

Dear Members,

Can you believe it's October already? As the weather gets cooler and the leaves change colour, we hope this fall brings plenty of warmth and happiness to you and your loved ones this Thanksgiving and through the season. With the arrival of fall, CLSA is ramping up to relaunch on **October 26** and we are excited to welcome you back again!

We have implemented the necessary protocols and procedures to make sure the Centre is ready and safe when we re-open our doors. Although the pandemic has posed unique challenges, the CLSA team has worked hard to offer a range of recreational activities that are compatible with the guidelines set forth by AHS and the City of Edmonton. CLSA staff and volunteers will be doing their best to make sure your health and safety are the top priority. As we are all working to limit the spread, your patience and cooperation is greatly appreciated.

Our fall programs, drop-ins, and 'circles' (aka clubs) are scheduled to commence on **October 26**. Some of our new courses are filling up, but there is still plenty of room to join in on the fun. See our **new** activities and Tuesday evening classes on page 4.

The Admin Team is closely monitoring the registration numbers. As courses fill, we have been making sure we can accommodate the amount of interest. Early registration helps our staff determine which classes have enough participants to run and helps to reduce the number of class cancellations. If you've been eyeing our new drumming classes or wish to add some WOW to your watercolour skills, **don't delay—sign up today!**

Our new registration system has launched and, in spite of a few minor hiccups, is receiving positive feedback! To avoid lineups, you can now register for classes from the comfort of your home. If you haven't had the chance to log in, you can access the registration site from our homepage on www.CentralLions.org, and follow the log in instructions on page 3.

Registration Desk Hours are currently **Monday–Wednesday between 10 am – 2 pm**. Starting **October 19th**, our registration desk will be open **Monday–Friday from 10 am – 2 pm**.

A reminder that the AGM is scheduled for **Oct 15th** at 1 pm. We have added a Town Hall meeting after the AGM. See page 2 for more details.

Thank you in advance for your understanding and participation in the new procedures in place that are meant to limit the spread of the virus and keep everyone at the Centre safe. We are thrilled and grateful to have you back, and we look forward to bringing you some fun activities for the fall. See you at the Centre!

Your CLSA Admin Team

Doing Good Does *YOU* Good—Volunteer for CLSA Today!

Make a difference in your community! Meet new people and learn some new skills along the way!
Volunteer for CLSA this season!

We are in need of more volunteers committed to helping through the fall. With our new protocols in place, we need your help with daily operations and new safety procedures at the centre. The volunteer position includes duties such as greeting, directing members to sanitizer dispensers, wiping down commonly used surfaces at the volunteer desk, attendance check in, and classroom directing.

If you are interested in helping with volunteering this fall, please email Francine@CentralLions.org. All volunteers will receive necessary health and safety training for their shifts.

Reminder for AGM — October 15, 2020 at 1pm

Our AGM will go ahead on **Thursday October 15 at 1 p.m.**

Please **RSVP** to info@CentralLions.org, or please leave a message with your full name, membership number and phone number at 780-496-7369 by **October 12**. Documents have been emailed out already; hard copies will not be handed out at the meeting but will be presented electronically. Safety protocols will be in place. We will not be offering refreshments.

We have added a **TOWN HALL** meeting to follow the AGM. This is your chance to hear what we've been doing since March and what we're doing over the next few months. We hope you'll stay for this little extra info.

Reopening Q&A available on our Website

With reopening around the corner, there have been concerns regarding safety measures and other procedures that will be in place for the fall. To make things a bit easier, we have compiled a "Reopening Q & A" document on our website to answer your questions about reopening. Look for it in our website menu bar under "Reopening FAQ".

Please know that the health and safety of our members, instructors, volunteers, and staff is top priority. When fall programming starts, we will be following the most recent provincial health recommendations to open safely. Reduced class sizes, staggered start times, and personal safety protocols will be implemented. Our new, contact-free, online registration system is available now through our website. Our policies will be amended as needed to reflect any updated information from AHS and the City. Information will be added to this Q & A document as questions arise. If you still have questions after reading the Q & A, let us know at info@CentralLions.org.

CLSA Mask Policy (Updated October 8, 2020)

As CLSA is a City-owned facility, everyone is required to wear a face mask in the building as per the City bylaw. The current policy at CLSA states that face masks **do not** need to be worn during “high-intensity” aerobic activity as per AHS direction, **but they do need to be worn before and after the activity**, including if the participant leaves their mat or designated area, **and if they are in any common areas in the building**. The same rule applies to “low-intensity” aerobic activities. Some instructors may require participants to wear masks during their activity, and this will be communicated by the instructor at the time of the class. This may be subject to change and will reflect the most current AHS and City of Edmonton guidelines, so please visit our website for the latest updates.

Instructions to Log in to the new Registration software

Registration for Fall Programming is open!

If you are logging into the registration system for the first time, follow these instructions:

If you had a membership in Winter 2020, your account has already been created for you. Here are the steps to activate your existing account:

1. Visit our website at [Centrallions.org](https://www.centrallions.org) and click on the “**My Account**” Button in the top right hand corner of the homepage. Or type in this url: <https://app.booking.ca/centrallionspub/account>
2. Under the gray-coloured bar titled “**I Forgot My Password,**” click “**Click here to retrieve your Account Information**”
3. Then enter your first name, last name, username (which is the email address you gave us when you fill out the membership forms)
4. Enter the security check and click on “**Send Email**”
5. Go to your Email account and find the email that was sent to you with the subject title “**Account Lookup Request**”
6. 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, give us a call at the office 780-496-7369; sometimes it's a simple typo on our end or the name on the account is your birth name and not the one you use every day! It's a simple fix.

Please Note:

- Online registrations must be completed before the program start date.
- You will need access to a printer if you wish to print out your confirmations or your registration will be emailed to you.
- Payments must be made by credit card.

NEW Programs at CLSA

Come learn, enjoy, and master a **new** fitness, music, or art class this fall! Download our Catalogue from our website for more details.

- FF-038** High Five' Tryout! (M-V) Friday October 30 11:30 AM - 12:30 PM
- FF-037** Golden Gloves Fitness (M-V) Fridays 11:30 AM - 12:30 PM Nov 6 - Dec 18
- FF-039** Hoop It Up! (M) Fridays 2:45 PM - 3:45 PM November 6 - 27
- FF-042** Myofascial Release (G-M) Mondays 11:30 AM - 12:30 PM Nov 9 - Dec 7
- FF-064** Step & Strength Cardio for Active Agers (V) Tue 12:15 PM - 1:15 PM Nov 3 - Dec 8
- FF-069** Tabata Fit for Active Agers (V) Fridays 9:00 AM - 10:00 AM Nov 6 - Dec 4
- FF-074** Total Fitness for Active Agers (M-V) Thursdays 12:15 PM - 1:15 PM Nov 5 - Dec 10
- FM-037** Fiddle Fun! (Beginner) Tuesdays 10:00 AM - 11:00 AM Nov 3 - Dec 8
- FPD-006** Calligraphy & Card Design (All Levels) Wed 9:30 AM - 12:30 PM Oct 28 - Dec 2
- FPD-015** Pastel Pencils: Sun Beams on a Fall Day Fridays 1:30 PM - 4:00 PM November 6 - 27

NEW Tuesday Evening Programs

New this semester are classes on Tuesday Evening. The centre will be open from 8:30 a.m. – 8:00 p.m. Join us for some dancing, exercising, interesting talks, and drumming on Tuesday Nights!

- FD-005E** Hawaiian Hula Dance Basics Tuesdays 7:00 PM - 8:00 PM Nov 10 - Dec 8
- FD-008E** Tap Dance (Beginner) Tuesdays 6:00 PM - 7:00 PM Nov 10 - Dec 8
- FF-003E** Co-Ed Keep Fit (M) Tuesdays 7:15 PM - 8:15 PM Nov 17 - Dec 15
- FF-006E** Pilates: Mat Work (G-M) Multi-level Tuesdays 6:00 PM - 7:00 PM Nov 17 - Dec 15
- FGI-019E** Travel Talk: Chicago ABC's – Tuesday Evening November 10 6:30 PM - 8:00PM
- FHW-017E** Medical Cannabis: Is It for You? Tuesday November 3 6:30 PM - 8:00 PM
- FM-013E** Drum Journey #1 - The Basics Tuesdays 6:30 PM - 8:00 PM November 3 - 10
- FM-014E** Drum Journey #2 - Beyond Basics Tuesdays 6:30 PM - 8:00 PM Nov 24 - Dec 1
- FPD-010E** Watercolour & Pen: Fast & Fabulous Flowers Tue 6:15 PM - 8:15 PM Nov 10 - Dec 1



*Presenting exercise, art, music, and educational classes that enrich
mind, body and spirit to enhance longevity and quality of life.*

www.Centrallions.org

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