
Online Form!



SCAN HERE

Spaces are Limited

Apply Now to Reserve Your Spot!

- In person at our front desk
- Fill out our online form



Central Lions Seniors Association Community Holiday Market

Friday Nov 7 - 9AM - 7PM
Saturday Nov 8 - 10AM - 2PM
11113 113 St NW Edmonton, AB T5G 2V1



For More Information

- Visit our front desk
- Call 780-496-7369
- Email info@centrallions.org
- Visit www.centrallions.org



The Central Lions Seniors Association is planning to raise an estimated amount of \$6000 this year on Fund-raising campaigns. It will cost our organization an estimate of \$1000 to raise this. The funds raised will help to relieve conditions associated with aging, such as social isolation and loneliness, and to improve the physical or mental well-being of seniors. For further information, please contact Karen Melnychuk at 780-496-7369. Our address is 11113 113 St, NW.

DID YOU KNOW?

What do seniors value most? Relationships

Strong connections to family and friends keep seniors from becoming isolated and lonely. Companionship is vital at any age, but especially as we age. Senior facilities and services that encourage social interactions enhance quality of life.

Seniors Recreation and Activity Centres Provide:

- Recreation
- Wellness
- Creative Arts
- Education
- Social Events
- Information
- Volunteerism and Social Support



The top three barriers to attending Seniors Centres:

1. not being familiar with them (34%)
2. not knowing anyone there (34%)
3. not being able to get there (30%)

Compared to Women, fewer Men knew what a Seniors Centre was (80% vs 92%), or had attended in the past six months (62% vs 71%), but Men were more likely to volunteer (38% vs 23%).

The most common way of learning about Seniors Centres is word of mouth from friends and family (52%).

1 out of 5 Seniors experience loneliness and isolation



 Like  Comment  Share

Join Our Online Community on Facebook and Instagram:
@CentralLionsSeniors

Do You Speak Canadian?

The Bush

Wooded, usually uninhabited area

Darts

Cigarettes

Double Double

Coffee with 2 cream 2 sugar

Chirp

To insult someone

Clicks

Kilometres

Eh?

Said in anticipation of one's agreement

Give'r

Going all out

Give'n'r

To go out and give'r

Hoser

Uncultivated or "uncool person"

Hydro

Electricity, not water

Kraft Dinner/KD

Kraft brand macaroni and cheese

Loonie

One dollar coin

Mickey

375ml bottle of alcohol

Newf/Newfie

Someone from Newfoundland

Out for a Rip

A recreational ride/drive in a motorized vehicle

Peameal/Back Bacon

What others call Canadian back bacon

Pencil Crayons

coloured or colouring pencils

Pop

A carbonated beverage, soda

Postal Code

Canadian version of a zipcode

Puck Bunny

Hockey fan focused on the players not the game

Runners

running/sports shoes

Shinny

An unofficial game of hockey that just happens

Street Meat

Hotdogs purchased from street vendors

Texas Mickey

3 litres (101oz) of alcohol in a bottle

Timbit

Edible donut hole

Toboggan

A sled

Tool

An idiot or someone who is useless

Toonie

Two dollar coin

Touque

Close fitting, knitted hat

Twenty-Sixer

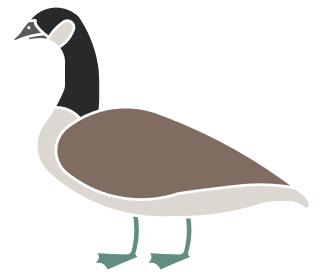
26oz bottle of liquor

Two-Four

A case of twenty-four beer

Zed

How the letter Z is pronounced



Keep Those Bottles & Cans Coming!

Help support our programs by donating your bottles and cans. Bring your bags/boxes/truckloads any day Mon—Fri 8:30 AM - 4:00 PM. We will even help unload them!

CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and physical or mental wellbeing. We have raised **\$742.45** to date all done through our volunteers.



Our Parents' Home

RETIREMENT LIVING

Care, Community & Comfort

Discover all inclusive retirement living with large suites, daily chef prepared meals, in-suite home care, underground parking, and more.

Book a tour today!

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Living Short Term Stays**

10112 119 Street NW, Edmonton
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OurParentsHomeRetirement.ca

by **cogir**

FALL WORD SEARCH

H J N I F I P J K R F H R E T
 A D M B Z O R U E T F J E Y H
 L I U F T W O B M V R F W R A
 L Y T N B R O T E P A J O E N
 O Y U A Z T N Y B C K S L B K
 W J A T C J D R S A E I F M S
 E G L O F N D S O E L Q N E G
 E S W E A T E R E C V L U V I
 N C C C I D E R H L A A S O V
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 N L D T E Y Y K K P I E I X E
 J Q R S L X R E B M E T P E S
 Y E T E V G Y T H W I C K U J

ACORN
 FOOTBALL
 NOVEMBER
 SEPTEMBER

APPLES
 HALLOWEEN
 OCTOBER
 SUNFLOWER

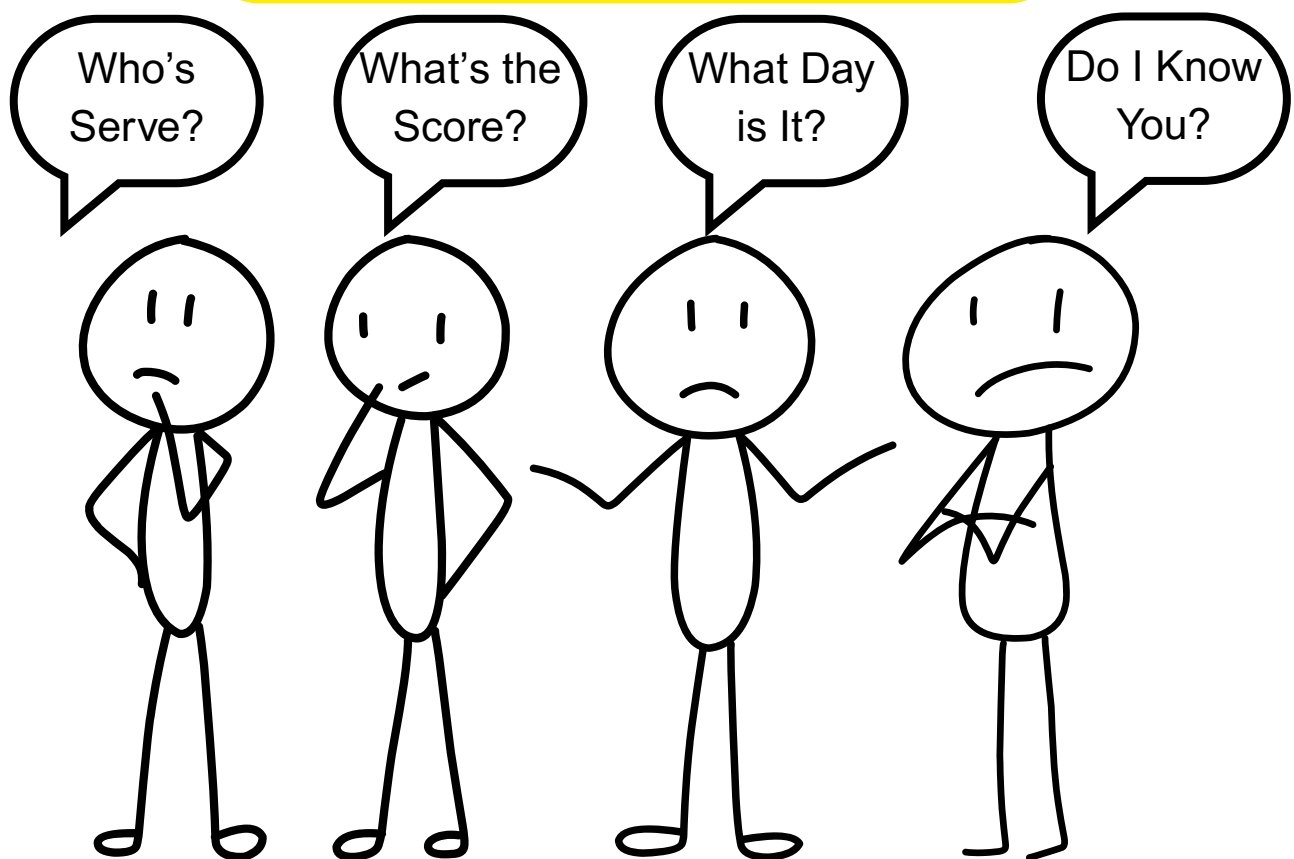
AUTUMN
 HARVEST
 PUMPKIN
 SWEATER

CANDY
 HAYRIDE
 RAKE
 THANKSGIVING

CIDER
 LEAVES
 SCARECROW
 TURKEY

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.

PICKLEBALL



IMPROVES MEMORY

Outreach Program at CLSA

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

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

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

Community Supports may include:

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

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

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



Let's Get Vaccinated!

Flu Vaccination Clinic

Unfortunately Covid boosters will not be offered this year. Due to changes in order for pharmacies to administer the COVID vaccine there would be a charge of \$100.



Thursday, October 30
10 AM - 3 PM

Space is Limited
SIGN UP TODAY!

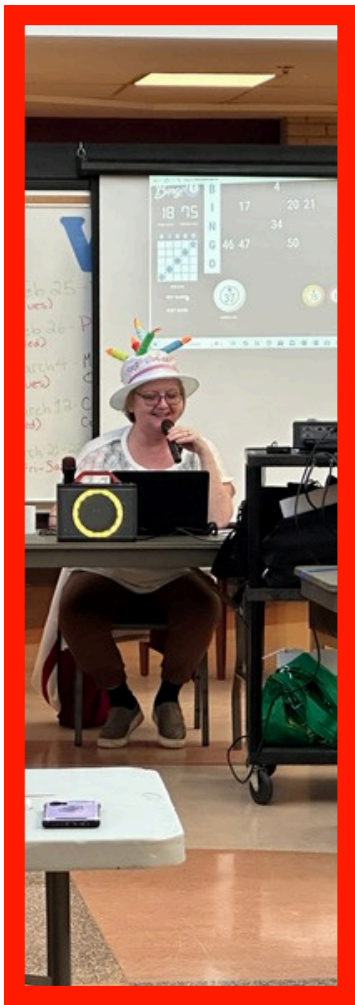
Call today 780-496-7369

Or visit the front desk

11113 113 St, Edmonton

Key Resources for Seniors Outreach in Edmonton:

- ✓ **211 Seniors Information Line:**
This is a central point of contact to connect with programs, services, and resources for seniors in the community. You can call 211 and press 2 for information and referrals, or press 3 for 24/7 crisis diversion.
- ✓ **Seniors Coordinated Outreach:**
Led by the Edmonton Seniors Coordinating Council, this collaborative effort involves various agencies that provide outreach and support workers. They help seniors navigate services, complete applications, and connect with community resources.
- ✓ **Hello Seniors (part of Seniors Coordinated Outreach):**
This ESCC program offers social work services to older adults (55+) for building resilience, setting goals, and addressing challenges like mental health, addiction, elder abuse, housing, and social isolation.
- ✓ **Multicultural Senior Outreach Program:**
This program partners with SAGE (Senior Association of Greater Edmonton) and uses Multicultural Health Brokers to reach isolated seniors within their ethnocultural communities.
- ✓ **Edmonton Seniors Centre Outreach:**
This program provides information and assistance for various needs, including housing, health care navigation, benefits, and other services like elder abuse support, mental health services, and transportation.
- ✓ **Seniors' Centre Without Walls Program:**
This Edmonton O-day\min Primary Care Network initiative offers phone-based health and well-being information sessions, recreational activities, and social connection
Seniors in Edmonton, Alberta, can access a variety of outreach services through initiatives like Seniors Coordinated Outreach, the 211 Seniors Information Line, and programs offered by organizations including the Edmonton Seniors Coordinating Council (ESCC). These services aim to connect older adults with necessary support, including help with housing, finances, health, and social engagement.



BINGO

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

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

There is no cost to play but there are prizes!



Stay Informed: Sign up for our Email Newsletter Today!

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our newsletters and program guides.



Here are some ways you can get information from us: make sure you are on our email list (or provide a family member's email address), friend and follow us on Facebook and Instagram, check out our website occasionally, call our main line and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.

Avoid Disappointments — with Early Registration!

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

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



A few of our guitar jam people rocking out at our Open House!

WILLS, ESTATES & NOTARY.



**MARRAZZO
LAW OFFICE**

Lina Marrazzo B.A, LL.B

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Email: mlo@marrazzolawoffice.com





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At Comfort Keepers®, we provide in-home care that helps seniors and others live safe, happy and independent lives in the comfort of their own homes.

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- Companionship
- Respite care
- Errands

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*Paid Advertisement

CLSA SUCCESS STORY!

Andrew G.



It was the Spring of 2022 and I was going through some major trauma and depression at the time and I required a care givers assistance from Comfort Keepers. One of my favourite places for recovery was Hermitage Park where I used to go walking armed with a Tim Horton's coffee, Boston cream doughnut and my binoculars to watch the birds.

A couple of ladies were sitting at a wooden table in the park overlooking Hermitage Lake, stocked with trout and a popular place for Canada Geese and two Ospreys. "Hey, you, you have a British accent, come over here" said one of the ladies so we got talking and I introduced myself, and my caregiver. "I will call you Prince Andrew", said the lady who turned out to be Marlene Marvin. "No, please don't". I replied for obvious reasons.

After quite a long conversation about British royalty, Marlene, who was an instructor at the Central Lions, asked me if I had

come across this senior centre. I said that I hadn't. "Well" Marlene said, "I think you would like some of the programs and I will get you a program guide for the summer. The next morning Marlene drove all the way from the west end to where I was living in the Highlands area on the north east to bring me the Summer Program Guide, a very kind gesture.

It's these things that make such a difference! Next morning, I enrolled in Cathy Taskey's Better Balance and Strength after getting a membership. At that time I was depending on DATS, taxis, buses and friends as I was not driving due to medications. The Central Lions programs made such a difference and later I enrolled in the gym, Essentrics, Watercolour Painting classes, Tai Chi, Guitar and Guitar Jam and Seated Yoga.

The Central Lions has made such a wonderful impact in my life and now 3 years later, I'm glad to say I am fully recovered from my depressive episode, driving with a lovely cobalt blue used Toyota, off my medications completely and back to very good health. It's been hard work but all the activities have been life changing. But most of all it has been the wonderful friends that I have made at the Lions and the staff that I appreciate the most. Over a year ago I started volunteering and I am so grateful to have such an amazing facility in Edmonton. And yes I still have a bit of British accent after 47 years of living here. Takeaway, you never know how a small gesture like a conversation or your action like Marlene's can make a difference in your life and to other people's lives.



Pro Coro Canada is Edmonton's professional choir. Since 1981, we have brought the beauty of the professional choral arts to audiences in Edmonton, across Canada and worldwide. Widely recognized as one of Canada's finest professional choirs, we perform classic and contemporary choral works and commission ground-breaking Canadian choral compositions.

Pro Coro Canada is very happy to provide Edmonton seniors with delightful choral music experiences whether in-person at concerts, or online through our free ProCoroTV streaming platform. Concert-going seniors can enjoy professional choral performances and may be eligible for group discounts. For seniors who are unable to attend concerts in-person, we offer a professionally produced concert live stream and performance archive with FREE registration. It is our privilege to share the joy of professional choral music with ALL of Edmonton's seniors community. To purchase concert tickets or to access ProCoroTV, please [visit www.procoro.ca](http://www.procoro.ca).

Pro Coro Canada is pleased to offer a free weekly email newsletter with interesting and unique insight into Canadian choral music. You can subscribe at www.procoro.ca. We also offer free entertaining and educational open rehearsals throughout our season, providing an opportunity to ask questions and learn more about Pro Coro Canada.

For questions or more information about Pro Coro Canada concerts or ProCoroTV, please contact development@procoro.ca.

Let's Talk About Social Media



CLSA posts often on Facebook, highlighting upcoming events or celebrating the events and people of our community. It's a great way to keep up-to-date. Please like and share each post to get the word out about our great Association.



Instagram is fairly new for our community but, again, its quick and easy to follow us on Instagram. You will receive three to four postings a week to help you keep up-to-date on all the happenings and fun

Edmonton Foot Care Clinic 3rd Tuesday of Every Month at CLSA



Our qualified nurses provide foot care for those who:

- Are diabetic
- Are at high risk for foot disorders
- Have impaired circulation
- Want to take preventative measures

Services include:

- Clipping and shaping of nails
- Assistance with ingrown nails/ fungal nails
- Removal or reduction of corns/calluses
- Referrals as needed

Clinic by appointment only:

To book an appointment call 780-488-5878 (call between Mon-Fri; 8-4 pm)

Fee: \$32 per visit for CLSA Members only



Reflexology & Chair Massage Clinic 4th Wednesday of Every Month at CLSA

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress.

Chair massage is a clothes-on gentle massage for the head, neck, and shoulders.

Services:

1/2 Hour Chair Massage - CLSA Members \$40; Payable to Julie Leblanc

1 Hour Reflexology - CLSA Members \$60; Payable to Julie Leblanc

Clinic by Appointment Only:

To book an appointment call Julie at 780-920-3149.

Must be a CLSA member to book.

Care that's tailored to your needs.

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

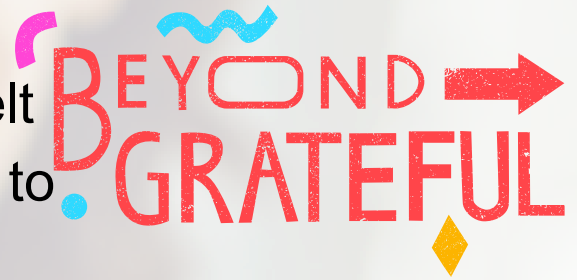
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homeinstead.com/3031

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We would like to extend our heartfelt gratitude to everyone who donates to Central Lions Seniors Association.

Your generosity makes a meaningful difference in the lives of our seniors, helping us continue to provide valuable programs, services, scholarships and a welcoming community.

If it was not for your generosity, experiences like our CLSA Community Market and Open House would not exist. Your donations are used to help alleviate conditions associated with aging and to improve the physical and mental health of our members.

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



Check out our information board set up in the atrium!

Come learn more about our history and some interesting statistics related to Senior's Centres!

Navigating Life's Challenges: Expert Advice for Seniors



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

Dear Tammy,

As Thanksgiving approaches, I am realizing things are changing with my parents. They are slowing down, and after a recent fall, I know this year's holiday will not look like it used to. I am feeling sad and overwhelmed. How can I cope with these changes and still make the season meaningful for them and for myself?

Sincerely,
Overwhelmed at the Table

Dear Overwhelmed at the Table,

What you are feeling is completely normal. When aging, health changes, or sudden events shift how families gather, it can stir up a mix of emotions such as grief for what is changing, pressure to hold things together, and guilt for not being able to do it all.

A few gentle steps can help ease some of that stress:

- Acknowledge what has changed. Naming your feelings is the first step. This season may look different, and that is okay.
- Be flexible with traditions. A big dinner might become a cozy lunch, or the gathering might move to your parent's home. New, simpler traditions such as sharing gratitude or visiting with a smaller group can be just as meaningful.
- Adjust expectations. Let go of trying to recreate the past. Focusing on connection over perfection brings more ease and joy.
- Share the load. Ask for clear, specific help from others or consider scaling back the event. Smaller can still be special.
- Practice self-compassion. You are navigating change, and that takes emotional energy.

Continued on the Next Page...

Navigating Life's Challenges: Expert Advice for Seniors



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

Your well-being matters too.

Holidays during times of change can feel bittersweet. By softening expectations, inviting support, and staying open to new ways of gathering, you create space for meaningful moments to emerge, perhaps in unexpected ways.

Warmly,

Tammy

Peace of Mind Consulting



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

We encourage readers to submit their questions to 'Dear Tammy' by submitting them to info@Centrallions.org

We are Looking for New Members for EDMAC

The EDMAC (Executive Director Member Advisory Committee) meets with our Executive Director once a month to discuss issues and bring ideas to her.

The next meeting is on October 21 at 2:30 pm.

If you are interested, please email Karen at

karen@centrallions.org

Easy is always on hand.

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Locally owned by Chetan and Roshni Bahl

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HeartToHomeMeals.ca

*Some conditions
may apply.



We accept Veteran Affairs Allowances and offer Special Diet Options

SENIORS HOME SUPPORTS PROGRAM FOR CLSA

Members of Central Lions Seniors Association have access to the Seniors Home Support Program which provides referral to screened businesses, community groups and individuals that offer:

SNOW REMOVAL

YARD WORK

MOVING HELP

HOUSEKEEPING

PERSONAL SERVICES

HOME REPAIR & MAINTENANCE

Which home support coordinator do I contact to receive referrals?

This program is divided into four districts and each has their own Home Supports Coordinator. Depending on 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 this 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.

Contact: Barbara

780-860-2931

homesupport3@jfse.org

Contact: Kathy

780-995-2908

homesupport4@jfse.org

Contact: Gaby

780-483-1209

gaby@weseniors.ca

Contact: Jenny

587-594-7884

homesupport1@jfse.org

T6G T6H

T6J T6R

T6W T6X T6M

T5R T5S T5A T6L

T5E T6V

T5C T5G T5X

T5B T5H T5L

T5J T5K T5Y T5Z

T5V T5M

T5P T5N

T5T T5W T5S

T6K T6N T6T

T6B T6C

T6E T6P T6A

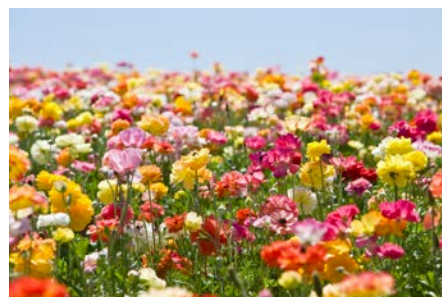
Delivered by Jewish Family Services Edmonton

With Costs Rising, Your Donation is Needed More Than Ever

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

Ways to give:

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



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

Donations support our scholarship fund for low income seniors, social events that bring people together, and to bridge the gap between revenue and expenses for the programs we offer.

Support for Low Income Members at CLSA

CLSA has received generous donations that allow us to provide scholarships for low income seniors. Those Members who qualify may receive up to \$150

towards an activity of their choosing each qualifying year.

To qualify, Members need to acquire a City of Edmonton Leisure Access Pass and bring the pass to CLSA to register in your activity. For more information on the Leisure Access Pass go to:

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



A Final Thought...

Our fall programs are up and running and it is wonderful to see everyone around the center engaged in activities that strengthen our personal health and well-being, and making connections in our community.

For many, fall is a time to reflect on the many blessings in life, big and small, that can otherwise be overlooked. Appreciating little things.....like a good laugh, music or hitting my ball on the fairway are some of the things I am grateful for....but more importantly, being able to spend time with family and enjoying the love and support of friends are central to my Thanksgiving celebrations.

Growing up, my mother used to reach out to her friends or acquaintances if she knew that they would be alone at Thanksgiving, Christmas or Easter and invite them over for dinner. That memory speaks volumes, so I will be reaching out. Who can you reach out to this Thanksgiving?

Have a blessed Thanksgiving....see you soon!!

Karen Melnychuk
Executive Director for the Central Lions Seniors Association

Let's Talk Refunds

CLSA, along with other senior associations in the city, have a no refund policy. Why? Our instructors' contracts are set based on the number of people signed up for an activity. There are always exceptions and, if you feel you need a refund, please write a note to Karen, who will make the final decision. Thank you for understanding.