

Issue 6.25 There's no age limit on life! Dec 2025/Jan 2026

CLSA MOMENTS 2025



Hold the Date!

Dec 8 - Young @ Heart Concert

Dec 11 - CLSA Snowy Social

Dec 16 - Birthday BINGO

**Dec 18 - Michael Strembitsky
Handbell Choir**

**Dec 23 Jan 2 - We will be closed for
the holidays**

Jan 5 - Winter Term Starts

Jan 20 - Birthday Bingo

Feb 12 - Cuppa Corner



Cuppa Corner Events

- Wednesday February 11, 2026
- Wednesday March 11, 2026
- Wednesday April 8, 2026

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

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Treasurer: Michele Kirchner

Secretary: Deb Ward

Directors: Ron Bride

Bob MacDonald

Marilyn Quaedvlieg

Alex Paterson

Barbara Ligtoet

Joyce Ricioppo

Chuck Toth

Executive Director: Karen Melnychuk

Operations Manager: Tara Harris



Message from our Board Chair Claire Redpath

Hi everyone,

As the Christmas period approaches, I can't help but think of the countless Christmases we as seniors have experienced. Yet, it seems to continue to be a period to bring us together. The children are now grandchildren but it still remains a special time.

This past year brought a change with the arrival of our new Executive Director, Karen Melnychuk. I have had the pleasure of working closely with Karen and have truly enjoyed our time together. She has injected her own experience and passion into the CLSA and is doing an excellent job leading our organization.

I'm sure you appreciate the dedication and hard work that goes into keeping the CLSA running as a great place with so many programs to offer. We on the Board of Directors focus on governance, planning, and policy, while the staff manages the daily operations. It is a true team effort to keep this resource strong for all of you.

Let us carry the feeling of thanks and reflection into the New Year, focusing on the many wonderful things we have to be thankful for. We sincerely hope you will continue to let the CLSA be a vibrant and important part of your life.

On behalf of the Board of Directors, we extend Seasons Greetings to you all, and wish you a very Happy New Year!

Claire Redpath
Board Chair, CLSA



Michael Strembitsky School Handbell Choir



Thursday December 18

11 AM - 12 PM

In the Atrium!



Reverse ADVENT CALENDAR

Each day add an item to the box.
On Christmas Eve the contents will be donated
to the Edmonton Food Bank.

- **December 1** - Box of Cereal
- **December 2** - Box of Cereal
- **December 3** - Stuffing Mix
- **December 4** - Peanut Butter
- **December 5** - Macaroni and Cheese
- **December 6 & 7** - Canned Fruit
(bring in on December 8)
- **December 8** - Canned Carrots & Canned Tuna
- **December 9** - Spaghetti Sauce
- **December 10** - Canned Tuna
- **December 11** - Box of Crackers
- **December 12** - Bag of Rice
- **December 13 & 14** - Box of Instant Oatmeal
(bring in on December 15)
- **December 15** - Cranberry Sauce & Canned Mixed Veggies
- **December 16** - Dessert Mix
- **December 17** - Packaged Pasta
- **December 18** - Canned Chicken Noodle Soup
- **December 19** - Canned Tomato Soup



Featured programs: Never stop learning and growing!



Music Appreciation: Mozart & Company WM-019

Wed Apr 1 - Apr 22 10:00 AM - 11:30 AM

Member Rate - \$43

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.



The Art of Stained Glass WC-005

Mon Jan 26 - Feb 9 9:00 AM - 1:00 PM

Member Rate - \$355

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.

Introduction to Meditation

WHW-007

Thurs Apr 23 & Apr 30 11:00 AM - 12:30 PM

Member Rate - \$15



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.

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



Shortbread Cookies Recipe

Sourced from John Kanell

Ingredients

- ½ cup unsalted butter unsalted butter, at room temperature
- ½ cup confectioners' sugar
- ½ teaspoon pure vanilla extract
- 1 ½ cups all-purpose flour
- ½ teaspoon salt

Directions

1. In a bowl, beat butter and vanilla extract until creamed
2. Add confectioners sugar and salt; mix until combined
3. Scrape bowl down and add flour while beating on low. Scrape bowl once more and mix until combined
4. Shape the dough into a rectangle shape, wrap in plastic and chill until firm. At least an hour
5. Preheat oven to 350F (177C). Use a sharp knife to cut ½ inch thick slices
6. Place slices, spaced at least an inch apart onto a baking sheet lined with a silicone mat or parchment paper
7. Use a fork to indent a pattern onto the top
8. Bake for about 10 minutes, rotating baking sheet in the oven halfway through
9. Transfer to a wire sheet to cool

<https://preppykitchen.com/shortbread-cookies-recipe/>

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 February 2026 so get your recipe in today!



Salisbury Greenhouse

Gift Card Fundraiser!

Makes for a perfect stocking stuffer!

Can be used at their 2 locations:

- 52337 Range Rd 232, Sherwood Park
- Enjoy Centre in St. Albert, 101 Riel Dr

Stop by the front desk
to pick up your
Salisbury Greenhouse
Gift Card today!

Gift Cards Available
for Purchase:
\$25, \$50, OR \$100

20% of proceeds goes
toward CLSA

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.

Gift cards are valid and to be redeemed exclusively for purchases at Salisbury Greenhouse's physical retail locations and online, where applicable for online transactions. Gift cards are not applicable for services, including Salisbury Landscaping, deliveries, or consultations. The gift cards have no expiration date, are non-refundable, and cannot be exchanged for cash or store credit. In the event of loss or theft, cards will not be replaced. Salisbury reserves the right to modify these terms and conditions at any time, in accordance with applicable laws.

JUBILATIONS DINNER THEATRE TICKET RAFFLE! \$5 per Ticket

Draw Date: Thursday December 11
at our Holiday Volunteer Celebration!

1st place prize - Redemption code good for 2 tickets to a Jubilations Dinner Theatre Production of your choice. (Expires Aug 2026)

2nd place prize - Redemption code good for 2 tickets to a Jubilations Dinner Theatre Production of your choice. (Expires Aug 2026)

2025 Satisfaction Survey - Overview

Thank you to everyone who completed the 2025 Satisfaction Survey. We appreciate your input and your opinion is valued. The information collected was reviewed by the Board and staff with many of your recommendations put into action.

- Over 100 members responded to the survey
- Over 64% of the respondents have been members for over 3 years. This is an increase from 2024.
- 100% of the respondents stated that they feel very safe or mostly safe at CLSA. A slight increase from 2024.
- 97% of the respondents feel welcomed or mostly welcomed, this did not change from 2024.
- 35% feel very connected to CLSA community and 43% all mostly connected. Similar responses from 2024.
- 86% are very satisfied or satisfied that the staff and Executive Director care about the experiences of members 14% are neither satisfied or dissatisfied. This is a 4% increase from 2024.
- 75% strongly agreed or agreed that the Board is doing a good job of governing the Association. This is an increase of 13% increase from 2024.
- 100% felt that activities were affordable, an increase of 8% from 2024.
- 94% were very or mostly satisfied that they received good value for their membership at CLSA which was similar to 2024.
- 54% are aware of the scholarship program. An increase of 24% from 2024.
- 85% of respondents were satisfied with the quality of instruction, 15% indicated that they did not take instructed programs. A slight increase from 2024.
- 51% stated that they heard about CLSA from a friend or family member. 21% through social media and 8% through Open House/TLC.
- Overall satisfaction rating is 63% gave CLSA a 5 out of 5 and 26% rated CLSA a 4 out of 5.
- 91% of respondents would recommend CLSA to a friend.

In summary, CLSA continues to grow and members are enjoying their activities and programs that they engage in. The board and staff will continue to create a friendly culture and implement our best to ensure each member has a good experience.





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

The best gift isn't wrapped. It's the support to age at home.



(780) 439-9990

homeinstead.com/3031

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When Planning Your Holiday, Replace “Should” and “Must” With “Want To.”

Spending the holidays alone can be a peaceful opportunity for self-care and reflection or a challenging experience with feelings of loneliness. It is important to acknowledge your feelings, be proactive in making plans, and consider various activities to make the time fulfilling.

Once you clear the decks of holiday obligations and pressure, you can start adding back the good stuff. When you look at the good stuff make sure it's:

- Personally meaningful, pleasurable, and affordable/achievable for you.
- You actually want to do whatever it is.

Acknowledge Your Feelings

It's okay to feel sad: It's normal to feel lonely or sad, especially around the holidays. Acknowledge these feelings instead of suppressing them.

Lean into cozy comfort: Allow yourself to be cozy and self-indulgent, whether it's snuggling with a blanket, making hot cocoa, or watching favourite holiday movies.

Connect with others who understand: Talk to friends or family who are also spending the holidays alone, or seek out online support groups.

Treat Yourself

- Indulge a little: Treat yourself to something you enjoy, like a nice meal or a special dessert.
- Give yourself a gift: Make a new tradition of giving yourself a gift to open during the holidays.

Stay connected

- Use technology: Schedule virtual calls with friends and family, or participate in online community events.
- Find local opportunities: Look for local events, such as free concerts, museum exhibits, or volunteer opportunities.
- Give back: Volunteering for a food bank, animal shelter, or other community event can provide a sense of purpose and help you meet new people.

Continued On the Next Page

Coping Strategies and Activities

Acknowledge Your Feelings: It is okay to feel sad or lonely, and giving yourself space to experience these emotions is important for mental health.

Plan Ahead: Decide how you want to spend your time. Planning activities in advance can help reduce uncertainty and give you something to look forward to.

Prioritize Self-Care: Treat yourself to something nice. This could be a special meal, a relaxing bath, buying yourself a gift, or enjoying a movie marathon with your favourite films.

Create New Traditions: Use the time alone to start your own meaningful traditions, such as creating a vision board, reviewing the year in a journal, or exploring a new hobby.

Connect Virtually: Schedule phone calls or video chats with friends and family. Positive social interactions, even virtual ones, can improve your well-being.

Limit Triggers: Take a break from social media or avoid holiday movies and shows that might enhance feelings of loneliness.

Get Outdoors: Spending time in nature, even a simple walk, has health benefits like lowering anxiety and improving mood.

Pursue a Sense of Accomplishment: Work on a home project, tackle seasonal chores, or organize your space to foster a sense of achievement.

Plan and Create Your Own Experience

- Embrace new traditions: Start your own traditions, whether it's a special meal, a holiday movie marathon, or a solo day trip.
- Focus on your interests: Plan your days around what you genuinely enjoy, like visiting a museum, going for a hike, or relaxing with a good book.
- Structure your time: Decide how you want to spend your time, whether it's being productive with a personal project, being social, or having quiet time.
- Create a festive atmosphere: Decorate, play holiday music, or make your favorite treats to get into the spirit.

When planning holidays alone, focus on intentional activities that you enjoy, like hobbies, local events, or volunteering, while also acknowledging and validating any feelings of loneliness. Create a flexible plan that includes both activities and downtime, and stay connected through technology or by meeting new people in your area.

Christmas

Word Search

Name: _____

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

Word list:

ANGEL
CHRISTMAS
EGGNOG
ELVES
FAMILY

FROSTY
FRUITCAKE
GIFT
GREETINGS
MANGER

NATIVITY
PRESENTS
REINDEER
SLEIGH
SNOWMAN

SPIRIT
STAR
STOCKING
TIDINGS
WREATH

DID YOU KNOW?

What to Know About Loneliness During the Holidays

Sourced from WebMD

Reasons for Holiday Loneliness

- **Grief or Depression** If you are missing a loved one, those feelings won't vanish just because the calendar says it's time to celebrate.
- **Unrealistic Expectations** It's easy to jump to the conclusion that others are having more fun than you. People tend to share their good times more than their down days, especially on social media.
- **Missing Family Members.** There are dozens of reasons why you might not be able to see all your friends and family members during the holidays.
- **Seasonal Affective Disorder (SAD)** Some people regularly struggle with depression and fatigue during the winter months. These symptoms may be due to seasonal affective disorder, which may be triggered by low levels of sunlight.



How to Prevent or Treat Holiday Loneliness

- **Tap into technology.** If you can't be with loved ones in real life, reach for technology to feel connected. Phone calls, texting and video chats can include you in each other's celebrations even when you can't be together.
- **Reach out to others who may be lonely.** Almost everyone has friends and acquaintances who will be alone for the holiday season. Make plans with them. Another classic way of banishing the blues is to volunteer your time for a worthy cause.
- **Stick to healthy habits.** Try to maintain a good diet. Watch your alcohol intake. Don't let cold weather keep you from being active. When it's too cold to be outdoors, find an online workout. Exercise is a proven mood booster.

<https://www.webmd.com/mental-health/what-to-know-about-loneliness-during-the-holidays>



Like



Comment



Share

Join Our Online Community on Facebook and Instagram:

@CentralLionsSeniors

2026 Memberships
Available for Purchase Now!
Don't forget to get your 2026 memberships!
You will need it before you can register for
Winter 2026 programs.

FUN FACTS ABOUT CLSA STAFF

**Answers at the bottom of this page*

1. Who loves musical theatre/showtunes and collecting classic novels?

a. _____

2. Who was called Semenko playing college hockey?

a. _____

3. Who is obsessed with Tigger?

a. _____

4. Who performs as a dancer in their spare time?

a. _____

5. Who was called the Brick Wall in elementary school?

a. _____

6. Who could run faster in bare feet than a kid on a bicycle?

a. _____

7. Who is the lead vocalist in the band Rose/Gold?

a. _____

Answers: 1. Stephanie 2. Karen 3. Tara 4. Marie 5. Brittany 6. Nadine 7. Bobby

Keep Those Bottles & Cans Coming!

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

***A kind note - please limit donations to drink bottles and cans only and place items in a clear plastic bag**

CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and physical or mental wellbeing. We have raised **\$923.50** to date all done through our volunteers.

Seasonal Local Events and Organizations

- **Sage Seniors Association:** This organization hosts inclusive seasonal celebrations with food, entertainment, and mini-services to help combat isolation.
- **Métis Nation of Alberta:** Consider attending community events like the Métis Christmas Family Dance for music, food, and connection.
- **Legal Senior's Holiday Outing:** This event includes dinner, a light display, and a Christmas Market, but requires travel to Legal, a town outside of Edmonton.
- **Be a Santa to a Senior:** Contact Home Instead at (780) 465-5373 to see if you can participate in this program, which connects seniors with holiday cheer through gifts and support



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.



Our Parents' Home
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In the heart of the Oliver neighbourhood near the Victoria Promenade, our community offers home comfort and central convenience—thoughtfully designed to support your changing needs.

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- Spacious private suites (600–1,400 sq. ft.) with full kitchens and scenic downtown views
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- Underground resident and visitor parking
- Weekly housekeeping services
- A full calendar of active living and social programs



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Spacious Suites



Underground Parking



All Inclusive

1st Month Free* – Ask About Our December Promotion

Call 780-732-0412 to learn more.
10112 119 St NW, Edmonton | OurParentsHomeRetirement.ca

BY
cogir

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.



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.

There is no cost to play and there are fun prizes!

Our Next BINGO is Tuesday December 16th at 1pm



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.



WILLS, ESTATES & NOTARY.



MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B



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CONSIDER A DONATION FOR THE HOLIDAY SEASON

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.



CLSA SUCCESS STORY!

Marilee Barry



For 14 years, Marilee Barry has been a constant and dedicated presence here at Central Lions Seniors Association (CLSA), serving in roles as varied as volunteer, staff member, and contract instructor. This long tenure has allowed her to connect with hundreds of individuals, building deep relationships that form the very foundation of the CLSA community. Marilee often reflects that the greatest reward has been meeting all the members and knowing many folks over years of association. She enthusiastically encourages others to join, viewing the CLSA as an opportunity for

rediscovery, saying, "Welcome to the fun, time to do all the things you loved when you were young—dust off the paint brushes, instruments and your running shoes and let's enjoy!"

For Marilee the value of the CLSA lies in the chance to start getting out, socializing, learning new skills, reusing and refining older skills, and sharing in the fun. Ultimately, she praises CLSA's welcoming environment, noting its beautiful space, friendly people, central location on bus routes, and, most importantly, the multitude of activities that ensure everyone can find their place and thrive.



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.

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 Tuesday January 20 at 1:00 pm.

If you are interested, please email Karen at

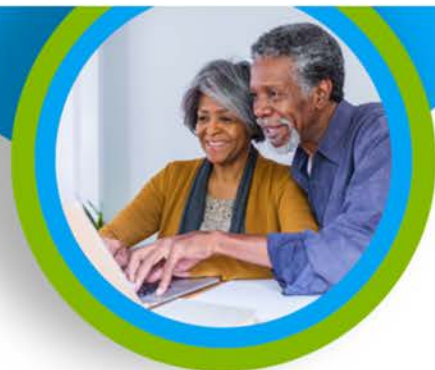
karen@centrallions.org

**Thank you to our amazing book volunteers for
all the hard work they did for our Community
Holiday Market and Book Sale back in
November!**



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- Answering your tech questions



Questions? Call us at:
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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,

My spouse needs more help these days, and I am doing my best, but some days I feel tired and unsure if I am managing things properly. Is this common, and what can make it easier?

Sincerely,
Tired, but Trying

Dear Tired, but Trying,

Yes, it is very common. When someone close to you starts needing more support, your day can fill up with appointments, decisions, and new information all at once. The systems meant to help can feel confusing or overwhelming, especially when no one explains the steps clearly. In my recent blog on navigating these systems, I shared how challenging it can feel when you are trying to figure out programs, services, or funding options without guidance.

One practical step is to write down what you know, what is unclear, and what questions you need to ask. Seeing it on paper can help you feel more organized and makes it easier to share information with doctors, service providers, or family who are helping.

It is important to remember that feeling tired or uncertain does not mean you are doing something wrong. You are managing a lot, and taking small steps to make things more manageable can make a real difference. If you ever need help understanding the process or figuring out next steps, I am here to guide you.

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

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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

Holiday Jokes!



- **Why did the tree go to the barber?**
 - It needed a trim.
- **What's an elf's favourite musical genre?**
 - Wrap music.
- **Why are Christmas trees bad at knitting?**
 - They always drop their needles.
- **Why did the reindeer take up boxing?**
 - He wanted to be a heavy sleigh-weight.
- **What did one snowman say to the other who was complaining?**
 - "Don't worry — you'll melt under pressure."
- **Why is December such a cool month?**
 - Because it has Brrrr in the name.
- **What do you call Santa when he takes a break?**
 - Santa Pause.



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...

Wow... it has been a year since I started with Central Lions Senior Association. 2025 is almost over and it feels like the whole year went by in a blink! I can't believe we are at the end of the year!

They say as we age time seems to fly by quicker and our digital distractions can make it feel like we are always absorbed and never paying conscious attention to the passage of time.

For the new year, I plan to consciously "slow down" time by introducing greater novelty into my life. This will involve breaking my routine by learning a new hobby, exploring new places, or engaging in a new sport, such as playing corn hole in the atrium! A major focus will also be on practicing mindfulness—actively paying attention to the present moment, rather than dwelling on the past or worrying about the future. Following a year of loss, I am dedicated to creating meaningful memories with family and friends, reaching out to long-time connections, and cultivating new relationships. My overall hope is to make 2026 a year filled with personal growth, satisfying relationships, and fun.

What are your plans for 2026?

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.