

Dear Members,

We sure miss you and are counting down the days until we see you again at the Centre.

In support of the public health measures by Alberta Health Services and the City of Edmonton, the facility currently remains closed to the public until further notice.

Our staff continues to work remotely but will be back in the office (with modified operating hours) for in-person and over-the-phone membership sales on **March 29th**.

The Spring program guide will be available for viewing on our online registration system starting **March 1st**. Members without emails will receive their program guides through Canada Post.

Registration for spring courses opens on **March 29**.

Clubs/**Circles** are scheduled to begin on **April 12th** with courses starting on **April 19**. In case you missed our email about 2020 memberships rollovers, please see page 5 to learn more about the adjustments made for 2021 Memberships.

We invite you to come and meet the new Board of Directors at our **Annual General Meeting** on Thursday, **May 20th**. Please see page 3 to learn how to RSVP your spot.

A **Town Hall** with the Board and Administration is also scheduled for **May 10th**.

We will continue to closely follow the current provincial health guidelines when we reopen for the spring session. The COVID safety protocols we practiced in the fall session will likely continue in the spring.

Members are asked to arrive just a few minutes earlier to participate in our screening procedures (hand sanitizing, health screening questions, and attendance check) before proceeding to the activity.

We look forward to seeing you soon!

Sincerely,
Your CLSA Admin Team



2020–2021 Board of Directors

Chair: Vic Kowalewich

Vice Chair: Dennis Horrigan

Treasurer: Keith Anderson

Secretary: Marie Danielson

Directors:

Ramona Gallant Cassondra Wallace

Sharon Campbell Bob McKenzie

Gladys Loong Tony Spencer

Rita Makkannaw Allan Mah

Executive Director: Susan Mann

Central Lions Seniors Association

11113 – 113 St., Edmonton AB T5G 2V1

Website: www.CentralLions.org

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

Email: info@CentralLions.org

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

Hold the Date!

Some important dates to remember:

March 1 Spring Program Guide

March 29 Registration starts

April 12 Clubs/Circles begin

April 19 Spring Program Term 1 starts

May 10 Town Hall (RSVP to attend)

May 20 AGM (RSVP to attend)

We are on Facebook with **499 followers!** Like us, share and comment on our posts.



Get the latest news, views and more!

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

“To succeed in life you need three things: a wishbone, a backbone, and a funny bone.” – Reba McEntire 🙌😊🙌

Let's talk about retirement living and what you want to know right now.



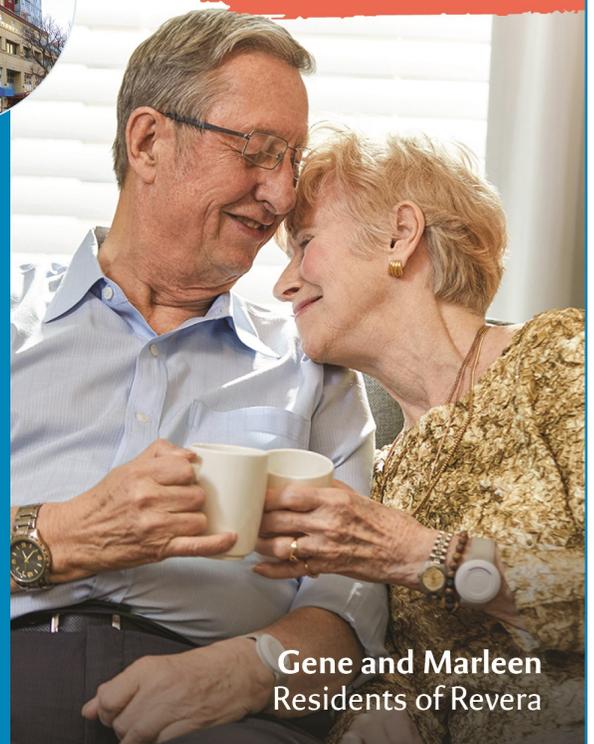
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AGM – Thursday, May 20th, 1–3 p.m.

The AGM will be on Thursday, May 20th from 1–3 p.m. in the Auditorium. 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.

We are seeking new board members with a little experience in law (to advise on contracts); human resources; policy development; and strategic planning, to join our board this year. Candidates can express their interest by contacting the nominating committee chair Ramona at 780–496–7369 and leaving a message.

Closer to the date, we will advise whether the meeting will be conducted 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, by **May 13th** with subject line: AGM. Please include your name and phone 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, and your phone number.

A Town Hall with the Board of Directors will be on **May 10th at 1:00 p.m.** We will send out a reminder email before then. Be sure to mark your calendar and bring your questions.

Regarding information collected during our Health Screening Procedures

During our relaunch last 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.

Meet One of Our New CLSA Board Members – Allan Mah



Allan Mah is presently working as a part-time Appeals Commissioner for the Provincial of Alberta Workers Compensation Board hearing panels on quasi-judicial tribunal.

He is a real estate professional with extensive experience in real estate, management, development, real estate laws and mortgage financing. He was the Director of Real Estate & Parking Services for the University of Alberta, managing real estate investments, and parking and transportation services. He was also Property Manager with the City of Edmonton managing commercial leasing and properties.

Allan has been a lecturer at the University of Alberta, Edmonton and Red Deer Real Estate Boards, Building, Owners and Managers Association, Real Estate Institute of Chicago, Alberta Real Association Real Estate Agents and Brokers Licensing, and the Alberta Mortgage Brokers Association. He has also served as a facilitator for the Alberta Board Development Program guiding non-profit organizations on board governance.

He is involved in many community services, including the Board of Trustees University Hospital Foundation. He served as Vice-President of ASSIST Community Services, Vice-President of Chinatown Multi-level Care Foundation, Hong Lok Care Centre Management Board, NAIT Board of Governors, Vice-President of Toi Shan Society and Mah Society of Edmonton, Treasurer of the Chinese Elders Mansion Board, Chinese Seniors Lodge Board, and Chinese Benevolent Association. Allan has extensive experience as facilitator and consultant to many non-profit organizations in strategic and succession planning and board governance. He is the President of his own consulting business.

An important note on Club Fees

Credits for club fees from 2020 have been issued to your "Wallet," which can be found in 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.

If you would like a refund instead of a credit, please email Refunds@CentralLions.org.

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 Francine at Francine@CentralLions.org

2021 Membership Rollovers and Pricing

All valid 2020 memberships purchased from **January to March** last year have been automatically be rolled over into 2021 memberships. Memberships and Reciprocal Memberships that were purchased from **September to December** will be credited to your account. Accepted rollovers will assume consent to the CLSA code of conduct and liability waiver.

New 2021 **55+ memberships** will be available for purchase online and in person the week of **March 15** for a pro-rated annual fee of \$25, **Under 55 memberships** will be available at a pro-rated fee of \$50, and **Community Memberships** (Reciprocal Memberships) will remain \$5.

CLSA requests that members sign into their online membership accounts prior to the spring session to confirm and update account information, including emergency contacts. If you purchased a Membership in 2020 your account has already been created for you. See the section below to learn how to sign into your account for the first time.

How to Access the Online Registration System

You can access our online registration system through our website www.CentralLions.org by clicking on the **My Account** button in the upper right corner of our homepage. You can use our online system to update your account information, purchase your membership, and register for Spring 2021 programs.

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

- Click on the following url: <https://app.booking.ca/centrallionspub/account>
- Under **I Forgot My Password**, click on **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, 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. Starting March 15th, our Registration Desk Hours will be Mon–Wed, 10 –2; please call 780–496–7369.

Food Scraps Collection Begins at Central Lions Rec Centre

Central Lions Recreation Centre is one of 60 City-owned and operated facilities that will begin collecting food scrap separately from other types of waste. This change is part of the Corporate Waste Transformation program. Collecting food scraps separately will allow the City to divert more waste from landfill, and support Edmonton's 25 year Waste Management strategy.

The next time you visit the centre, you will see **green** food scrap collection bins in our common areas. We encourage you to put your food scraps in the designated bin, similar to the way you sort your recycling into a separate bin. Please don't use common area garbage bins for food scraps or recycling. Some common items that are accepted and not accepted in the food scraps bin include:

Accepted Items

- Fruit and vegetable scraps (eg. apple cores, banana peels, etc.)
- Unwanted leftover food
- Coffee ground and tea bags
- Food soiled paper napkins/towels

NOT Accepted Items

- Liquids
- Runny foods (e.g. yogurt)
- Cardboard/paper cups/ food containers
- Compostable dishes/cutlery
- Plastic or foil food wrappers and packaging

“High-Five” Tryouts in April

Want to see if a class is right or you before committing? Then check out our “High-Five” tryout classes from **April 12–16**. Invite a friend; only \$5 per person:

Chair Challenge: Fitness for When Everything Hurts! SF-014 Tuesday, April 13 2:45– 3:45 pm

This moderately fast-paced chair workout focuses on resistance band exercises that could easily be done anywhere, along with some chair cardio and stretching. This program is suitable for participants who are having difficulty standing for periods of time, whether an ongoing issue or recovering from an injury or health setback.

Cardio Rhythm SF-012* Thursday, April 15 12:20 – 1:20 pm

Come join new instructor Elise and get your whole body moving while learning the most fun and popular social dances. This class will incorporate some equipment and a mat at the end for a full body stretch. Please bring your own yoga mat for use.

Barre Fitness SF-001* Thursday April 15 1:35 – 2:45 pm

Barre Fitness has become such a commonly used practice over the years as it encompasses so many important elements from Pilates and dancing. This program will focus on utilizing strengthening exercises, incorporating micro movements, balance, posture and stretching while receiving a cardio workout. A chair, small weights and loop bands will be used. Bring your yoga mat for stretching exercises at the end of the program.

VOLUNTEERS NEEDED!

Volunteer Opportunities

When we reopen our doors on March 15th, we will be in need of volunteers who are committed to helping through the spring season scheduled to commence on April 12th.

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.

Volunteer roles include helping with safety screening procedures, attendance tracking, and administrative support. Volunteers will be trained on COVID-safety procedures at CLSA prior to their shifts. If you have a little extra time and want to support CLSA, we'd welcome your time and effort. 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, tracking and administrative activities in the Fitness Centre.
- ◆ **Volunteers for CPA Income Tax Clinic** - April 13 & 14th. Appointment confirmations and greeting members.

All volunteers with at least 25 hours of support are our guests at the annual Volunteer Appreciation Event. Due to COVID, we do not have a date set for this important event, but that doesn't mean we've forgotten you. We'll plan a wonderful event for as soon as we're allowed to gather again.

Thanks for your dedication to CLSA — your help is greatly appreciated!

Updates to Circles and Fitness Centre this Spring

Just a friendly reminder that for all Circles and the Fitness Centre this spring, members can purchase a barcode to reserve a pre-determined play time for the term. Fitness Centre timeslots are available on a first-come, first-served basis. Participants must be CLSA members.



Alberta Health Services and City of Edmonton health and safety protocols will be in place. Our policies are based on current provincial health recommendations for indoor high-aerobic activities (Jan 2021) and will be created to ensure the health and safety of all members, volunteers, staff, and instructors. The policies issued as a means of allowing sports to be relaunched safely at CLSA may be adjusted in accordance with updated recommendations by AHS and the City.

Updated rules / protocols will be provided closer to the start dates scheduled for the week of April 12th. We anticipate they will generally remain the same as fall and winter: i.e. provide your own equipment for your activity; lockers, change rooms, showers, and water fountains will not be available for use; Doubles *may be* allowed for sports; four players are allowed per court. We highly encourage picking a cohort to play with for the season.

We will keep you informed of all relevant information for safe gathering and play.

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. The sign up form is on our website), 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.

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



UNIVERSITY OF ALBERTA
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Incentives Available

Call **Donna**

780-721-3248

