

Painting & Drawing

Drawing Caricatures SPD-009
July 18 & July 25, 1:00 pm- 4:00 pm
Member Rate \$ 35.00

Watercolour and Pen: Feathered Friends SPD-003
July 18, 20, 25, 27, 9:30 am - 12:30 pm
Member Rate \$ 73.00

Acrylics: Summer Project SPD-011
Aug 5 - Aug 19, 1:00 pm - 4:00 pm
Member Rate \$ 50.00

Uninstructed Activities

Mahjong SMahjong-003*
July 12 - Aug. 16, 10:00 am - 12:00 pm
Member Rate \$ 12.00

Hall Walkers SWalk-tue*
July 12 - Aug. 16, 8:30 am - 10:30 am
Member Rate \$ 12.00

Lapidary (SLapidary-tuea*/SLapidary-tuep*)
July 12 - Aug. 16,
9:00 am - 12:00 pm / 12:00 pm- 3:00 pm
Member Rate Per Barcode \$ 24.00

Knitting & Crochet SKnit-003*
July 13 - Aug. 17, 10:00 am - 12:00 pm
Member Rate \$12.00

Whist SWHist-003*
July 13 - Aug. 17, 1:00 pm-3:00 pm
Member Rate \$12.00

Stained Glass (SGlass-wedam*/SGlass-tham*)
July 13-Aug. 18, 9:00 am-12:00 pm
Member Rate Per Barcode \$ 26.00

Cribbage SCrib-003*
July 14 - Aug 18, 1:00 pm-3:00 pm
Member Rate \$12.00

Hall Walkers SWalk-th*
July 14 - Aug 18, 8:30 am-10:30 am
Member Rate \$ 12.00

Tai Chi Practice (STaiChi-tue* STaiChi-fri*)
July 12 - Aug 19, 1:15 pm-2:30 pm
Member Rate per barcode \$ 12.00

Snooker (SSnooker-*)
July 11 - Aug 19, 9:00 am-4:00 pm
Member Rate per barcode \$ 38.00

[Click here to view course descriptions
in our Program Guide.](#)

Crafts

Pressed Flower Art: Wooden Treasures
SC-008
July 14 & 21, 1:00 PM - 4:00 PM
Member Rate \$50.00 + \$40.00 Supply kit

Cards & Paper Crafts - SC-003
July 18, 9:30 am - 12:30 pm
Member Rate \$21.00 + \$10.00 Supply Kit

Cards & Paper Crafts - SC-003
August 15, 9:30 am - 12:30 pm
Member Rate \$21.00 + \$10.00 Supply Kit

Music

Play Djembe Today! Level 1 Workshop
SM-035
July 18, 9:00 am - 10:00 am
Member Rate \$10.00

Play Harmonica Today! Level 1 Workshop
SM-037
July 18, 10:05 am - 11:05 am
Member Rate \$ 10.00

Uku 'N Play Today! Level 1 Workshop
SM-039
July 18, 11:10 am - 12:10 pm
Member Rate \$ 10.00

Play Djembe Today! Level 2 Workshop
SM-036
Aug 15, 9:00 am - 10:00 am
Member Rate \$ 10.00

Play Harmonica Today! Level 2 Workshop
SM-038
Aug 15, 10:05 am - 11:05 am
Member Rate \$ 10.00

Uku 'N Play Today! Level 1 Workshop
SM-039
Aug 18, 11:10 am - 12:10 pm
Member Rate \$ 10.00

Sing-A-Long Social SM-043
July 22 - Aug 19, 1:30 pm - 3:00 pm
Member Rate \$ 20.00

NEW Flex Registration

Flex Registration - Select the dates you want on the calendar then proceed to the payment page. Your total will appear on the payment page.

Paddle Sports

Badminton SBadminton (Mon/Wed) 14 days
July 11 - Aug 31, 1:00 pm - 3:00 pm
Member Rate \$ 70.00

Badminton Flex SBadminton-Flex
July 11 - Aug 31, 1:00 pm - 3:00 pm
Flex Single Day Rate \$7.00

Pickleball Pickleball (Tue/Thur) 15 days
July 12 - Aug 30, 8:45 am - 10:45 am
Member Rate \$75.00

Pickleball Flex Pickleball-Flex
July 12 - Aug 30, 8:45 am - 10:45 am
Flex Single Day Rate \$7.00

Pickleball For Fun Pickle4fun
11:00 am - 1:00 pm
Pickle4fun-m* July 11 - Aug 29, \$35.00
Pickle4fun-t* July 12 - Aug 30, \$ 40.00
Pickle4fun-w* July 13 - Aug 31, \$ 35.00
Pickle4fun-th* July 14 - Aug 25, \$ 35.00
Pickle4fun-f* July 15 - Aug 26, \$ 35.00

Pickleball For Fun Flex Pickle4fun-Flex
July 12 - Aug 31, 11:00 am - 1:00 pm
Flex Single Day Rate \$7.00

Table Tennis STableTennis
(Mon/Wed/Fri) 20 days
July 11 - Aug 28, 8:45 am - 10:45 am
Member Rate \$ 100.00

Table Tennis Flex STable-Flex
July 11 - Aug 28, 8:45 am - 10:45 am
Flex Single Day Rate \$7.00

Offsite Adventures

River Cree Resort & Casino SO-004
July 21, 9:30 am - 3:00 pm
August 18, 9:30 am - 3:00 pm
Member Rate \$ 5.00

Central Lions Seniors' Association

Hours of Operation

Monday - Friday
8:30 am - 4:30 pm

Registration Desk Hours

Monday - Friday
10:00 am - 2:00 pm

780-496-7369
11113 - 113 Street,
Edmonton, AB T5G 2V1

Fitness

Co-Ed Keep Fit (M-V) Multi Level SF-063*
July 11 - Aug 15, 10:00 am - 11:00 am
Member Rate \$ 30.00

Strength Training (M-V) SF-065*
July 11 - Aug 15, 11:15 am - 12:15 pm
Member Rate \$ 40.00

Better Balance & Strength (G-M) SF-062*
July 14 - Aug 11, 10:00 am - 11:00 am
Member Rate \$ 38.00

Strength Training (M-V) SF-064*
July 14 - Aug 11, 11:15 am - 12:15 pm
Member Rate \$ 40.00

Cardio Rhythm (M-V) SF-007*
July 21 - Aug 18, 12:10 pm - 1:10 pm
Member Rate \$ 40.00

ESSETRICS® Stretch & Tone SF-029*
July 12 - July 26, 10:00 am - 11:00 am
Member Rate \$ 40.00

ESSETRICS® for Seniors SF-025*
July 12 - July 26, 11:15 am - 12:00 pm
Member Rate \$ 27.00

ESSETRICS® Release, Rebalance, Restore
SF-033*
July 13 - July 27, 2:15 pm - 3:15 pm
Member Rate \$ 40.00

Golden Gloves Fitness (M-V) SF-038*
July 22 - Aug 19, 11:30 am - 12:30 pm
Member Rate \$ 30.00 + \$10.00 Glove Rental

ESSETRICS® Stretch & Tone SF-030*
Aug 2 - Aug 16, 10:00 am - 11:00 am
Member Rate \$ 40.00

ESSETRICS® for Seniors SF-026*
Aug 2 - Aug 16, 11:15 am - 12:00 pm
Member Rate \$ 27.00

ESSETRICS® Release, Rebalance, Restore
SF-034*
August 3 - July 17, 2:15 pm - 3:15 pm
Member Rate \$ 40.00

Dance

Beginner Ballroom SD-011*
July 21 - August 18, 9:45 am - 10:45 am
Member Rate \$40.00

Ballroom Level 2 SD-010*
July 21 - August 18, 11:00 am - 12:00 pm
Member Rate - \$40.00

