



Issue 1

There's no age limit on life!

Feb 2023

Cuppa Corner

- Feb 9 Firefighter's Alumni Band & the COE Sandbox Program; Sponsored by OPH and The Churchill
- Feb 23 Fostering Animals with Claire Redpath
- Mar 9 Trivia Contest & Puzzle Exchange; Sponsored by Lewis Estates
- Mar 23 Politics in Action

Cuppa Corner every **2nd and 4th Thursday; 11 am—1 pm.**



Big Book Sale Event

March 14—16

100s of books for sale. Spring Cleaning? Bring your used books, DVDs, & CDs to CLSA.

Anyone who has time to clean isn't reading nearly enough.

50/50 RAFFLE Get your 50/50 Ticket for April 28 Drawing. \$5/ticket. On Sale now at CLSA Ambassadors' desk and in the Atrium.

Annual General Meeting March 16, 2023, 1:00 PM



AGM package will be sent out on or before Feb 22.

Coffee and fresh popcorn will be served.



AGM

MAR 16

8 DIRECTORS NEEDED

- Do you have financial skills?
- Do you have a legal background?
- Are you an expert fundraiser?
- Is networking your thing?

All full members are welcome to be nominated.

Deadline for nominations is **FEBRUARY 28, 2023**

Nominations for Board positions are not acceptable on the floor of the AGM

Applications available at the front desk.

JOIN THE BOARD





Message from the Board Chair, Alex Paterson

Hello fellow members!

As we put 2022 behind us and turn our focus to 2023, it is exciting to see how the last quarter has shown incredible signs of recovery from the challenges of the past couple of years.

It is great to see so many members returning along with a tremendous number of new members that have joined. This is in large part due to the outstanding job our Executive Director, Janice and her staff did to organize and promote the open house. A huge shout out to all those who helped make that event such a success. If I correctly recall, the attendance at the event was not just a few more than expected but 2 or 3 times as many people as was hoped for. To see and hear people once again enjoying being at the Centre was most pleasant for all of us.

I want to thank the members of the finance committee, Tony Spencer, Elaine Simmt, Bob MacDonald and our Exec. Director, Janice for the hard work they did to painstakingly work and rework the 2023 budget until the Board could feel comfortable with it. It is most encouraging to see that the budget reflects a realistic, well-thought-out, surplus budget.

Your Board recently completed the strategic planning process to give us all a better understanding of CLSA's strengths and weaknesses and where we want to see the association be over the next months and years. The process helped move our thoughts towards a positive future and not just stay in a reactionary mindset around the challenges associated with the pandemic. Thank you to everyone who was part of that process.

As we prepare for our AGM, your current Board has a huge ask of you as a member. It is important that we line up a full slate of Board members. There are a few areas of expertise that would be most helpful to have represented on the Board. One very important area is someone with a strong financial background. Another would be someone with a strong fundraising background, and someone who has experience in helping our membership grow.

I see nothing but opportunity for our association and its members going forward. We have a plan, a budget, and with the addition of a few more bodies on our Board, the sky is the limit to what we can accomplish. I invite each of you to join me in putting behind us the negativity and the challenges that COVID has presented us with. Let other associations dwell on the past if they will, while we focus on the positives that 2023 has in store and not wait for things to happen, but make things happen.

Your Board is committed to governing with intention so that we can once again be number one in terms of our size and reputation for the great service we provide for our Seniors.

Cheers,

Alex

Hold the Date!

- Feb 9 Cuppa Corner
- Feb 20 CLSA **closed** for Family Day
- Feb 23 Cuppa Corner
- Mar 9 Cuppa Corner
- Mar 14-16 Big Book Sale
- Mar 16 AGM
- Mar 12 Daylight Savings Starts
- Mar 23 Cuppa Corner

SENIOR FRAUD ALERT

spot & stop senior scams

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 Winter Gala, Dec 15, 2022

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

**FOLLOW
US!**



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Share

Help us get to 1000 followers!

Follow us on Facebook [@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)



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. Relax with a seated, 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 \$55; Payable to Julie Leblanc

Clinic by appointment only:

To book an appointment call Julie @ 780-920-3149.
Must be a CLSA Member to book.

CLSA Board of Directors 2022 – 2023

Chair:	Alex Paterson
Vice Chair:	Elaine Simmt
Treasurer:	Tony Spencer
Secretary:	Marie Danielson
Directors:	Claire Redpath Dan Moynagh Bob MacDonald
Executive Director:	Janice Isberg

Donate to CLSA and Keep Our Centre Vibrant!



**It's
Easy
to
Help!**

Did you know that CLSA is a charity? Like all senior-serving organizations, the past two years have been difficult. 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 receive a tax receipt.

Ways to give...

- ◆ Go to our "Donate" page at www.centrallions.org
- ◆ [CanadaHelps](#)
- ◆ In person at 1113-113 Street, Edmonton
- ◆ By phone: 780-496-7369
- ◆ By mail: 11113 - 113 St.,
Edmonton, AB T5G 2V1



*Daryl Ciezki (Owner, Cooperators), Janice Isberg (Ex. Dir),
Stu Muir (Member), Nihdi Desai (Cooperators)*

Thank you, to the Cooperators!

Tom Ciezki Insurance Agency , The Cooperators, gifted CLSA with a \$500 donation in support of our programs and activities. The Cooperators is CLSA's new insurance provider and, in addition to providing great pricing, also gave this donation. Thank you to Tom and Daryl Ciezki and their team for understanding the value of what we do at CLSA.



**CLSA Gift
Certificates
Available!**

Gift shopping
made easy!
CLSA gift
certificates are

available at our front desk or
call 780-496-7369. Birthday
coming up? Buy the gift of art,
music, fitness, or recreation for
your loved one.

55+ Texting Code:

ATD–At the Doctors

BFF–Best Friend Fell

FWIW–Forgot Where I Was

IMHO–Is My Hearing Aid On

OMG–Oh My! Gas!

LTIP–Laughing 'Till I Peed

BYOT–Bring Your Own Teeth

2023 Memberships On Sale Now!



Get your 2023 membership today! Members who have already purchased 2023 memberships, can register online for winter programs any time here: <https://app.booking.ca/centrallionspub/account/index.asp>

New to CLSA? Call 780-496-7369 or visit us to get your 2023 membership set up. Please note, you must have a 2023 Membership to sign up for programs and/or use the online registration system.

Dancers Wanted

Got the twitch? Need to move to the groove? This uninstructed time is for ballroom dancers looking to practice their skills. Bring a partner, have fun, and gain confidence as you practice various moves. Dance a waltz, cha-cha, rhumba and the tango to name a few.
Register for Wed, 2:00–3:30.



Give the gift of reading. Clean out those cherished stories and donate to our March Book Sale.

What would happen to your business if you weren't able to perform your duties?

We can help limit the financial implications of these unfortunate events

BLACK EDGE ADVISORY

Disability Insurance • Life Insurance • Critical Illness Insurance • Group Benefits

780-945-1307

blackedgeadvisory.com

INTRODUCING EDMAC

The Executive Director's Member Advisory Committee's (EDMAC) met this January for the first time. The committee's mandate is to provide support and advise to the ED about activities, programs, and logistics that directly affect Members. The ED and the Board will make final operational decisions with the Committee's input front of mind.

Members of the committee include: Allan Mah, Lynn Skillen, Holly Ruryk, Nancy Whitson, Pat Kimura, Rita Makkannaw, Tonia Weir, John Pressey, and Noel Alden. If you have anything to pass along to them, don't hesitate, or contact Janice at info@centrallions.org.

Let's Talk Refunds



CLSA, along with all the other senior associations in the city, have a "no refund policy". Why? Because our instructors' contracts are set based on the number of people that are signed up for an activity. If refunds are given then CLSA members are left holding the bag, fees will need to increase, and it makes planning very difficult. There are always exceptions and, if you feel you need a refund, please write a note to Janice, who will make the final decision. Thank you for understanding.

- Many of our members have severe allergies to perfumes, hairsprays, and aftershaves. **Please avoid the use of scents at the Centre.** Scents can cause migraines, asthma, and respiratory distress. This can be especially an issue in small spaces. Thank you for your cooperation!



Haven't Registered Yet for Winter Programming? Here are some Activities still Open!



River Cree Casino

Back by popular demand! Monthly outings to the River Cree Casino. Fee includes transportation, \$5 play money, and lunch. Meet in the CLSA atrium at 9:30 am for a 10 am departure to the casino. The bus departs the casino at 2:30 p.m. for a 3:00 p.m. return to Central Lions.

Walkers welcome. No wheel-chairs please

Thurs Feb 16, Mar 16, Apr 20
9:30 am - 3:00 pm 1-Day Trip

Member/Non-Member Rate:
\$5.00

Bird Carving: Robin

In this course, you will learn the basics of woodcarving, how to use the tools, and carve a Robin from start to finish. Materials needed are a dremel with a flex shaft or micro motor, a wood burner, 4 razor-tip carving bits, calipers for measuring, paint brushes, pencils, and sandpaper.

Supplies: \$25.00

payable upon registration

Mon Feb 27 - Apr 3
1:00 pm - 4:00 pm

Member Rate: \$95.00
Non-Member Rate: \$130.00

Cartooning For Fun

Want to laugh while you enhance your ability to draw and think creatively? Try cartooning, and you will learn to overcome artistic inertia and fear of failure. You will also learn to draw without hesitation and have fun while creating cartoons that will both surprise and amuse. No rulers allowed.

Feb 28 - Mar 21
1:00 pm - 4:00 pm

Member Rate: \$73.00
Non-Member Rate: \$108.00



Inside the Head of an Artist–Acrylics by Frank Haddock

This is your official invitation to join your friends and watch an acrylic painting from start to finish. That’s right! You get to see a basic painting happen right before your eyes, and the bonus is you get to talk to the artist while this is happening! You will be able to gain insight into the decisions and thoughts of the artist as they develop and finish their painting. Don’t miss this opportunity to get inside the head of the artist.

Wed Mar 1, 1:00 pm - 4:00 pm One-Day Demonstration
Member Rate: \$16.00 Non-Member Rate: \$51.00



Calligraphy & Card Design by Valdis Gislason

Learn to design captivating cards, with text, for any occasion. Learners will use basic design principles and calligraphic techniques to create hand-painted and lettered cards. Only enthusiasm, a pencil, and eraser are needed, but bring pencil crayons and black Pigma pens if you have them. A short list of additional supplies will be provided during the first lesson.

Tues Feb 28 - Apr 4 9:30 am - 12:30 pm
Member Rate \$97 Non-Member Rate: \$132



The Churchill Revera VALENTINE'S DAY

Complementary Buffet



780-700-4288

14
FEB

10015 103RD Ave

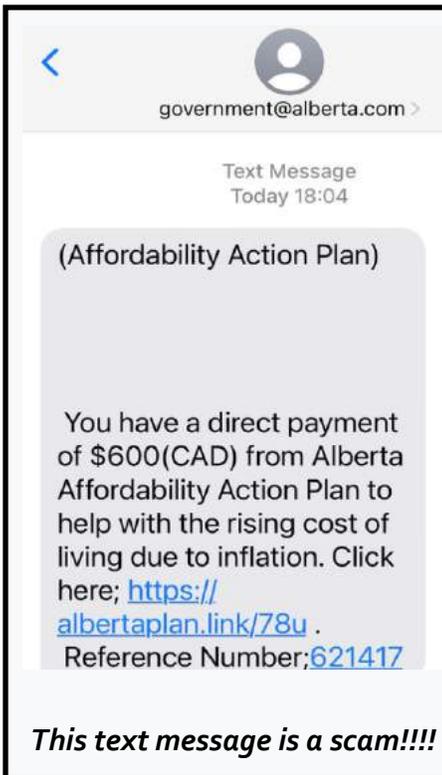
For more information please email
shelley.esopenko@reveraliving.com

Made with PosterMyWall.com

Updates to the Workout Room this Season:

- Check out the new elliptical trainers and bikes in our workout room!
- Appointments are no longer necessary to work out. Drop-ins welcome! Simply decide which pass you want to purchase (Drop-in \$5; 10-Visit pass \$35; Seasonal pass \$150; Yearly pass \$420) and check in at the Fitness Desk every time you visit.





Scammers Trying to Cash in on Inflation Relief Payments!

Scammers targeted Albertans even before the provincial inflation relief program went live on Jan 18. **If you receive a text about the Affordability Action Plan it is NOT the Affordability and Utilities Ministry but a scammer.**

Just go to alberta.ca/affordable or any registry to access these benefits. Don't go anywhere else.

Banks, Taxation offices, or Government services will never text you and ask for banking information. Don't be taken in. Save your money for activities at CLSA.

Floor Curling—Newest Sport at CLSA



Mondays, 1:00—4:00 \$2/session

This is a fun activity that uses “rocks” on rollers. Rules are similar to ice curling but no sweeping is involved, and you can use a stick to direct the rock rather than bending. It's easy on the body and great fun. Come and join the group. Try it once and you'll never look back.

Instead of the John I call
my bathroom the Jim!
That way it sounds better
when I say I go to the Jim
first thing every morning!!!



RECREATION THERAPY ACTIVITY KITS

RuralTR is offering activity kits that provide individuals with 6-8 programs that focus on their Physical, Social, Emotional, Cognitive and Spiritual health. Helping to improve quality of life and overall well-being.

For more information email ruraltrservices@gmail.com or visit www.ruraltr.squarespace.com/

YOU HAVE ENTERED

A WRITER'S HOME

What happens here...



goes in my next book.

Calling All Writers

We want our CLSA newsletter to be more. If you are a writer and have a story to tell, please consider sending it to us for publication in our Newsletter. Stories should be no longer than 500 words. Only 1 or 2 can be published in each newsletter. Send your stories to info@centrallions.org.



780-221-8411

**SHINGLES | REPAIRS
FLATROOF | EAVESTROUGHS**



Volunteer Opportunities—Give the Gift of Your Time

Book Sale Volunteers: Leading up to our Booksale March 14-16, we need a few volunteers to help sort, clean, organize, and/or lift boxes. We also need volunteers to help organize books, help members, and perform cashier duties at the booksale.

Special Event Volunteers: Specific roles may include event set-up, decorating, hosting, ticket-taking, and inventory pre-/post- event.

If you are interested in helping out with any of the above roles, please send an email to

Francine@CentralLions.org or call 780-442-0936.

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



Our qualified nurses provide foot care for those who:

- are diabetic
- have impaired circulation
- are at high risk for foot disorders
- want to take preventative measures

Services include:

- Clipping and shaping of nails
- removal or reduction of corns/calluses
- assistance with ingrown nails/ fungal nails
- plus 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



Winter 2023 Program Guide Corrections

- **AGM: Thursday, March 16 17**
- **Better Balance (G-M): WF-002 | Tuesdays | Mar 7 - Apr 25 | 1:40 PM - 2:40 PM**
- **Member \$60 | Non-Member \$95**
- **Workout Room Fees: Drop-in \$5 | 10-Visit pass \$35 | Seasonal pass \$150 | Yearly pass \$420**

The 2022 Winter Gala was well attended and we celebrated the season with a star studded dinner, movie activities, and volunteer awards. Our VIP guests included anyone who volunteered 25 hours or more throughout 2021 and 2022.

Protect Your Savings

If you're sick, hurt, or hospitalized, how will you cover ALL your expenses such as home care, snow removal, or pet sitting?



Talk with Alex Paterson
780-907-4672

james.paterson2@combinedagent.com

Most seniors don't think they can get insurance coverage for hospitalizations, illnesses, or injuries after 65 but we protect to 85 and some for life, including cancer, heart attack and stroke.



Getting older is like being on a roller coaster...there are highs, lows, laughter and tears and sometimes...you just may pee your pants a little!



IMPORTANT NOTICE Regarding Photographs Taken in the Centre

From time to time, our staff and volunteers will be taking photographs and videos of activities, 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.



Janice awards Lawrence Wallace with the first Carol Keeler Award for outstanding Volunteer of the Year. Lawrence volunteers with the 50/50 and setting up for all events.



Janice awards Lorna Shoults with the first Carol Keeler Award for outstanding Volunteer of the Year. Lorna is one of our Ambassadors and a bright spot in everyone's day.

SHE SAVED MY LIFE

Edmonton resident Dawn had been experiencing the painful side effects of peripheral neuropathy, "My feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take gabapentin for the rest of my life." Then she met Edmonton's very own Acupuncturist, Dr. Melanie Morrill Ac.

Peripheral neuropathy is the pain, discomfort and numbness caused by nerve damage to the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the washroom were overwhelmingly painful.

"How can you live for the next 30 years when you don't even want to get out of bed to do the simple things?"

She was experiencing the burning, numbness, tingling, and sharp pains that those suffering from peripheral neuropathy often describe, "It's the equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would "touch" her feet.

Unfortunately, Dawn's story is all too familiar for the over one million people in Canada suffering from peripheral neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping, or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to, "just live with the pain" and you are taking medications that just aren't working or have uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Dr. Melanie Morrill Ac. and the work she was doing to treat those suffering from peripheral neuropathy without invasive surgery or medication.

Doctor of Acupuncture, Dr. Melanie Morrill Ac. founder of Accessible Acupuncture in Edmonton, AB, is using the time-tested science of acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have the burning sensation. I don't have pain coming up my legs," Dawn enthusiastically describes life after receiving Melanie's treatments.

"I can wear socks and shoes!"

Dawn and her sister now operate a successful dog-walking business, sometimes covering 5 kilometres a day.

"It's life-altering. As far as I'm concerned Melanie saved my life!"

Dr. Melanie Morrill Ac. has been helping the senior community for over five years using the most cutting-edge and innovative integrative medicine, with a special interest in chronic pain and helping people who have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior health care is now easily accessible to the residents of the greater Edmonton area.

If you have been missing too many tee times because of your pain or you've passed on dancing because you're afraid of calling it's time to call Dr. Melanie Morrill Ac and the staff at Accessible Acupuncture.

It's time you let your golden years BE GOLDEN!

Accessible Acupuncture is now accepting new patients but only for a limited time. Only 20 new neuropathy patients will be accepted in February.

Call 587-879-7122 to schedule.



Peripheral Neuropathy?

SCHEDULE a consultation TODAY

CALL 587-879-7122

Hys Centre

600, 11010 101 st NW Edmonton, AB

AccessibleAcupuncture.ca

Health and Wellness

Condensed from **EVERYDAY HEALTH** at <https://www.everydayhealth.com/senior-health/want-to-take-care-of-your-brain-take-a-walk/>

A study from Colorado Sate University found that participants who completed six months of regular brisk walks experienced better cardiovascular fitness and improvements in white matter and memory compared with people who practiced stretching and balance exercises for the same amount of time.

Participants were placed into groups and met three times a week for six months, with one group gathering for brisk 40-minute walks, one that participated in supervised stretching and balance training, and one that learned and practiced choreographed dances. At the end of the intervention, the brain tests and imaging were repeated.

The walking group was the only group where the changes in white matter were associated with better memory. It's unclear why the dancers didn't have those same improvements, though it could be because they were receiving instruction and not moving as vigorously during their sessions, according to the authors. This may mean that the effects of aerobic exercise were a primary driver of the white matter benefits.

To read more, go to the link provided at the top of this article.



Edmonton Seniors
*Are Invited To Discover
The Flavors Of Our Neighborhood At Our...*

FIRST ANNUAL
Taste of Oliver!

Join us on the fabulous 14th floor of Our Parents Home for an afternoon of free samples from a selection of local restaurants in the Oliver area.

Come and learn more about the dining options around the area and discover our own Chef's creations as well!

February 23
2 pm – 4 pm

Amazing views and amazing tastes.
Our Parents' Home - 10112 119 Street

Please RSVP to Tracy
by February 20, 2023
(as space is limited)

Tracy.Shaw-Ache@reveraliving.com
780-935-5922

Community Sandboxes Consultation

This winter, Parks and Roads Services will be seeking feedback from the general public and stakeholders, to gather thoughts, perspectives, and feedback on the Community Sandbox Program. Public feedback will be used to inform and adjust program recommendations that will be presented in a report to City Council in the spring of 2023. Based on Council's decisions and direction, approved program changes could be in place as early as the 2023-24 winter season. A table is set up in the atrium with information about the program. Check it out while you're having coffee. **More information will be available on Feb 9 at Cuppa Corner.**



Join CLSA on an Adventure to Ancient Egypt!

The Best of Egypt | October 6th to 20th, 2023

***Limited to 16-24 Guests**

\$5999 CAD per person, based on double occupancy



Highlights:

- Visit the Pyramids of Giza and the Great Sphinx
- Visit the Pyramids of Sakkara
- Visit the Egyptian Museum of Antiquities the most complete collection of Egyptian artifacts in the world
- Sail the legendary Nile River on a 3 Night Cruise from Aswan to Luxor
- Visit the Valley of the Kings and the Queens, where 62 Tombs of the Pharaohs have been uncovered
- Visit the Ancient Temples of Karnak, Luxor, Philae, Edfu, Horus and Kom Ombo
- Sail on a Felucca in Aswan around Kitchener Island & Agha Khan
- Enjoy 3 nights of supreme luxury and service at the Oberoi Sal Hasheesh on the Red Sea

What's Included:

All sightseeing and meals as per itinerary (23 meals) | all tipping for drivers and guides | 2 domestic flights within Egypt (Cairo to Aswan | Hurghada to Cairo) | all entrance fees as per itinerary, | arrival and departure transfers | private English Speaking guide throughout the entire trip | local specialty guides | all taxes

Here is the link for the CLSA Egypt Group Departure.

<https://members.tripmerchant.ca/tour-item/the-best-of-egypt-october-6th-2023/>

Contact 780-496-7369 for the password to the members-only website!

Early Booking Price Deadline: March 31, 2023