



# Season's Greetings

Dear Members,

Season's greetings and warm wishes for a safe and healthy new year ahead. This year has been like no other, and although COVID-19 has affected us all in untold ways, we couldn't be more grateful to have your continued support and understanding during this challenging time.

In support of enhanced public health measures by AHS and the City of Edmonton, the facility is closed to the public until further notice.

We regret to announce that due to the pandemic, and with the full support of our Board of Directors, CLSA will not go forward with winter programming and will remain closed for the foreseeable future. We are hopeful that with the pending vaccine, we will be in a safer and healthier position to offer classes for the spring session, which is scheduled to start on **April 19<sup>th</sup>**.

Our staff will continue to work remotely but will take a break from voicemail and email between **December 21** and **January 3**.

**Online membership renewal and program registration has been suspended.** All 2021 renewals and registrations will automatically be credited to your accounts. However, if you require a refund on a winter program, please email [refunds@centrallions.org](mailto:refunds@centrallions.org).

Please check our website, watch your email, and call us back to learn of any updates to our plan as we try to remain flexible and responsive to the changes required to keep us safe and healthy during this pandemic.

Until we meet again...stay safe and may you feel the true spirit of this holiday season.

Sincerely,  
Your CLSA Admin Team





## **AGM – Thursday, March 18<sup>th</sup> at 1–3 p.m.**

The AGM will be on Thursday, March 18th from 1–3 p.m. in the Auditorium. We will advise whether the meeting may be in person or virtual via ZOOM. Documents (agenda, minutes, and audited financial statement) will be emailed for your review in advance; hard copies will not be handed out at the meeting but will be presented electronically.

To help us prepare for proper set-up, please R.S.V.P. to [info@CentralLions.org](mailto:info@CentralLions.org), by March 12th with subject line: AGM. Please include your name, phone and membership number in the body. If you do not have an email address and wish to attend, leave a message on our main line 780–496–7369 with your full name, reason for calling, membership number and phone number.

To address succession planning, Board positions will need to be filled and members attending the AGM will hear from Board candidates and vote on new and current directors running for a second two-year term. Candidates can express their interest by contacting the nominating committee chair Ramona at 780–496–7369 and leave a message.

The next **Town Hall with the Board of Directors** will be May 10th at 1:00 p.m. Mark your calendar and come with questions.

Thank you to those who attended our AGM in October. Your participation and input was greatly appreciated as always.

A big thank you to our two outgoing Board members this year: **Jeff Pearson and Grant Robertson**. Thank you for your time and efforts in helping CLSA accomplish our goals in 2020.

Joining the CLSA Board of Directors this year are **Tony Spencer, Rita Makkannaw, and Allan Mah**. Welcome New Board Members!



This newsletter celebrates CLSA, its staff, members and the choices CLSA provides!

## 2020–2021 Board of Directors

**President and Chair:** Vic Kowalewich

**Vice President/Vice Chair:** Dennis  
Horrigan

**Treasurer:** Keith Anderson

**Secretary:** Marie Danielson

**Past Chair:** Alex Paterson

### Directors:

Ramona Gallant Cassondra Wallace

Sharon Campbell Bob McKenzie

Gladys Loong Tony Spencer

Rita Makkannaw Allan Mah

**Executive Director:** Susan Mann

We are now accepting ads for the next edition of the Lions' Roar Seniors News with a reach of approximately 1,500 readers.

### Newsletter Rates are as follows:

Business Card (3" x 2.5") \$25

1/4 Page (4" x 5.25") \$40

1/2 Page 8" x 5.25 or 4 x 10.5") \$80

Full Page (8" x 10.5") \$150

The deadline is the 15th of each month for the following month. A set-up fee maybe required. For more information contact

## Central Lions Seniors Association

11113 – 113 Street, Edmonton AB T5G 2V1

Website: [www.CentralLions.org](http://www.CentralLions.org)

Phone: 780-496-7369 Fax: 780-442-0946

Email: [info@CentralLions.org](mailto:info@CentralLions.org)

Hours of operation: 8:30 am to 4:30 pm

## Hold the Date!

Here are some important dates to be aware of:

~~December 1 Winter Program Guide~~

**December 21 – January 3** Winter Break

**March 18 AGM** (RSVP to attend)

**April 19** Spring Program Term 1 starts

**May 10** Town Hall (RSVP to attend)

We are on Facebook with **477 followers!** Like us, share and comment on our posts. Get the latest news, views and more!



<https://www.facebook.com/CentralLionsSeniors/>

Ela Euro Catering is temporarily closed for dine-in service due to COVID-19. Check our website for updates.



## Regarding information collected during our Health Screening Procedures

During our relaunch this fall, we asked members for their names, the class or circle they are attending, and some health screening questions as part of our wellness check-in procedure. We collect your information solely for the purpose of contact tracing. All documents are shredded and disposed of after 21 days. To see our Attendance Consent Form, visit our "Re-Opening FAQ" website page.

## A Few Snapshots of CLSA during Our November Re-opening!

Here's a glimpse of what CLSA looked like during the first week of our relaunch—it was fun while it lasted! The Centre was lively, and it sure felt great to see our Members doing what they love. A huge thank you to all of our volunteers for helping with screening and safety procedures; we couldn't do it without you!

We will continue striving to keep the centre clean and safe for our Members during COVID. Here's what some of you had to say about our safety protocols and experience at the Centre in November. These comments were so encouraging that we just had to share! Can't wait to see you again in the spring!



Cycling up a sweat in Co-Ed Keep Fit (M)

“So happy that you are open and I can go back to my yoga and piano lessons. The protocols in place on my first visit were great and I felt safe being there. I want to thank Tracey and the rest of the staff for being responsive to my question about staying in the centre between my two lessons. It was nice to see a non-bureaucratic, problem-solving approach. I love CLSA :)” – Patti



L to R: Volunteer Susan M. conducting a temperature check; Board Member Bob McKenzie is all smiles at the volunteer desk; Board Member Marie Danielson is ready to ask you some screening questions at the volunteer desk.



Meditation in motion in Tai Chi class

“I took my first class of the season yesterday and was impressed with the set-up, protocols, and practices that were in place for protecting the health of everyone. Good job.” – Lynn

“It felt wonderful seeing colleges I haven't seen for months. I attended a tai chi session, and it was very healing. The volunteers were very organized and polite, and I felt very safe.” – Barbara



Stretching it out in Essentrics: Stretch & Tone (M)



October AGM



Executive Director, Susan Mann, at October's AGM

"I would like to thank everyone who decided to close CLSA for the near future. Thankfully, I no longer don't need to make a decision whether to risk my health for my ukulele lessons or stay home/stay safe. I really enjoyed the 2 lessons we were able to complete. I learned so much in just those two lessons! I enjoyed Ron Mercer's lessons, and Daron's lessons are wonderful too. I look forward to a quiet, safe festive season and hope to return in the new year." – Jan



Practice makes Perfect in Fiddle Fun Class!



Volunteer Susan M. diligently screening members in the foyer

**THANK YOU!**

A big thank you to all our members for their patience and participation in our safety protocols this fall.

# VOLUNTEERS NEEDED!

## Volunteer Opportunities

When we reopen our doors in April, we will be in need of volunteers who are committed to helping through the spring season scheduled to commence on April 19<sup>th</sup> 2021.

If you are interested in helping out, CLSA will be sending out a short form via email in March to gather the names and availability of volunteers. If you are not a current

volunteer but are interested in a role to assist with our relaunch plans, please send an email to [Francine@CentralLions.org](mailto:Francine@CentralLions.org).

Volunteer roles include helping with safety screening procedures, attendance taking, administrative duties in the fitness centre, and in the spring, we will need a few helping hands with administrative work related to our Tax Clinic in April. Volunteers will be trained on COVID-safety procedures at CLSA prior to their shifts. We need volunteers in the following positions:

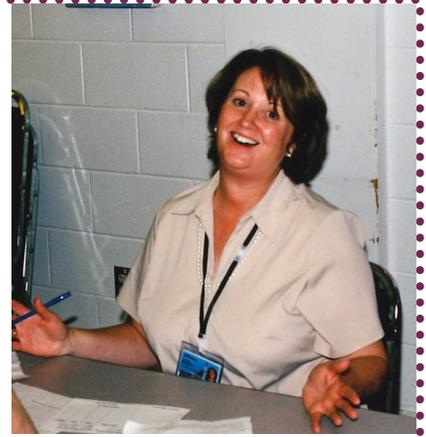
**Ambassador** - Greet and screen members; take temperatures and distribute masks; ensure everyone practices personal hygiene; act as host for instructors and general interest presentations.

**Fitness Centre Reception** - Assist with greeting, screening, and administrative activities in the Fitness Centre.

**Volunteers for CPA Income Tax Clinic in April 2021** - As needed assistance with administrative duties related to tax clinic.

If you have a little extra time and want to support CLSA, we'd welcome your time and effort. Thanks for your dedication to CLSA — your help is greatly appreciated!

## *Thanks for the Memories* -- Reflections from Carol



After over 19 years, 57 program guides and numerous events at Central Lions Seniors Recreation Centre, the time has come for me to choose another direction. In some ways it is a surprise that the time has come so quickly; in other ways, I have given my very best here and the progression now is just natural.

There are many things I can reflect upon looking back over my time at Central. My first program guide (Fall 2001) contained 63 programs and 21 clubs/drop-in activities. It is amazing how far we have come since then! My Scottish heritage and military upbringing kicked in with the annual Robbie Burns Night and Remembrance Day celebrations. It is hard to forget the sounds of the first Burns event with bagpipes - in the cafeteria! Or the 60th anniversary of WW11 in 2005 when 300 strong of our military heroes joined us; what a moving experience! Add to that so many wonderful memories - numerous parties, fundraisers, events including entertainment evenings, anniversary celebrations and Volunteer Appreciation recognitions. It was always fun!

Central's renovation shutdown in the summer of 2007 had quite an impact on CLSA as it continued to operate out of 10 facilities. With CLSA headquarters across the street in the small trailer behind Our Lady of Guadalupe Church, staff duties took on a whole new meaning as we shoveled sidewalks at the various locations. Potlucks at Queen Mary Park hall and good times at every site made it all worth it - especially when CLSA reopened to a beautiful new facility in Fall 2008. 'Build it and they will come' was the mantra, and thankfully you did! The good news for today is, if CLSA could survive a closure then, it will again post-Covid. Stay strong.

Of all the things mentioned, however, none are as important as the great people I have met while working here. From members, volunteers, instructors, presenters, community folks, staff (past and present), and outside colleagues, it has been a real privilege. Central Lions was and is a community that is hard to find anywhere else. Thank you for your gifts of sharing, friendship and smiles. I could not have accomplished or had the satisfaction of work well done without you.

Now that the time has come to move on, I feel both saddened and relieved (no more program guide deadlines!). I will miss this place and the opportunities I have had. I am also looking forward to new opportunities, and eventually taking courses at Central. I am proud to have been a part of CLSA's growth towards independence. Many thanks to Dawn for her support during this transition. CLSA is in good hands. To the CLSA staff, volunteers and leadership, I wish you the very best.

It has been a tradition of mine over the years to say farewell words to outgoing staff, instructors, and long-time members. I would like to leave you with a favourite heart-felt Irish blessing.

May the road rise up to meet you,  
May the wind always be at your back.  
May the sun shine warm upon your face,  
May the rain fall softly upon your fields.  
And until we meet again ...  
May you be kept safe during these unprecedented times.



Thank you all!  
Sincerely,

*Carol*

## It's Not a Goodbye — It's a Farewell for now...



We are sad to report that **Carol Mudryk**, CLSA's Program Coordinator for nearly 20 years will be stepping away from her role this December. Season after season, Carol has worked hard to bring you the best programming that city has to offer, and we are grateful for all her tireless efforts over the years. She is a cheerful, thoughtful, conscientious, resourceful, persistent, dedicated, and compassionate colleague, and we will miss all her valuable contributions to CLSA. It will be hard to fill her shoes! We wish her the best of luck in all her future endeavours. We thank her for all the good work and memories, and she will be greatly missed around the office! Please send any notes of farewell to [FarewellToCarol@CentralLions.org](mailto:FarewellToCarol@CentralLions.org) by **December 23**.

We'd also like to extend our farewell to City of Edmonton staff **Sharon Turner and Brandi Mackay** who both, due to changes with City staffing, are no longer with CLSA. Administrative Assistant and CLSA Dance Instructor **Devon Panko** has also stepped away from his role to pursue a new career opportunity. We wish them all the best and thank them for all their work and dedication to CLSA over the past few years. Good luck and farewell for now!



### Introducing Our Newest Staff Member — Shelley Collins!

Shelley attended the NAIT Multi-Media Program and has an extensive background in office administration. Shelley initially applied to be a volunteer driver for the Seniors Assisted Transportation Services, but when she met with HR it was decided that Shelley would instead work in the office because of her happy and outgoing personality!

When Shelley heard about the opportunity to join the team at CLSA, she was thrilled! Her compassion and reliability make her a perfect fit. Her love of music, dance, and the arts means she has a lot in common with the members of CLSA.

Shelley was born and raised in Edmonton. She is a proud Métis who learned the traditional Métis dances at age 10. Along with her parents and siblings, Shelley travelled to perform and teach around Canada, NWT and the States during her youth. She is the proud mother of two beautiful daughters—Breann (22) who is a teacher's assistant, and Athena (8) who absolutely loves going to school everyday.

You will see Shelley's friendly face at our front desk where she will be assisting with administrative duties. Please stop by to say hi and welcome Shelley to CLSA!

# A Christmas Visit

December 19, 2020 — 7:30 p.m. MST

Free online event!

This Christmas, we'll all be celebrating differently. Staying safe might mean staying home. We'll all be reimagining what our holiday gatherings look like, and many of us might not be able to have the Christmas we imagined.

And so, i Coristi Chamber Choir planned a special event to bring a little extra cheer into your Christmas this year by dropping by during the holidays – virtually, of course!

Join us on **December 19 at 7:30 PM MST** for the launch party of our holiday concert video; or tune in later, when it best fits into your holiday plans. Visit our website to find the link to our YouTube channel, and join us for an intimate Christmas evening!

[www.icoristi.com](http://www.icoristi.com)

### Featuring:

*O nata lux* – Morten Lauridsen

*O magnum mysterium* – Tomás Luis de Victoria

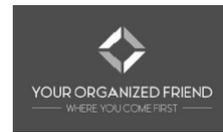
*In the Bleak Midwinter* – arr. Kathryn Parrotta

### Traditional Carols

Individual and small group performances by i Coristi members



### Event Sponsors



### Supporting Agencies



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Wishing all of our members the best for the holidays and beyond.

May your days be filled with happiness, peace, and health this holiday season and through the coming year.

Cheers to the new year and new beginnings!

-Your CLSA Admin team



Our Parents' Home

## Stay Informed: Sign up for our Email Newsletter Now!

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our upcoming newsletters and program guides. Here are some ways you can get information from us: make sure you are on our email list (or provide a family member's email address), friend us on Facebook, check out our website occasionally, call our mainline and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.

**IMPORTANT NOTICE** regarding photographs and videos taken at the Centre.

Please be informed that from time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the Centre in our newsletters, on our website and our Facebook account and other material intended for the public.

Your image is your personal information. All personal information, including images taken by CLSA 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/publicity etc., please STEP ASIDE, TURN YOUR BACK or otherwise make your position known to the photographer. If you have questions or concerns about this matter, please contact our Executive Director, Susan Mann at 780-496-7369 or [susan.mann@CentralLions.org](mailto:susan.mann@CentralLions.org).

## WILLS, ESTATES & NOTARY.

### MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

Fax: (780) 757-5505 | 9535 - 135 Avenue Edmonton, AB. T5E 1N8

Email: [mlo@marrazzolawoffice.com](mailto:mlo@marrazzolawoffice.com)



UNIVERSITY OF ALBERTA  
FACULTY OF NURSING

Invitation to Participate in a  
Research Study

Are you the caregiver of a person over 65 with dementia living in long term care?

We want to know the best ways to help caregivers and are seeking participants for our research study. You would be provided with a resource to support you, asked questions by phone, and given a \$20 coffee gift card to thank you for your time.

**We want to help**

Please call toll free: 1-877-692-5909 or email: [care.support@ualberta.ca](mailto:care.support@ualberta.ca)

## Central Park Apartments

**For Rent:** Renovated, spacious, two bedroom, 2-bath suites in downtown Edmonton.

- ◆ Adult building
- ◆ Tile and laminate flooring
- ◆ 4 kitchen appliances
- ◆ Private park for residents' use
- ◆ Close to Grandin LRT station
- ◆ Laundry facilities close to suite
- ◆ Parking available
- ◆ Balcony
- ◆ Large in-suite storage
- ◆ Sorry, no pets.

**Incentives Available**

Call Donna

780-721-3248



## How to Register for Programs Online

Don't forget, our online registration system will be accessible through our website [www.CentralLions.org](http://www.CentralLions.org). You can access the new system by clicking on the "My Account" button in the upper right corner of our homepage. You can use our online system to confirm and update your account information, purchase or renew your membership, and register for Spring 2021 programs when registration opens in the new year.

If you are logging into the registration system for the first time, follow these instructions:  
Please note: your account has already been created for you if you bought a Membership in 2020. You must activate your account first before you register for any programs. Here are the steps to activate your existing account:

- Click on the following url: <https://app.booking.ca/centrallionspub/account>
- Under "I Forgot My Password," click "Click here to retrieve your Account Information"
- Then enter your first name, last name, username (which is the email address you gave us when you fill out the membership forms).
- Enter the security check and click on "Send Email"
- Go to your Email account and find the email that was sent to you with the subject title "Account Lookup Request"
- Please click on the link contained in the email message. You will be automatically logged on to the edit account page where you can select a new password.

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. Our Registration Desk Hours are Mon–Wed, 10 –2 pm until Dec 16; please call 780–496–7369.

Just a friendly reminder that all credits from 2020 will be found in your "Wallet," which can be found on your account on our online registration system. These credits will remain on your account until you decide to use them for next year's membership or activity fees.

### Avoid Disappointments — with Early Registrations!

Early registrations result 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. If there is sufficient interest to run a second course (and depending on instructor or room availability) CLSA may schedule a second time slot or move to a larger room to accommodate interest and physical distancing.