

Central Lions Recreation Centre | 11113 – 113 Street | CentralLions.org



WINTER 2022

Program & Activity Guide

Adding Longevity to Your Life!

January – April



This program guide costs \$2 to produce.



Central Lions Recreation Centre

11113 – 113 Street NW
Edmonton, Alberta
T5G 2V1

Phone: 780–496–7369

Fax: 780–442–0946

Website: www.CentralLions.org

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

Hours of Operation

Monday – Friday

8:30 a.m. – 4:30 p.m.

The centre is closed statutory holidays

Registration Desk Hours

December 6 – 10

Monday – Friday 9 a.m. – 3 p.m.

December 13 – 22

Monday – Friday 10 a.m. – 2 p.m.

December 23

CLSA closes at 12 p.m.

Starting January 4

Monday – Friday 10 a.m. – 2 p.m.

Weekends & Stats: CLOSED

Fitness Centre Hours

Monday–Friday

8:30 a.m. – 2:30 p.m.

Weekends & Stats: CLOSED

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Welcome to the Central Lions Seniors Association (CLSA). Our aim is to provide a welcoming environment for persons 55 years of age and older by presenting exercise, art, music, and educational classes that enrich mind, body, and spirit to enhance longevity and quality of life.

CLSA is an independent, non-profit society formed in 1979. Our programs are made available through registration, fees, donations, and general fundraising. We rely on our generous and dedicated volunteers who support our efforts every step of the way.

CLSA MISSION

To encourage, promote, and provide opportunities through recreation, education, and socialization, and enhance the well-being of persons aged 55 and older.

Seniors of every age, interest, and fitness level will find something to enjoy at CLSA. We invite you to come to CLSA for the programs, and stay for the people.

CLSA VISION

Engaging mind, body, and spirit to enhance quality of life.

If you have questions or concerns, please contact our Executive Director, Susan Mann at 780-496-7369 or susan.mann@CentralLions.org

Welcome Back! Here's to 2022!

Dear Members,

Season's Greetings and best wishes for a happy and healthy holiday and new year! Thank you for your participation in our health and safety protocols this past fall; your continued support makes it possible for us to proceed with programs safely. Although we are not back to a pre-COVID "normal," we are doing what we can to offer a safe and healthy environment for everyone.

CLSA will continue to take part in Alberta's Restriction Exemptions Program, requiring proof of double vaccination and mandatory masking to continue operating as usual. Following provincial guidelines, we will accept Vaccine QR codes as the ONLY valid proof for entry. Members who have already provided proof will NOT need to show it again. For a full list of COVID protocols, please visit the COVID FAQ page on www.CentralLions.org.

2022 Memberships are available in person at the front desk or over the phone. Winter program registrations will be available online and in person starting **December 6**. The registration desk will be open **December 6–10 from 9 a.m. – 3 p.m.** Starting **December 13**, regular registration hours will resume from **10 a.m. – 2 p.m. Monday to Friday**. All programs will resume on **January 10**. Call 780-496-7369 or email our team at info@CentralLions.org if you have any questions.

NEW Clubs/circles are now separated into two new categories: **Uninstructed Activities** (p. 43) and **Paddle Sports** (p. 39). We are also offering **"Learn to Play Pickleball"** and **"Pickleball Beginners"** for new and beginner pickleball players, plus a new **"Book a Court"** option open to all paddle sports players.

Make sure to check www.CentralLions.org, your emails, and our main phone line 780-496-7369 for the latest news. It's been wonderful having you back at the centre, and we are looking forward to seeing you in January!

Did you know...

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. **Don't delay—sign up today!**

2022 CLSA Memberships

2022 Memberships available in person or over the phone only. Get yours today!

Type of Membership	Purchase	Eligibility	Prices, Available for Purchase Dates, and Valid Dates	Description
55+ Membership	In Person, Over the phone	55+ years	\$35 Available November 1, 2021 Valid Dates: January 1 –December 31, 2022	<ul style="list-style-type: none"> • Full voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Reciprocal member rates at participating seniors centres
Under 55 Membership	In Person, Over the phone	35–54 years	\$65 Available November 1, 2021 Valid Dates: January 1 –December 31, 2022	<ul style="list-style-type: none"> • No voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Restricted access to sports
Community Membership	In Person Only (Must be 55+)	<ul style="list-style-type: none"> • Reciprocal Seniors Centres • Queen Anne & Prince Rupert Community League Partners, • Minds in Motion Care Partners 	\$5 Available November 1, 2021 Valid Dates: January 1 –December 31, 2022	<ul style="list-style-type: none"> • No voting privileges at Annual General Meeting • Member rates on CLSA programs and activities
Gold/ Lifetime Membership	In Person, Over the phone	85+ years	\$0 Available November 1, 2021 **Must be renewed every year Valid Dates: January 1 –December 31, 2022	<ul style="list-style-type: none"> • Full voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Reciprocal member rates at participating seniors centres

How to Register

Call 780–496–7369 or visit
www.CentralLions.org to register

In Person

Visit our registration desk in person starting **Monday, December 6.**

Desk hours: **December 6–10:** Mon–Fri 9–3pm; **December 13–22:** Mon–Fri 10–2pm.

Telephone

Register by calling us at **780–496–7369** starting **Monday, December 6.**

Leave a clear message and allow 24 hours for a response.

Telephone registrations **must be** completed before the program start date.

Desk hours: **December 6–10:** Mon–Fri 9–3pm; **December 13–22:** Mon–Fri 10–2pm.

Online Registration

Memberships can only be purchased in person or over the phone (see desk hours above) You must purchase a 2022 Membership before you can register for programs at the member rate. CLSA requests that members sign in to their online membership accounts prior to the winter season to confirm and update account information, including emergency contacts.

Once you have purchased a 2022 Membership, you can register for programs online. Register through our website www.CentralLions.org (click on **My Account** in the upper right corner).

If you purchased a membership in 2021, your online registration account has already been created for you. Instructions to log in for the first time can be found on our website. Simply click on “Membership” in the menu bar, then click on “Registration” to read the log-in instructions.

If you don't have a current membership or an online account, please call 780–496–7369 to determine if we can register you over the phone or if you need to come to the centre.

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.

An Important Note About Memberships

Note: Membership fees are not refundable nor transferable.

CLSA Code of Conduct

CLSA believes in creating a positive community and strives to maintain a respectful, friendly, and supportive environment for members, staff, instructors, volunteers, and guests. To that end, CLSA applies the following Code of Conduct: **Everyone will...**

- Be protective of the safety, security, well-being, and goodwill of others and the Centre as a whole.
- Refrain from participating in any action that seriously disrupts or disturbs the morale, efficiency, safety, or normal operations and activities of CLSA.
- Conduct themselves in a respectful and responsible manner in all interactions with others. CLSA does not tolerate inappropriate, abusive, or undesirable language or behaviour.

Violations of this Code of Conduct will be dealt with in accordance with established CLSA procedures. We reserve the right to revoke membership to anyone not complying with our Code of Conduct.

Contraventions of this Code of Conduct shall result in sanctions ranging from a verbal warning through to a revocation of membership or privileges, or expulsion from the Centre. It can also include criminal charges for those items covered by the law.

Please Note...

- Program dates, times, instructors, and fees are subject to change.
- Programs and activities, may be bumped for educational programming, facility maintenance, special events, emergencies, and external (City of Edmonton) bookings.
- Any registration after the program start date must be completed in person at the Central Lions Seniors Recreation Centre. If in doubt of details, we recommend calling us at 780-496-7369.
- There are no refunds for courses once classes have started. In the event of a medical issue, participants can request a credit towards another course by submitting a letter to the attention of the CLSA Executive Director. An admin fee may be applied. Central Lions Seniors Association reserves the right to cancel courses at our discretion.

Disclaimers

- Opinions expressed by program presenters do not necessarily reflect the views of the CLSA staff or the CLSA Board of Directors.
- All participants (member/non-member) must sign the liability waiver, and agree to abide by the CLSA Code of Conduct, before attending any CLSA programs, activities or special events.
- CLSA is not responsible for injuries incurred during any program, sport or activity, or other sponsored CLSA activity.

Payment and Confirmation

- Program fees will be confirmed at the time of registration and must be paid in full. Participants are not considered registered until payment has been received.
- Payment can be made using VISA, MasterCard, cheque, debit, or cash. Please make cheques payable to Central Lions Seniors Association. Post-dated cheques are not accepted. **Online registration is by credit card only.**
- If you register in person, a course confirmation will be given to you. Otherwise, a confirmation will be mailed/emailed to you. Please be aware of the program dates listed on the confirmation, as dates can be excluded due to holidays, or City of Edmonton rentals.

Cancellations, Refunds, and Transfers

- If it is necessary for CLSA to cancel a program, you will be notified prior to the program start date. In this situation, refunds or credits will be issued to your account. Courses may be cancelled due to low enrolment, extreme weather, instructor unavailability, and facility maintenance.
- Generally, no refunds or credits are given for programs, presentations, activities, or Fitness Centre registrations unless cancelled by CLSA. In the event of an illness or injury, refund requests may be forwarded in writing to the CLSA Executive Director for review.
- Transfer to another program is permitted (subject to availability) without penalty up to 15 days prior to the program start date. A \$10 administration fee will apply if a transfer is requested 14 days or less prior to the program start date or if the program has started. If applicable, any credit balance will be refunded.

Low Enrolment and Waitlist Policies

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. If you have registered, you will be notified by phone, and you will be offered a credit toward another class.

Don't delay—sign up today!

If the activity in which you wish to register is full, you can be waitlisted. If there is a cancellation and a free spot becomes available, we will contact members in the order received on the waitlist.

We encourage early registrations so that we can make adjustments to scheduling if necessary. 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 the activity to a larger room to accommodate interest and physical distancing.

CLSA Photo Policy

Please be informed that from time to time, our staff and volunteers will be taking photographs and videos of the 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.

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.

Severe Weather Policy

With winter being a significant feature of Edmonton life nine months of the year, CLSA members are reminded of our Severe Weather (Program Cancellation) Policy.

CLSA Programs may be cancelled if one of the following conditions are met:

1. Edmonton temperatures are below -30 degrees celsius (not including wind chill) as per Environment Canada forecast for Edmonton; **or**
2. Edmonton schools, either Edmonton Public or Edmonton Catholic, have cancelled their bus service for the day (school bus cancellations are generally announced on local radio stations).

If in doubt, please phone Central Lions at 780-496-7369 for a recorded message. In the event of CLSA program cancellations due to severe weather, the building will remain open during regular hours from 8:30 a.m. to 4:30 p.m. Monday to Friday.

Glossary of Terms

Membership Fee: The costs to be a member of CLSA. Membership allows you to participate in the activities at the centre at reduced rates.

Program Fee: The cost of a course/program session or presentation. This fee covers the expense of the instructor, facility and administration of the programs offered.

Class: Occurs only one day within a course or program session.

Course: A multi-day, usually progressive activity i.e. painting, ukulele, guitar

Program: Primarily fitness, repeats, or rollover courses.

Season: The actual time of year in which a course, program session, presentation, activity or special event occurs. Three CLSA program guides are produced yearly which cover instructional seasons (Winter, Spring, and Fall).

Term: A timeframe in which a multi-day course is offered (generally 6 weeks in length/ two terms per season. Spring/Summer Season may have three terms).

Workshop: A one or two-day course or program that includes hands-on experience.

Lecture/Presentation/Demonstration: A one-day course where there is only observation and no hands-on participation.

Dues: The cost required to cover expenses of a activity.

One Day Talks – 'Day of' Fee: You can pick up last-minute tickets for talks at our front desk. These tickets will be sold at a 'Day of' rate and are subject to availability. Please note that our one-day talks have proven extremely popular, and we may have limited seating on the day of the talk.

Published Fee	'Day Of' Fee
\$2	\$7
\$4	\$9
\$8	\$13
\$10	\$15

New Programs!

We are pleased to offer the following **NEW** Programs at CLSA:

- Beginner Pickleball
- Book-a-Court
- Golden Gloves Fitness Level 2
- Learn to Play Snooker
- Learn to Play Pickleball
- Play Djembe Today! Level 1 Workshop
- Play Harmonica Today! Level 1 Workshop
- Uku 'N Play Today! Level 1 Workshop
- Morse Code Bracelets
- Introduction to Lapidary

**New Programs are indicated
by this sticker:**



Join the CLSA Board of Directors

Are you passionate about enriching the lives of seniors through recreation? If you have a vision for the long-term growth of CLSA, then join our Board of Directors! Members with skills in business, law, human resources, finance, and education are encouraged to apply. You can express your interest by contacting our office at 780-496-7369 or email info@CentralLions.org.

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Computers & Devices

Computer Tutorials: One-on-One

Instructor: Shawn Gramiak

Member Fee per session: \$47 | Non-Member Fee per session: \$82

** This is a Specialty Course and registration is offered by phone at 780-496-7369 or in person at the CLSA front desk.

Are you having trouble with your computer, device and/or its software? A one-on-one tutorial may provide the guidance you are seeking to get the most out of your system. These 45-minute, customized, focused training opportunities are designed to address operational and/or software concerns you might have with your Windows, Apple or Android device (phone, iPad, Android tablet or laptop). Once you have registered, the instructor will contact you directly in order to arrange a mutually convenient tutorial time and to review the topics you want to address. Multiple concerns may require more than one instructional session.

WCD-001 | *Tutorial time will be determined by instructor and participant

Are you on our Email List? Subscribe Today!

If you are not getting emails from us or know someone who would like to, please email info@centrallions.org or call 780-496-7369. Checking your “spam” or “junk” email folder or adding us to your “trusted sender” list or address book might do the trick, but if that’s not the case, please contact us and we can look into it for you.

We encourage our members to join our email list to hear about updates and other information that may be of interest. You can sign up on our homepage www.centrallions.org. For other ways to receive information from us, see the list below:

- Call our main line 780-496-7369 and listen to the voicemail message for updates
- Buddy up with a CLSA friend who can share information with you
- Share your mailing address with us to receive our newsletter via Canada Post
- Friend us on Facebook **@CentralLionsSeniors**
- Check out our website occasionally, or ask a family member or friend to check on the website for you



Learn how to shape and polish gemstones in the **NEW** Introduction to Lapidary Class

Crafts

Acrylic Paint Pouring

Instructor: Susan Mann

Member \$35 | Non-Member \$70

Back by popular demand with a new twist! Join Susan for an exciting afternoon of acrylic paint pouring and create your own unique art. Beginners will learn the basics - mixing, pouring, tilting. All supplies included. Class on Friday, Feb 25. Art projects must be picked up on Monday, Feb 28.

WC-006 Friday | February 25 | 1:00 PM - 4:00 PM | One-Day Workshop

Cards & Paper Crafts

Instructor: Pam McLean

Member \$20 | Non-Member \$55

Card making has come a long way from simple paper folds and markers. In each workshop, you will complete three projects using a variety of stamps, ink, paper, techniques, accessories and more. No experience is required. All materials provided with cards pre-cut and ready for you to assemble, stamp and create. **Supplies (\$10) payable upon registration.**

WC-001 Monday | January 24 | 9:30 AM - 12:30 PM | One-Day Workshop

WC-002 Monday | February 28 | 9:30 AM - 12:30 PM | One-Day Workshop

WC-003 Monday | March 21 | 9:30 AM - 12:30 PM | One-Day Workshop

Introduction to Lapidary

Instructor: Nina Leontowicz

Member \$65 | Non-Member \$100

Lapidary is the art of cutting, shaping, and polishing of minerals and rocks. Learn how to use equipment and cutting tools to shape and polish stones. The possibilities are endless – whether it be focal cabochons for jewelry, or slab cut agates for wind chimes. At the end of the course you will complete two stones.

Week 1 – Review of shop safety, cabochon samples, and starting your own cabochon.

Week 2 – Review of shaping, grinding, polishing. Continued work on cabochon.

Week 3 – Incorporating stones in jewelry / other design features. Continued work on cabochon.

Week 4 – Independent work.



WC-009 Fridays | February 4 – February 25 | 1:00 PM - 3:00 PM | 4 Weeks

Jewelry Set (Necklace, Bracelet, and Earrings)

Instructor: Rachelle Liogier

Member \$15 | Non-Member \$50

Make a jewelry set as a gift for yourself or someone you care about. We will discuss the healing and energy properties of the gemstones as well as the symbology of the charms. Gemstones will include and are not limited to: snowflake obsidian, rose quartz, amethyst, clear quartz, onyx, sodalite. Charms will include and are not limited to: feather, tree of life, lotus, celtic knot, flower of life and hearts. All metals are nickel and lead free and will be coated for longevity. **Supplies (\$18) payable upon registration.** Extra kits will be available for purchase at class.



WC-008

Wednesday | March 16 | 10:00 AM - 12:00 PM | One-Day Workshop

Morse Code Bracelets

Instructor: Rachelle Liogier

Member \$15 | Non-Member \$50

Morse code uses dots and dashes to represent alphabet letters and numbers in a given message. Personalize a bracelet for a special occasion or a gift for a friend. Choose your message and put it in a bracelet. For example: I Miss You "... /- /- ... /- /- ... /- /- ... /- /- ..." would look like this. **Supplies (\$10) payable upon registration.** Extra kits will be available for purchase at class.



WC-007

Wednesday | February 16 | 10:00 AM - 12:00 PM | One-Day Workshop



Dance

Hawaiian Hula Dance

Instructor: Tracy Thorne

This program is divided into three progressive levels. Beginners register for Coconut level only. More advanced students should enrol in Hibiscus or Plumeria levels which include the preceding levels. Register in one level only.

Coconut Level (Beginner)

Member \$23 | Non-Member \$58

This is the beginner level and warm-up for the more advanced levels.

WD-001

Thursdays | January 20 – February 17 | 1:30 PM - 2:15 PM | 5 Weeks

WD-002

Thursdays | March 3 – March 31 | 1:30 PM - 2:15 PM | 5 Weeks

Continued on Next Page...

Hawaiian Hula Dance Continued from Previous Page...

Hibiscus Level (Choreography)

Member \$36 | Non-Member \$71

Choreographed class. Includes the preceding Coconut level. Recommended that students have some dance experience.

WD-003 Thursdays | January 20 – February 17 | 1:30 PM - 3:00 PM | 5 Weeks

WD-004 Thursdays | March 3 – March 31 | 1:30 PM - 3:00 PM | 5 Weeks

Plumeria Level (Performance)

Member \$48 | Non-Member \$83

Performance class. Includes the preceding Coconut and Hibiscus levels.

WD-005 Thursdays | January 20 – February 17 | 1:30 PM - 3:45 PM | 5 Weeks

WD-006 Thursdays | March 3 – March 31 | 1:30 PM - 3:45 PM | 5 Weeks

Tap Dance (Beginner)

Instructor: Jeff Gatti

Member \$55 | Non-Member \$90

It's never too late to tap dance; anyone can learn! No experience required. Steps, moves and basic routines including posture and balance will be explored.

WD-011 Wednesdays | January 12 – February 16 | 11:30 AM - 12:30 PM | 6 Weeks

WD-012 Wednesdays | March 2 – April 6 | 11:30 AM - 12:30 PM | 6 Weeks

Tap Dance (Intermediate)

Member \$55 | Non-Member \$90

Enjoy tap exercises throughout this course. Build your aerobic fitness, muscle strength, flexibility, and coordination. Tap is also great for your memory. Completion of Tap Dance: Beginner Technique and/or some previous tap experience is required. Tap shoes are suggested.

WD-007 Wednesdays | January 12 – February 16 | 9:10 AM - 10:10 AM | 6 Weeks

WD-008 Wednesdays | March 2 – April 6 | 9:10 AM - 10:10 AM | 6 Weeks

Tap Dance: Performance (Advanced)

Member \$55 | Non-Member \$90

Want to work on tap technique and expand your repertoire to include more complex footwork? Choreographed performance opportunities are available during the last week either at Central Lions or at a performance location pending the desires of the group. Previous tap dance experience and tap shoes are required.

WD-009 Wednesdays | January 12 – February 16 | 10:20 AM - 11:20 AM | 6 Weeks

WD-010 Wednesdays | March 2 – April 6 | 10:20 AM - 11:20 AM | 6 Weeks

Cardio Rhythm (M-V)

Cardio Rhythm is primarily a cardio-based program that engages the body with various exercises and equipment for a total body workout. Join the fun and move to the beat! Learn more on page 17.



Fitness

Join Our Fitness Centre!

Hours

Monday – Friday
8:30 a.m. – 2:30 p.m.
Closed on statutory holidays

***Members must call 780-442-0949 to book a 90-minute appointment.**

Fitness Centre Fees

Drop-in \$5
10-visit pass \$35

* Passes can be purchased in-person only

Note: You must be a member of CLSA prior to joining the Fitness Centre.

Even if you have never been to a Fitness Centre before, getting started is easy. For more information, or to meet our certified fitness coordinators, drop by the Fitness Centre or call 780-442-0949.

Get familiarized with a FREE orientation: Our coordinators provide information about Centre operations, introduce you to the equipment, and provide some tips on exercising safely. **Orientations are required and take place the 2nd Thursday of each month.** Call the fitness centre 780-442-0949 to book your orientation.

The Fitness Centre will be operated under the recommended health and safety guidelines in the winter and likely will maintain mandatory masks, physical distancing, and cleaning processes until further notice.

When it comes to being fit and strong, age does not need to be a barrier! Staying active with regular movement can help you age well and maintain independence. Workout intensity level will be indicated in the title of the activity by the following letters: **Gentle (G), Moderate (M), Vigorous (V)**

Barre Fitness (M)

Instructor: Elise Millard (Seehagel)

Member \$40 | Non-Member \$75

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

Continued on Next Page...

Barre Fitness (M) Continued from Previous Page...

loop bands will be used. Bring your yoga mat for stretching exercises at the end of the program.

WF-001 Thursdays | January 20 – February 17 | 12:10 PM - 1:10 PM | 5 Weeks

WF-002 Thursdays | March 3 – March 31 | 12:10 PM - 1:10 PM | 5 Weeks

Better Balance (G-M)

Instructor: Cathy Taskey

Member \$45 | Non-Member \$80

Learn to reduce the risk of falls with balance exercises combined with strength activities. The goal of this program is to improve balance with simple low-risk exercises, progressing towards exercises that require maintaining balance while moving. Progression is at your own pace. This program is suitable for participants who feel their balance skills are diminishing as a result of age and/or health concerns.

WF-003 Tuesdays | January 11 – February 15 | 1:40 PM - 2:40 PM | 6 Weeks

WF-004 Tuesdays | March 1 – April 5 | 1:40 PM - 2:40 PM | 6 Weeks

Better Balance & Strength (G-M)

Instructor: Cathy Taskey

Member \$40 | Non-Member \$75

This modified Better Balance and Strength program is for those who are seeking an easier, less intense program. Exercises are adapted for both standing and seated workouts. No floor exercises. Participants with health concerns and/or use of walkers or canes are welcome to join.

WF-005 Thursdays | January 20 – February 17 | 1:40 PM - 2:40 PM | 5 Weeks

WF-006 Thursdays | March 3 – April 14 | 1:40 PM - 2:40 PM | 5 Weeks (No class March 17 & April 7)

Cardio Ball & Yogasize (M)

Instructor: Marlene Marvin

Member \$55 | Non-Member \$90

Come have a ball and get fit! The goal of this program is to help strengthen muscles for everyday living. Improve your cardio fitness with music followed by a variety of exercises using different sized balls—large for core and back strength, medium for circulation, and mini for eye/hand/feet coordination. Moderate Yogasize exercises round out the session. Bring your own mat.

WF-007

Cancelled

WF-008 Wednesdays | March 2 – April 6 | 11:30 AM - 12:45 PM | 6 Weeks

Cardio Fit & Yogasize (V)

Instructor: Marlene Marvin

Member \$65 | Non-Member \$100

Improve your heart health, strengthen your muscles, and stretch out in this active cardio/Yogasize combined program. Everyone is encouraged to work at their own pace. Includes restorative floor exercises to strengthen and improve your core and lower back muscles, plus relaxation and breathing techniques. Bring your yoga mat.

WF-009 Tuesdays | January 11 – February 15 | 12:15 PM - 1:45 PM | 6 Weeks

WF-010 Tuesdays | March 1 – April 5 | 12:15 PM - 1:45 PM | 6 Weeks

Cardio Rhythm (M-V)

Instructor: Elise Millard (Seehagel)

Member \$40 | Non-Member \$75

Come join instructor Elise and get your whole body moving while learning the most fun and popular social dances. Although Cardio Rhythm is primarily a cardio-based program, by engaging the body using various exercises and equipment, this will help you get a total body workout. Join the fun and move to the beat! This class will incorporate some equipment, and bring your yoga mat for stretching exercises at the end of the program.

WF-011 Thursdays | January 20 – February 17 | 11:00 AM - 12:00 PM | 5 Weeks

WF-012 Thursdays | March 3 – March 31 | 11:00 AM - 12:00 PM | 5 Weeks

Register starting December 6

Winter registrations start on **December 6**. Visit us at the centre (Front desk hours – **Dec 6–10**: Mon–Fri, 9 a.m. – 3 p.m.; **Dec 13–22**: Mon–Fri, 10 a.m. – 2 p.m.), call 780–496–7369, or visit us at www.CentralLions.org to access our online registration system.

Co-Ed Gentle Move & Groove (G)

Instructor: Marlene Marvin

Member \$30 | Non-Member \$65

This program is for individuals who have been sedentary for a while or have chronic conditions that benefit from gentle exercise, like arthritis. Exercises are performed in both standing and seated positions. A typical class includes a light cardio warm-up and strengthening exercises. Balance and posture are often emphasized. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level.

WF-015 Fridays | January 21 – February 18 | 12:00 PM - 1:00 PM | 5 Weeks

WF-016 Fridays | March 4 – April 1 | 12:00 PM - 1:00 PM | 5 Weeks

Co-Ed Keep Fit (M)

Walk, stretch and exercise your way to improved balance, strength, endurance, and flexibility. This class builds from 25–35 minutes of aerobic movement followed by balance, chair and/or resistance exercise. Everyone is encouraged to workout at their own pace.

Instructor: Cathy Taskey

Member \$36 | Non-Member \$71

WF-017 Mondays | January 10 – February 14 | 10:15 AM - 11:15 AM | 6 Weeks

WF-018 Mondays | February 28 – April 4 | 10:15 AM - 11:15 AM | 6 Weeks

Instructor: Marlene Marvin

Member \$36 | Non-Member \$71

WF-021 Wednesdays | January 12 – February 16 | 10:15 AM - 11:15 AM | 6 Weeks

WF-022 Wednesdays | March 2 – April 6 | 10:15 AM - 11:15 AM | 6 Weeks

Continued on Next Page...

Co-Ed Keep Fit (M) Continued from Previous Page...

Instructor: Marlene Marvin

Member \$30 | Non-Member \$65

WF-025 Fridays | January 21 – February 18 | 10:15 AM - 11:15 AM | 5 Weeks

WF-026 Fridays | March 4 – April 1 | 10:15 AM - 11:15 AM | 5 Weeks

Co-Ed Keep Fit (V)

Looking for a high-energy workout? Improve your heart health and stamina as the class progresses to 30–40 minutes of aerobic movement and exercise. Work on mobility or joint flexibility, muscle strength, balance and agility through active movement.

Instructor: Cathy Taskey

Member \$36 | Non-Member \$71

WF-019 Mondays | January 10 – February 14 | 9:00 AM - 10:00 AM | 6 Weeks

WF-020 Mondays | February 28 – April 4 | 9:00 AM - 10:00 AM | 6 Weeks

Instructor: Marlene Marvin

Member \$36 | Non-Member \$71

WF-023 Wednesdays | January 12 – February 16 | 9:00 AM - 10:00 AM | 6 Weeks

WF-024 Wednesdays | March 2 – April 6 | 9:00 AM - 10:00 AM | 6 Weeks

ESSETRICS® for Seniors (G)

Instructor: Lori Griffith

Member \$55 | Non-Member \$90

This gentle, slow tempo, slower-paced program focuses on improving your mobility, balance, and strength. It is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and are just beginning to exercise after being inactive. Program includes standing and chair work. Please bring your yoga mat, small towel and water to class.

WF-029 Tuesdays | January 11 – February 15 | 11:15 AM - 12:00 PM | 6 Weeks

WF-030 Tuesdays | March 1 – April 5 | 11:15 AM - 12:00 PM | 6 Weeks

ESSETRICS® Stretch & Tone (M)

Instructor: Lori Griffith

Member \$75 | Non-Member \$110

ESSETRICS® Stretch & Tone is a full body, equipment-free workout using a dynamic combination of strengthening and stretching to develop lean, strong and flexible muscles. The immediate benefit is to your posture. A diverse playlist accompanies each routine. Perfect for men and women of all fitness levels. ESSETRICS® can help prevent and treat injuries, unlock tight joints, and leave you feeling energized and healthy. Program includes standing & floor exercises. Bring your yoga mat, small towel and water to class.

WF-027 Tuesdays | January 11 – February 15 | 10:00 AM - 11:00 AM | 6 Weeks

WF-028 Tuesdays | March 1 – April 5 | 10:00 AM - 11:00 AM | 6 Weeks

Please remember to **Bring Your Yoga Mat** for courses with floor exercises!

ESSETRICS® Release, Rebalance, Restore (G-M)

Instructor: Meaghan Hipkins

Member \$80 | Non-Member \$115

This gentle, full-body, dynamic stretching program is designed to release tight muscles, rebalance joints and restore the body. It is an age-reversing workout that will restore movement in your joints and flexibility in your muscles, relieve pain, and increase your energy. Program includes standing and floor work exercises. Bring your yoga mat, small towel and water to class.

WF-031 Wednesdays | January 12 – February 16 | 2:15 PM- 3:15 PM | 6 Weeks

WF-032 Wednesdays | March 2 – April 6 | 2:15 PM- 3:15 PM | 6 Weeks

Golden Gloves Fitness – Level 1 (M-V)

Instructor: Louise Lepore – Westchester Amateur Boxing Club

Member \$40 | Non-Member \$75

Uppercut. Lower cut, Jab, jab, jab! What better way to weave cardio into your life than throwing a few punches! Golden Gloves Fitness is designed to increase flexibility, balance, muscular strength, and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required; just relaxing clothes and a good pair of sneakers. Your workout is what you make it. The class is suited to all abilities; exercises are adaptable. Let's get moving! ***Equipment rental fee extra (\$10); payable upon registration.**

WF-033 Fridays | January 21 – February 18 | 11:30 AM - 12:30 PM | 5 Weeks

WF-034 Fridays | March 4 – April 1 | 11:30 AM - 12:30 PM | 5 Weeks

Golden Gloves Fitness – Level 2 (M-V)

Instructor: Louise Lepore – Westchester Amateur Boxing Club

Member \$40 | Non-Member \$75

Now that you have the Uppercut, Hook, Jab, jab, jab down. Come join Louise for the next set of moves. Your workout is what you make it. Let's get moving! A typical boxing workout can burn 800 calories in 1 hour. Join us if you are looking to lose weight, plus improve your balance, muscle tone, and motor skills. No equipment is required; just comfy clothes and a good pair of sneakers! ***Equipment rental fee extra (\$10); payable upon registration.**

WF-035 Fridays | January 21 – February 18 | 12:40 PM - 1:40 PM | 5 Weeks

WF-036 Fridays | March 4 – April 1 | 12:40 PM - 1:40 PM | 5 Weeks



Hall Walkers (G)

One foot in front of the other, and before you know it, you could be walking your way to better health! Learn more about our Hall Walkers on page 44.

Learn to Play Pickleball

Have you always wanted to play pickleball but weren't sure where to start? Come join this group and learn from a few seasoned players (space is limited). See page 41 for details.



Restorative Back Fitness (G-M)

Instructor: Marlene Marvin

Member \$30 | Non-Member \$65

The focus of this four-week program is to release stress and tension in the back, shoulders and neck using restorative poses. You will learn how to stretch upper and lower back muscles with floor exercises that help strengthen the core, and that can be done on your own at home. Participants must be able to get down and up from the floor. Bring your yoga mat.

WF-041 Fridays | January 28 – February 18 | 1:30 PM - 2:30 PM | 4 Weeks

WF-042 Fridays | March 4 – March 25 | 1:30 PM - 2:30 PM | 4 Weeks

Alberta Health Services Presents: STEP Forward (Supervised Transitional Exercise Program)

STEP Forward is a beginner to intermediate level physical conditioning program offered by Alberta Health Services. It is suitable for people with a chronic health condition which limits their ability to move, or for those who are looking to improve their physical function due to injury or physical rehabilitation. For information: Visit <https://www.centrallions.org/step-forward-program> to see the program info page, or call 780-735-3483.

Strength Training (M-V)

Instructor: Cathy Taskey

Member \$40 | Non-Member \$75

Strength training—or weight/resistance training—is a physical activity that can provide benefits to your muscles, bones, body weight and shape. Designed to help prevent the natural loss of lean muscle mass, this moderate to active non-cardio workout focuses on the whole body (including the back) using weights and other portable equipment. Floor exercises are part of this program.

WF-043 Thursdays | January 20 – February 17 | 12:30 PM - 1:30 PM | 5 Weeks

WF-044 Thursdays | March 3 – April 14 | 12:30 PM - 1:30 PM | 5 Weeks (No class April 7)

Strength Training : Progressive (V)

Instructor: Cathy Taskey

Member \$90 | Non-Member \$125

WF-045 Tuesdays | January 11 – April 5 | 12:30 PM - 1:30 PM | 12 Weeks (No class February 22)

Tabata Fit for Active Agers (V)

Instructor: Cathy Taskey

Member \$40 | Non-Member \$75

Tabata is a form of High Intensity Interval Training (HIIT) that alternates short periods of intense exercise with less intense recovery periods. This type of training improves anaerobic and aerobic capacity and is one of the best options for getting a big calorie burn. This class can involve some impact but there will be an option for no impact exercise. Be prepared to get a complete body workout using various pieces of equipment.

WF-046 Fridays | January 21 – February 18 | 9:00 AM - 10:00 AM | 5 Weeks

WF-047 Fridays | March 4 – April 1 | 9:00 AM - 10:00 AM | 5 Weeks

Tai Chi: Yang Style

The most popular and widely practiced Tai Chi style throughout the world, Yang Tai Chi is a progressive series of slow-moving, gentle exercises that stretch, tone and relax the muscles. Other benefits include improved focus and concentration and increased energy.

Tai Chi: Yang Style - Level 1 (G)

Instructor: Andrew Switzer

Member \$85 | Non-Member \$120

WF-048 Tuesdays | January 18 – March 22 | 11:00 AM - 12:00 PM | 10 Weeks

Tai Chi: Yang Style - Level 2 (M)

Instructor: Leslie Sarabin

Member \$85 | Non-Member \$120

Level two is the continuation of the movements learned in level 1.

WF-049 Mondays | January 17 – March 28 | 1:15 PM - 2:15 PM | 10 Weeks (No Class February 21)

Tai Chi: Yang Style - Level 3 (M)

Instructor: Leslie Sarabin

Member \$85 | Non-Member \$120

Level 3 will work towards completing the entire movement sequence. Participants require a good understanding of the movements plus completion of Level 1 and 2.

WF-050 Mondays | January 17 – March 28 | 2:30 PM - 3:30 PM | 10 Weeks (No Class February 21)

Tai Chi: Yang Style - Sabre

Instructor: Andrew Switzer

Member \$105 | Non-Member \$140

Tai Chi Sabre has a natural momentum making its fluid movements an enhancement of Level 1 to 3.

WF-051 Tuesdays | January 18 – March 22 | 9:45 AM - 10:45 AM | 10 Weeks

Tai Chi Practice

Practice time for individuals wishing to work on their Tai Chi form. See page 47 for details.

Yoga: Gentle Hatha (G)

Instructor: Sylvia Galbraith

Member \$50 | Non-Member \$85

Emphasizing flexibility, balance, breathing and body awareness, gentle yoga exercises (asanas) are done sitting in a chair and/or standing, bring your yoga mat. Everyone is encouraged to work at their own pace and comfort level.

WF-052 Mondays | January 10 – February 14 | 10:45 AM - 11:45 AM | 6 Weeks

WF-053 Mondays | February 28 – April 4 | 10:45 AM - 11:45 AM | 6 Weeks

Yoga: Hatha (M)

Instructor: Sylvia Galbraith

Member \$65 | Non-Member \$100

Improve your physical and mental well-being with combination of yoga poses, breathing and meditation exercises. The goal of this program is to increase strength and flexibility, relieve stress, calm the mind, and

Continued on Next Page...

Yoga: Hatha (M) Continued from Previous Page...

achieve complete relaxation. Remember to bring your own yoga mat, water and towel.

WF-054 Mondays | January 10 – February 14 | 9:00 AM - 10:30 AM | 6 Weeks

WF-055 Mondays | February 28 – April 4 | 9:00 AM - 10:30 AM | 6 Weeks

Yoga: Hatha (M)

Instructor: Sylvia Galbraith

Member \$55 | Non-Member \$90

WF-056 Thursdays | January 20 – February 17 | 9:00 AM - 10:30 AM | 5 Weeks

WF-057 Thursdays | March 3 – March 31 | 9:00 AM - 10:30 AM | 5 Weeks

Yoga: Iyengar Stretch & Relax

Instructor: Barb Deneka

The Iyengar tradition of yoga includes a combination of active yoga, breath awareness and restorative yoga. Flexibility, strength, balance and alignment are its focus. Props are used to make the poses accessible to all participants. Includes some floor work so bring your yoga mat, water, towel and/or yoga blanket.

Yoga: Iyengar Stretch & Relax – Beginner (G)

Member \$40 | Non-Member \$75

WF-058 Fridays | January 21 – February 18 | 10:45 AM - 11:45 AM | 5 Weeks

WF-059 Fridays | March 4 – April 1 | 10:45 AM - 11:45 AM | 5 Weeks

Yoga: Iyengar Stretch & Relax – Intermediate (M)

Member \$60 | Non-Member \$95

WF-060 Fridays | January 21 – February 18 | 9:00 AM - 10:30 AM | 5 Weeks

WF-061 Fridays | March 4 – April 1 | 9:00 AM - 10:30 AM | 5 Weeks



General Interest & Languages

Financial Management

Global Financial Market Review 2022

Presenter: Wei Woo (CIM, EPC) – Investment Advisor & Retirement Income Specialist

Member \$2 | Non-Member \$2

Day of Rate \$7 (Subject to availability. Can only be purchased in person at front desk)

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2021, and look at forward guidance on what to expect for 2022.

WGI-007 Tuesday | January 25 | 1:30 PM - 3:00 PM | One-Day Presentation

Understanding Investment Fees with your Bank

Presenter: Wei Woo (CIM, EPC) – Investment Advisor & Retirement Income Specialist

Member \$2 | Non-Member \$2

Day of Rate \$7 (Subject to availability. Can only be purchased in person at front desk)

An increasing amount of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee-based accounts and if they are truly beneficial to your situation.

WGI-008 Tuesday | February 15 | 1:30 PM - 3:00 PM | One-Day Presentation

Optimizing the Retirement Benefits of a TFSA

Presenter: Wei Woo (CIM, EPC) – Investment Advisor & Retirement Income Specialist

Member \$2 | Non-Member \$2

Day of Rate \$7 (Subject to availability. Can only be purchased in person at front desk)

The Tax-Free Savings Account (TFSA) has been out since 2009; it is now 2022, and many retired Canadians are still confused about how to best use this tax-saving investment shelter. What complicates matters further is that depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice. Come join Wei Woo as he clarifies the myths surrounding this account and discusses how to use this highly flexible account to maximize your financial strategies during your retirement years.

WGI-009 Tuesday | March 29 | 1:30 PM - 3:00 PM | One-Day Presentation

General Interest

Art History: Vermeer & How He Painted His Pictures

Instructor: Frank Haddock

Member \$10 | Non-Member \$45

Delve into the fascinating world of Vermeer and learn how he used the latest technology of the day to assist him in creating his wonderful paintings. In this presentation, you will find out just how he used the camera obscura to help create his masterpieces. You will also learn how you, too, can make a Camera Lucida. Spend a fun afternoon exploring the world of art history.

WGI-001 Monday | February 28 | 1:00 PM - 3:00 PM | One-Day Presentation

Casino Outing: River Cree Resort & Casino

Back by popular demand! Monthly outings to the River Cree Resort and Casino. Fee includes round-trip transportation, \$5 play money and a complimentary lunch at Tap 25 restaurant. See page 37 for full details.

Declutter and Downsize in a Holistic Way

Instructor: Lynn Fraser

Member \$32 | Non-Member \$67

Are you or a loved one planning to downsize to a smaller home? Do you want to be in control of the process now before it happens by default to you? It is not too early to start preparing even if you don't have a moving date yet. Learn about the S.P.A.C.E. strategy, the Top 11 Checklist, and ways to help you keep the items that bring you joy and find new homes for those that don't. Get inspired to work on your goals between classes. In week two you will develop "The 4 P's" plan to downsize, and move with less stress and more ease. Celebrate your successes, ask questions and find solutions. Lynn's self-care tools respect you and your special memories.

WGI-017 Wednesdays | March 2 & March 16 | 9:30 AM - 11:30 AM | 2 Workshops

Genealogy: An Introduction

Instructor: Kathleen Rae

Member \$25 | Non-Member \$60

Discover the basic rules of genealogy, pedigree charts, family group sheets and where to look for information from all over the world in this hands-on workshop. Discussion will include related books plus viewing of actual genealogical records and documents. **Manual extra (\$10) payable upon registration.**

WGI-018 Monday | January 17 | 9:00 AM - 12:00 PM | One-Day Workshop

Genealogy: On the Internet

Instructor: Kathleen Rae

Member \$25 | Non-Member \$60

Information for this presentation will be displayed on the large screen with accompanying handouts. Learn about the mega databases available for searching, Ancestry is not the only game in town. Learn which ones are free and how to post a query to get the best information. Discussion will follow about the Privacy Laws in Canada and what you will or will not find compared to other countries. Please bring a list of family names, dates and places to class. Kathleen will be available to assist with locating your family on the web. **Manual extra (\$10) payable upon registration.**
Prerequisite: Must have previously taken the Genealogy: An Introduction.

WGI-019 Monday | February 14 | 9:00 AM - 12:00 PM | One-Day Workshop

An Introduction to DNA and Genealogy

Instructor: Kathleen Rae

Member \$25 | Non-Member \$60

Are you interested in Genealogy and DNA testing but have questions? Genealogist Kathleen Rae, uses herself and her own DNA data to provide actual examples to show what can be achieved when genealogy and DNA testing meet. Kathleen has tested with Ancestry and 23andMe. She has moved her DNA data to other DNA sites such as MyHeritage.com, Gedmatch, and FamilyTreeDNA, and provides examples from what all these sites look like. This workshop is for the very beginner. We discuss strategies on the successful use of the DNA test, ethical issues with DNA, and what DNA companies are doing with the data. **Manual extra (\$10) payable upon registration.**
Prerequisite: Must have previously taken the Genealogy: An Introduction.

WGI-020 Monday | March 14 | 9:00 AM - 12:00 PM | One-Day Workshop

Oh no . . . we've cancelled a program!

Did you know it is program policy to cancel classes one week prior to the start date if there are not enough registrants? **Don't delay—Register starting Dec 6!**

Got Skincare? - Put Your Best Face Forward

Instructor: Susanne Urbina

Member \$20 | Non-Member \$55

Cleanse, tone, and moisturize but is that all you should do? Learn from two beauty experts about procedures and products that refresh and revitalize the skin to give you a more youthful appearance. Come with no/minimal make-up and give yourself a facial with the products provided. Got time? We Got You!

WGI-016 Friday | March 11 | 10:00 AM - 12:00 PM | One-Day Workshop

Make-up to Complement Your Colour

Instructor: Susanne Urbina

Member \$20 | Non-Member \$55

Start with a clean face, a clear canvas, and then what? Learn from two beauty experts how to apply make-up that suits your colouring, your face shape, lifestyle, and budget; from shaping eyebrows to a hairstyle that gives you a polished look. Got interest? We Got You!

WGI-006 Friday | March 11 | 1:00 PM - 3:00 PM | One-Day Workshop

Just Do It - What Colour Should You Be Wearing?

Instructor: Susanne Urbina

Member \$20 | Non-Member \$55

Take the colour cues from this beauty expert to learn about colour psychology to create mood and to choose the colours to wear that suit your personal colouring. Not all clothing pieces follow the “winter, summer, spring, fall” rules, and you may have mistakes in your wardrobe. Learn how to make those items suit you. Get out of your colour rut - Just Do It!

WGI-002 Friday | March 25 | 10:00 AM - 12:00 PM | One-Day Workshop

Just Do It - Fundamental Fashion Style

Instructor: Susanne Urbina

Member \$20 | Non-Member \$55

Learn your figure type and the tips to dress it. Are you short waisted? Petite? Use design and line, collars, bodices, tops, and bottoms to dress your concerns, express your personality, and create mood. Style that’s your own - Just Do It!

WGI-003 Friday | March 25 | 1:00 PM - 3:00 PM | One-Day Workshop

Languages

French Conversation Basics

Instructor: Cindie Thompson

Member \$50 | Non-Member \$85

This course is great for those who have been away from the French language for a while and for those planning to travel to French-speaking destinations. Enjoy learning the essentials using illustrations, music, and more. Advance knowledge of your experience level will help the instructor prepare appropriate class plans.

WGI-00 **Cancelled**

WGI-005 Tuesdays | March 1 – March 29 | 1:00 PM - 2:30 PM | 5 Weeks

Languages: Spanish

CLSA's Spanish programs include interactive practice in a fun, social setting. Illustrations and rules are used to reinforce listening, speaking, reading, and writing. Beginner levels concentrate on the rudimentary basics of the Spanish language. Intermediate and Advanced levels include practice of present, past and future tenses, the meaning of grammatical patterns, plus skill development regarding reading and speaking a foreign language. Teaching techniques are modified per course to meet the needs of the participants registered in the various levels.

Spanish – Beginner (Level 1)

Instructor: Tania Oyarzun

Member \$70 | Non-Member \$105

Students need to have a basic knowledge of Spanish. Please bring a copy of "Spanish Vocabulary" by Dorothy Richmond; best obtained through Amazon or Indigo.

WGI-010 Fridays | January 21 – February 18 | 10:00 AM - 12:00 PM | 5 Weeks

WGI-011 Fridays | March 4 – April 1 | 10:00 AM - 12:00 PM | 5 Weeks

Spanish – Intermediate

Instructor: Tania Oyarzun

Member \$70 | Non-Member \$105

Completion of Spanish: Beginners Level 1 and/or some experience and comfort with the Spanish language. Please bring a copy of "Spanish Verb Tenses" by Dorothy Richmond; best obtained through Amazon or Indigo.

WGI-012 Fridays | January 21 – February 18 | 12:30 PM - 2:30 PM | 5 Weeks

WGI-013 Fridays | March 4 – April 1 | 12:30 PM - 2:30 PM | 5 Weeks

Spanish – Advanced

Instructor: Jorge Oyarzun

Member \$70 | Non-Member \$105

Completion of Spanish Intermediate and/or fluency in Spanish. All class material will be provided by instructor.

WGI-014 Fridays | January 21 – February 18 | 10:00 AM - 12:00 PM | 5 Weeks

WGI-015 Fridays | March 4 – April 1 | 10:00 AM - 12:00 PM | 5 Weeks

Philosopher's Café

Presenter: David J. Goa

Member \$8 | Non-Member \$8

Day of Rate \$13 (Subject to availability. Can only be purchased in person at front desk)

CLSA's Philosophers' Cafes provide opportunities to share, discuss, and try to understand big issue topics. Some topics are sensitive in nature. We may not always agree on issues but the opportunity is there to help us open our minds towards understanding our world. Presentation and discussion led by David Goa, founding Director (retired) and International Fellow of the Chester Ronning Centre for the Study of Religion & Public Life. This is a CLSA community service program.

Café #1

Afghanistan, the Graveyard of Empires? A coalition of Western forces and others entered Afghanistan on the 15th of August 2001. On August 31st, 2021, the twenty-year war came to an end. What was the stated

Philosopher's Café Continued from Previous Page...

intention? How did it unfold and why? Who is the Taliban? Who supports them and why? In our conversation, we will think together about our “habit of misadventure” spreading democracy and what is behind it.

WGI-021 Thursday | January 27 | 1:30 PM - 3:00 PM | One-Day Presentation

Café # 2

The Fake News, Alternative Facts and the Rise of Virulent Identity Politics Race, gender and identity have emerged in the centre of our political landscape. Currently, there is a renewed concern for social justice and, hand in hand with this concern, comes “cancel culture.” Why? Are progressives and conservatives’ mid-wives to this new virulence? Do either give us a pathway to healing?

WGI-022 Thursday | February 17 | 1:30 PM - 3:00 PM | One-Day Presentation

Café # 3

Hypatia (370-415 ce), the Last Great Pagan Philosopher. She was an accomplished mathematician and philosopher, a great teacher for both pagans and Christians in the city of Alexandria. She was renowned for her intellectual gifts, as a great teacher and for her eloquence, modest and beautiful. In March of 412, a mob of Christian monks, encouraged it would seem by a famous Church father, tore her to pieces on the streets of the great city. She is remembered each March as a martyr at the hands of religious fanatics. Her story carries a lesson for our own time.

WGI-023 Thursday | March 17 | 1:30 PM - 3:00 PM | One-Day Presentation



Health & Wellness

Advanced Care Planning & Green Sleeves

Presenter: Gina Vliet – Change Specialist, Charon Consulting

Member \$21 | Non-Member \$56

A Green Sleeve is your medical passport. It holds important legal forms and information about your health and well-being wishes and your goals for care. In these times of COVID-19, a green sleeve is even more important. Explore what goes in it, and learn how to use it effectively as a quality of life/end of life planning tool.

WHW-007 Friday | February 11 | 1:30 PM - 3:30 PM | One-Day Presentation

Create/Update Your Personal Directive

Presenter: Gina Vliet – Change Specialist, Charon Consulting

Member \$21 | Non-Member \$56

Your Personal Directive outlines your health care wishes and names the person(s) you trust to make health decisions on your behalf should you no longer be able to communicate on your own. In this session you will be creating or updating your own Personal Directive. Prerequisite: Advance Care Planning & Green Sleeves: An Overview

WHW-008 Friday | February 18 | 1:30 PM - 3:30 PM | One-Day Presentation

Afraid & Anxious No More!

Presenter: Dr. Anne Mageau

Member \$15 | Non-Member \$50

Do you find it difficult to turn off those fearful and worrisome thoughts? Do you feel those nervous and restless physical symptoms in your body that prevent you from participating in life and relationships? Learn some effective tools for releasing those anxieties, growing personally, and reframing your reality.

WHW-005 Wednesday | March 9 | 10:30 AM - 12:00 PM | One-Day Presentation

Chronic Pain Support

Presenter: Dr. Anne Mageau

Member \$15 | Non-Member \$50

Being in pain can be exhausting and can drain your resources. Our brain and nervous system register pain and keep trying to 'manage it.' What can be done naturally to reduce pain and suffering, and lower inflammation? Come and learn about useful applications, treatments, and home remedies to help support and reduce your pain experience.

WHW-006 Wednesday | February 9 | 10:30 AM - 12:00 PM | One-Day Presentation

Elder Orphans

Presenter: Rayne Johnson

Member \$15 | Non-Member \$50

An elder orphan is someone who is aging, with no family (blood or other) available to address loneliness and support or assist in their caregiving needs as they age. Baby boomers will be susceptible and at risk of becoming elder orphans. Even when adult children are in the picture, they may not be available or able to assist for various reasons. Experts warn of a potential crisis as the population ages. Join Rayne in this important discussion and find out what can be done.

WHW-003 Thursday | March 24 | 1:30 PM - 3:30 PM | One-Day Presentation

End of Life: Death Chat – Sharing Thoughts

Presenter: Rayne Johnson

Member \$15 | Non-Member \$50

While grief can impact our lives in different ways, connecting with others to share stories, thoughts, and feelings can help with the grieving process. A Death Chat provides a forum to explore feelings about death, dying, and related topics. Although expressions of grief are welcome, please note this is not a group counselling session. Rayne hosted Edmonton's first Death Cafe and was featured in the Edmonton Journal, CBC Radio and City TV for her efforts spearheading this world-wide movement. Join us for a discussion with like-minded individuals in a safe, supportive environment.

WHW-004 Thursday | March 3 | 1:30 PM - 3:30 PM | One-Day Workshop

Find Your People: Making Friends the Grown-Up Way

Presenter: Gina Vliet – Change Specialist, Charon Consulting

Member \$21 | Non-Member \$56

Explore the age-defying benefits of purposeful activity. Learn how social engagement and connecting to community can improve your quality of life.

- * Learn why building new friendships and cultivating the ones you have is important to your well-being.
- * Identify the kind of relationships you are looking for by matching them to your values.
- * Explore the traits of a good friend so you can become that person.
- * Map out where to begin looking for new friendships in your community.

28 WHW-009 Friday | March 18 | 1:30 PM - 3:30 PM | One-Day Presentation

Healthy Eating

Presenter: Carrie Doucette – Pharmasave

Member \$2 | Non-Member \$2

Day of Rate \$7 (Subject to availability. Can only be purchased in person at front desk)

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. These nutrients include protein, carbohydrates, fat, water, vitamins, and minerals. Nutrition is important for everyone. Pharmasave not only puts together presentations to help you stay informed but also keep you healthy. We are here for you to answer any of your questions and can put together a nutrition plan to keep you on track.

WHV

Cancelled

Managing Stress

Presenter: Carrie Doucette – Pharmasave

Member \$2 | Non-Member \$2

Day of Rate \$7 (Subject to availability. Can only be purchased in person at front desk)

Stress can result from major events, both negative and positive: marriage, divorce, the birth of a child, a death in the family, job changes or pressures. Your body is naturally equipped to deal with a certain amount of stress. But if stress increases and your reserves are low, stress can have a bigger impact. There are 3 main stages your body undergoes when dealing with a stressful event. Your body will initially mobilize energy by releasing adrenaline and increase your heart and breathing rate. If you remain in the first stage for a while, your body will begin to consume energy stores by releasing sugars and fats. While you may feel more driven, you will also begin to feel pressured, tired, and anxious, and be more prone to sickness, eventually your body will require more energy than it can naturally provide. This can lead to trouble sleeping, mood changes, psychiatric disorders, or heart disease. Building up your defenses is a "long-term" plan for reducing stress. It will also improve your overall health and give you more energy. Pharmasave Westmount can help you manage your stress.

WHV

Cancelled

Restorative Back Fitness (G-M)

Release stress and tension in the back, shoulders and neck using restorative poses. Come learn how to stretch upper and lower back muscles with floor exercises that help strengthen the core. See page 20 for details.



Music

Central Lions' Singers

Instructor: Dianne Eustace

Member \$30 | Non-Member \$65



Do you enjoy singing with others? Have you ever been in a choir, or have you always wanted to be in one? Come join the Central Lions' Singers and experience the joy of singing in harmony! Choral singing will lift your spirit, eliminate stress, improve your lung capacity, and challenge your brain. Each session will begin with simple stretches, breathing exercises, and vocal warm-ups. Rounds, canons, and partner songs will be learned and practiced to develop ear training and part singing. Singers will learn harmony parts for songs such as Do, Re, Mi, Dansi Na Kuimba, California Dreamin', and Over the Rainbow/Wonderful World. The Central Lions' Singers may even be accompanied by members of CLSA's drumming, ukulele and guitar classes during the final session.

WM-001 Wednesdays | January 12 – February 16 | 1:00 PM - 2:30 PM | 6 Weeks

Sing-A-Long Social

Instructor: Mike Chenoweth

Member \$20 | Non-Member \$20

Drop-in Day of Rate (Member or Non-Member) \$5 per drop-in

Let your Lion's voice roar during this fun Friday afternoon pub-style sing-a-long! Mike Chenoweth will lead the group through a number of musical styles ranging from folk to funk. Come early and share some pre-singing social time with friends. Non-members are welcome, so bring a friend for the day for only \$5.

WM-010 Fridays | January 21 – February 18 | 1:30 PM - 3:00 PM | 5 Weeks

WM-011 Fridays | March 4 – April 1 | 1:30 PM - 3:00 PM | 5 Weeks

Hand Drumming: Rhythms & Techniques

Instructor: Mike Chenoweth

Member \$55 | Non-Member \$90

Hand drumming is the most ancient form of percussion. Anyone can learn to drum! Discover how you can use your hands to create different sounds on your African Djembe (JEM-bay). Once you have been introduced to some simple techniques, the world of drum circles awaits you. Come feel the beat and laugh in this fun, group-oriented course. **If you have a djembe drum, bring it. CLSA does not provide instruments.** Rentals from Long & McQuade (780-423-4448) range between \$15-25/month.

WM-008 Mondays | January 10 – February 14 | 10:00 AM - 11:00 AM | 6 Weeks

WM-009 Mondays | February 28 – April 4 | 10:00 AM - 11:00 AM | 6 Weeks

Play Djembe Today! Level 1 Workshop

Instructor: Mike Chenoweth

Member \$20 | Non-Member \$55



If you have ever tapped a rhythm with your fingers or toes, you already have what it takes to learn to play this wonderful West African hand drum. Join the fun as we learn all the basic hand techniques and some easy rhythms like Passport and Maribayassa. We'll finish in grand style with a djembe jam session! Instruments are not supplied but can be rented at Long and McQuade music stores.

WM-039 Mondays | February 7 – February 14 | 12:45 PM - 1:45 PM | 2 Weeks

Soups, sandwiches, and frozen meals to go! Visit our cafeteria Monday – Friday, 9 a.m. – 3 p.m.

A Guitar Star is Born! (Basic Experience Required)

Instructor: Daron Panko

Member \$50 | Non-Member \$85

Looking to refresh your guitar basics? This course is for you! From one-string melodies and one-finger chords to advanced playing on all strings, participants will learn basic chord structures and how to put these together to play tunes or accompany them. You will strum, pluck, sing, and even improvise before you know it. Some basic guitar experience required; not suitable for absolute beginners. **Guitars not provided; bring your own instrument.**

WM-00

Cancelled

WM-005

Fridays | February 25 – March 25 | 10:00 AM - 11:00 AM | 5 Weeks

Guitar Heroes (Int/Adv)

Instructor: Daron Panko

Member \$50 | Non-Member \$85

Been playing for awhile? Don't need anyone to teach you your G chord from your A minor? Then this course is for you! Enjoy playing the songs you want with various strumming styles and finger-picking patterns. Explore mastering the guitar fretboard in different keys, playing more melodies and progressions, maybe even taking a solo. Completion of and comfortable playing at 'A Guitar Star is Born' level and/or previous guitar experience playing with a group. Not suitable for absolute beginners. **Guitars not provided; bring your own instrument.**

WM-00

Cancelled

WM-003

Fridays | February 25 – March 25 | 11:15 AM - 12:15 PM | 5 Weeks

Play Harmonica Today! Level 1 Workshop

Instructor: Mike Chenoweth

Member \$20 | Non-Member \$55

Learn how to play popular songs and campfire crooners on this wonderful, fun, compact instrument. With some basic knowledge, you'll be surprised how easy it is to get started. We'll begin with some easy, well-known favorite melodies, and then progress to play chords to timeless songs such as Jambalaya, Mustang Sally, and Hound Dog. We'll learn techniques like hand vibrato and how to sound like a train! **Remember to bring your 10 hole 'C' harmonica; instruments are not provided.**



WM-03

Cancelled

Harmonica for Fun (Beginners Levels 1-2)

Instructor: Mike Chenoweth

Member \$55 | Non-Member \$90

It's never too late to learn to play music. Bring your **10 hole 'C' harmonica** and come learn all that can be done with this wonderful little instrument. Discover the joy of playing popular songs, chords, interesting techniques like vibrato and pitch blending, as well as simple back-up techniques and an introduction to playing the blues. Group playing includes demonstrations and personal encouragement; great for beginners to intermediate players. Course direction will be determined by the ability of the group. **CLSA does not provide instruments.**

WM-006

Mondays | January 10 – February 14 | 11:30 AM - 12:30 PM | 6 Weeks

WM-007

Mondays | February 28 – April 4 | 11:30 AM - 12:30 PM | 6 Weeks

Uku 'N Play Today! Level 1 Workshop

Instructor: Mike Chenoweth

Member \$20 | Non-Member \$55



As quantities last, ukuleles will be provided for this one-hour/two-day workshop as we learn to play the happiest instrument on the planet! We'll learn how to tune up, play simple yet popular melodies, and strum along to familiar favourites! Songs like "Ode to Joy," "Wildwood Flower," "Amazing Grace," and "Down in the Valley" are included. Don't miss out! If you have a ukulele, please bring it.

WM-040 Mondays | March 14 – March 21 | 12:45 PM - 1:45 PM | 2 Weeks

Ukulele

Instructor: Daron Panko

The ukulele is a small instrument with BIG possibilities. It's easy to learn; the key to playing is having fun! With these lessons, you will be strumming songs from day one, and surprised how quickly you will progress. This program is divided into three progressive levels. Each level will involve the appropriate theory instruction, and we will play and sing songs to match those skills. Beginner 1 players (new to the instrument) register in Fun and Easy only. More advanced students are encouraged to enroll in The Next Step and/or Advancing Along. Handouts included, however, you must bring your own instrument.

Ukulele: Fun & Easy (Beg 1 & 2)

Member \$40 | Non-Member \$75

Discover how to play chords, melodies, techniques and read notes with ease. Everyone welcome; no experience required.

WM-017 **Cancelled**

WM-017 Tuesdays | March 1 – April 5 | 12:15 PM - 1:00 PM | 5 Weeks (No Class March 29)

Ukulele: The Next Step (Beg 2, Int & Adv)

Member \$40 | Non-Member \$75

This level is a great opportunity for beginner players with some experience to practice techniques, and for intermediate/advanced players to review and warm-up. Sign up early as space is limited. Some playing experience is required.

WM-041 **Cancelled**

WM-042 Tuesdays | March 1 – April 5 | 1:10 PM - 1:55 PM | 5 Weeks (No Class March 29)

Ukulele: Advancing Along (Int & Adv)

Member \$40 | Non-Member \$75

Have you been playing for awhile? Come challenge yourself with new scales, rhythms and improvisation styles from folk to modern pop. Playing experience is required.

WM-015 **Cancelled**

WM-015 Tuesdays | March 1 – April 5 | 2:00 PM - 2:45 PM | 5 Weeks (No Class March 29)

Stay Informed!

Join our email list to get updates and other information that may be of interest; you can sign up on our homepage www.centrallions.org. Other ways to stay informed: call our main line 780-496-7369 and listen to the voicemail message with updates, receive our newsletter via Canada Post, or buddy up with a CLSA friend who can share information with you.

Ukulele with a Touch of Steel Guitar

Instructor: Ihor Nedoshytko

Member \$40 | Non-Member \$75

Creating beautiful music on the ukulele or steel guitar is both relaxing and fun! Discover the joy playing in this friendly musical group. Different music genres are played weekly. Opportunities are available to perform with the Hawaiian Treasures. Off-site performances are optional. This program is not suitable for beginner ukulele students; some experience is required. Beginner students are encouraged to take lessons first. Steel guitar players require experience.

WM-012 | Thursdays | January 20 – February 17 | 9:30 AM - 12:00 PM | 5 Weeks

WM-013 | Thursdays | March 3 – March 31 | 9:30 AM - 12:00 PM | 5 Weeks

One-on-One Lessons: Guitar & Ukulele

Instructor: Daron Panko

Member \$158 | Non-Member \$193

Music is good for the soul. These one-on-one lessons are suitable both for absolute beginners and for individuals who want to improve and advance their skills. For those interested in joining ukulele or guitar group lessons but have never played before, this is the place to start. Please list your instrument and level of play when registering. **Instruments not provided.**

Fridays | January 21 – February 18 | 5 Weeks

WM-032 | 12:30 PM - 1:00 PM

WM-033 | 1:05 PM - 1:35 PM

WM-034 | 1:40 PM - 2:10 PM

Term 1 Cancelled

Fridays | February 25 – March 25 | 5 Weeks

WM-035 | 12:30 PM - 1:00 PM

WM-036 | 1:05 PM - 1:35 PM

WM-037 | 1:40 PM - 2:10 PM

One-on-One lessons: Piano

Instructor: Glenda Murphy

Member \$165 | Non-Member \$200

It is never too late to try something new. Learning the piano is an enjoyable and rewarding experience. If you love to listen to music, you can learn to learn to play the piano, no matter your age. New students will learn how to read music and play simple, well-known tunes within a few weeks. Advanced students may continue their education in classical piano, or learn to play chord style to pop, country, hymns, old standards, or your favourite tunes. **Music book (approx. \$14) is extra;** the instructor will discuss options with you at the first lesson. You are welcome to bring music you want to learn to play.

Fridays | January 21 – February 18 | 5 Weeks

WM-018 | 8:50 AM - 9:20 AM

WM-019 | 9:30 AM - 10:00 AM

WM-020 | 10:10 AM - 10:40 AM

WM-021 | 10:50 AM - 11:20 AM

WM-022 | 11:30 AM - 12:00 PM

WM-023 | 12:10 PM - 12:40 PM

WM-024 | 12:50 PM - 1:20 PM

Fridays | March 4 – April 1 | 5 Weeks

WM-025 | 8:50 AM - 9:20 AM

WM-026 | 9:30 AM - 10:00 AM

WM-027 | 10:10 AM - 10:40 AM

WM-028 | 10:50 AM - 11:20 AM

WM-029 | 11:30 AM - 12:00 PM

WM-030 | 12:10 PM - 12:40 PM

WM-031 | 12:50 PM - 1:20 PM



Painting & Drawing

Acrylics: Brushwork Painterly Style (All Levels)

Instructor: Muhammed Salayi

Member \$75 | Non-Member \$110

Under the guidance and demonstrations of a professional artist, learn how to create expressive painting with lots of tone, texture, brushwork, and paint. Expressive or painterly style art embraces marks made by the paint brush or paint knife rather than trying to hide them. This style of painting is not intended to look smooth or classical like a photograph. (All levels of artists are welcome.) **Supplies are extra, list available.**

WPD-003 Fridays | January 21 – February 18 | 1:00 PM - 4:00 PM | 5 Weeks

Acrylics: Fall Splendor at Whitemud Creek

Instructor: Frank Haddock

Member \$70 | Non-Member \$105

Beginners and experienced painters will explore new landscapes from our very own river valley paths through many paint-a-long projects. Enjoy pleasant afternoons as you learn new arrangements of colours that will help make your paintings distinct depictions of our wonderful home. Your instructor will show you techniques and the sequence of steps so you have a clear understanding of how your painting can develop.

WPD-001 Wednesdays | January 19 – February 9 | 1:00 PM - 4:00 PM | 4 Weeks

Acrylics: Moonlight & Mountains & Other Scenes

Instructor: Frank Haddock

Member \$105 | Non-Member \$140

All new night scenes will give you a chance to explore unusual subjects and colours in a step-by-step experience. Don't miss learning how to paint night scenes that feature campfires, stars, and other mysterious subjects that will keep you intrigued. Some instruction in composition will be included in this course.

WPD-002 Wednesdays | March 2 – April 6 | 1:00 PM - 4:00 PM | 6 Weeks

Art History: Vermeer & How He Painted His Pictures

Delve into the fascinating world of Vermeer and learn how he used the latest technology of the day to assist him in creating his wonderful paintings. See page 23 to learn more about this special presentation by instructor Frank Haddock.

Cartooning for Fun

Instructor: Valdis Gislason

Member \$72 | Non-Member \$107

Want to laugh while you enhance your ability to draw and think creatively? Anyone can do it. 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. The instructor will systematically introduce cartooning techniques, exercises, and projects that will unleash creativity and make drawing fun! No rulers allowed. **Supplies (minimal) extra, list available.**

WPD-005 Thursdays | March 10 – March 31 | 1:00 PM - 4:00 PM | 4 Weeks

Coloured Pencil: Glimpses of Nature

Instructor: Susan Casault

Member \$104 | Non-Member \$139

Complete a colourful array of small nature drawings. From pussy willows and rosehips to mossy logs, we will portray glimpses of nature on a small scale. An introductory class or previous coloured pencil experience is recommended. Gain experience with choosing colours and problem solving as you focus on basic shapes, values and textures. Demonstrations and individual guidance included. Photo reference will be provided by the instructor. **Supplies extra, list available.**

WPD-006 Fridays | January 14 – February 18 | 9:30 AM - 12:30 PM | 6 Weeks

Drawing Facial Features in Perspective

Instructor: Muhammed Salayi

Member \$84 | Non-Member \$119

This course will help you become familiar with head shapes and form. Learn how to draw the face and head using anatomical knowledge, basic facial structure, and different types of hair masses and renderings. The end goal will be a well-constructed, realistic face, and the beginning of a portrait picture. Prerequisite: Some drawing experience is helpful. **Supplies are extra; list available.**

WPD-008 Mondays | February 28 – March 28 | 1:00 PM - 4:00 PM | 5 Weeks

Drawing: Intermediate

Instructor: Muhammed Salayi

Member \$75 | Non-Member \$110

Looking to take your drawing skills to the next level? This course is designed to further develop your observational drawing skills. Through in-class projects, you will work towards making a transition from the observational approach of drawing various subjects to drawing using both photo resources and your imagination. With a blend of traditional and contemporary drawing techniques, learn how to use line, shape, and value to enhance expressive possibilities. Completed drawings will be done in class. Prerequisite: Completion of Drawing Basics 101 or previous drawing experience. **Minimal supplies extra, list available.**

WPD-004 Mondays | January 17 – February 14 | 1:00 PM - 4:00 PM | 5 Weeks

Waitlist Policy

If the activity in which you wish to register 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, CLSA may arrange a second course or move the activity to a larger room to accommodate for interest and physical distancing. Don't delay – Register today!

Painting with Gouache: An Introduction

Instructor: Muhammed Salayi

Member \$75 | Non-Member \$110

Gouache (goo...wash) is an opaque water-based medium that is often described somewhere between watercolours and acrylics. Extremely pigmented, it dries quickly and can be easily corrected and layered to create a rich, luminous work of art with a matte finish. Learn more about this centuries old, pre-Renaissance painting style under the guidance of a professional artist as you create your own summer-themed picture of fields and flowers. All levels of artists welcome. **Supplies extra, list available.**

WPD-007 Fridays | March 4 – April 1 | 1:00 PM - 4:00 PM | 5 Weeks

Palette Knife Painting with Oils

Instructor: Debbie Olafson

Member \$60 | Non-Member \$95

A moody fall scene completed with brushes and then a palette knife overlay of fall colour. Suitable for all levels, Instructor Debbie will guide you in working with this new tool and the vivid, easy colours of oil paints. Just bring paintbrushes and a palette knife. **Supply kit extra (\$26).**

WPD-

Cancelled

Watercolour & Pen: Fast and Fabulous Flowers

Instructor: Valdis Gislason

Member \$72 | Non-Member \$107

Good paintings need not be painstaking. Learn how to combine watercolours with pen and ink to create simple but lively pieces of floral art. This project-based course will systematically lead participants through numerous watercolour and drawing techniques to create varied and vibrant floral images. Paper will be discussed and provided for first class.

WPD-010 Tuesdays | March 8 – March 29 | 1:00 PM - 4:00 PM | 4 Weeks

Watercolours: Basics - Not Just Landscapes!

Instructor: Frank Haddock

Member \$70 | Non-Member \$105

This is the beginner's course you have been waiting for. This class will cover everything from an examination of tools to an exploration of subjects. This course will also inform you of the many nuances of watercolors along with paint-a-long sessions where several different subjects will be accomplished. If you want to start or simply fill in gaps in your knowledge this is your course.

WPD-011 Mondays | January 24 – February 14 | 1:00 PM - 4:00 PM | 4 Weeks

Watercolours: How To Paint Country Roads

Instructor: Frank Haddock

Member \$70 | Non-Member \$105

Play some John Denver as you explore several different scenes that feature a country road. Join your instructor for some paint-a-long projects that will include big prairie skies beside majestic fields of hay, topped off with clusters of trees as you learn new techniques and approaches that will enrich your painting skills. Don't miss a class that makes you proud to be a prairie person!!

WPD-012 Mondays | March 7 – March 28 | 1:00 PM - 4:00 PM | 4 Weeks



Special Events

Central Lions' Singers Starts January 12

Come join the Central Lions' Singers and experience the joy of choral singing! Each session will begin with simple stretches, breathing exercises, and vocal warm-ups. Rounds, canons, and partner songs will be learned and practiced to develop ear training and part singing. See more details on page 30.

February Fiesta – February 24

Bring your sombrero and join the fiesta as we pin-the-tail on the lion, knock open a pinata, and chow down at the build-your-own-taco buffet! Mark your calendars, and watch for more details in the CLSA newsletter.

CLSA Annual General Meeting – March 17

The CLSA AGM is scheduled to take place on **Thursday, March 17, at 1:00 p.m.** Join us as we review our operational and fiscal year. We will also be voting to fill vacant positions on the CLSA Board of Directors. If you are interested, submission can be sent to Executive Director Susan Mann.

Closer to the date, we will advise whether the meeting will be conducted in person or virtually and will ask you to notify us of your intent to attend. Safety protocols will be in place. Documents (Agenda, Minutes, Audited Financial Statement, proposed bylaw changes) will be emailed for your review in advance.

Volunteer Appreciation Event – April 29

Join us as we celebrate our hardworking, dedicated volunteers at this year's Volunteer Appreciation Event. We will announce this year's theme in an upcoming newsletter...stay tuned! Free for volunteers with 25+ hours. Watch for your invitation in the mail! \$30 for guests.

River Cree Resort & Casino

Member \$5 | Non-Member \$5

Back by popular demand! Monthly outings to the River Cree Resort and Casino. Be sure to register early for these social outings as space is limited. Fee includes round trip transportation (walkers welcome, no wheelchairs please), \$5 play money and a complimentary lunch at Tap 25 restaurant. Meet in the CLSA atrium at 9:30 a.m., for a 10 a.m. departure to the casino. The bus departs the casino at 3:00 p.m. for a 3:30 p.m. return to Central Lions.

WO-001 Thursday | January 20 | 9:30 AM - 3:30 PM | One-Day Trip

WO-002 Thursday | February 17 | 9:30 AM - 3:30 PM | One-Day Trip

WO-003 Thursday | March 17 | 9:30 AM - 3:30 PM | One-Day Trip



Clinics

Chair Massage Clinic

Take the stress out of your day with a seated, clothes-on gentle relaxation massage for the head, neck and shoulders.

Fee: 1 hour Reflexology -- **Must be a CLSA Member;** \$55 per visit; Fees payable to Julie Leblanc

Reflexology Clinic

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress, and assist in relaxation. Pressure is thought to have a beneficial effect on overall health.

Fee: ½ hour Chair Massage -- **Must be a CLSA Member;** \$40 per visit; Fees payable to Julie Leblanc

To book either a chair massage and/or a reflexology appointment:

Who: Julie Leblanc, Massage Therapist - registered with the NHPC

When: 4th Wednesday of each month - January 26, February 23, & March 23

Time: 9:00 a.m. – 2 p.m.

How: By appointment. Call Julie @ (780) 920-3149.

Therapeutic Foot Care Clinic

Edmonton Foot Care provides foot care relief if you are diabetic, have impaired circulation, are at high risk for common foot disorders, or need preventive foot care measures. Services include: clipping and shaping of nails, removal or reduction of corns and calluses, assistance with ingrown nails and/or fungal nails, plus referrals as needed. Staff are qualified nurses who possess advanced foot care knowledge.

Note: Services may be tax-deductible.

Who: Edmonton Foot Care Inc.

When: Main clinic, 3rd Tuesday of each month - January 18, February 15, & March 15

How: Call 780-488-5878 anytime between 8 a.m.- 4 p.m., Mon-Fri.

Fee: Per visit -- **Must be a CLSA Member;** \$30 per visit; fee payable to Edmonton Foot Care Inc.

Need more information? Call 780-496-7369 or visit our website at www.CentralLions.org or Facebook [@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)



Paddle Sports

***NEW* Paddle Sports and Uninstructed Activities**

NEW Clubs/circles are now separated into two new categories: **Uninstructed Activities** and **Paddle Sports**. We are also offering **“Learn to Play Pickleball”** and **“Pickleball Beginners”** for new and beginner pickleball players, plus a new **“Book a Court”** option open to all paddle sports players.

Due to current COVID restrictions, members will be required to purchase a barcode to attend their sport or activity. This is to help limit the spread and allow for physical distancing protocols. No drop-ins allowed, no unregistered visitors please. Time slots are available on a first-come, first-served basis; participants must be registered CLSA members.

Alberta's Restrictions Exemption Program (REP)

CLSA will continue to take part in REP, requiring proof of double vaccination (QR code) and mandatory masking to continue operating as usual. CLSA remains vigilant and cautious of the ever-changing public health situation. We hold the safety of our members, volunteers, instructors, and staff as top priority. For a full list of our COVID protocols, please visit the COVID FAQ page on www.CentralLions.org.

Following the City of Edmonton's bylaw, face masks are required to enter the facility. Your mask must be secured over your nose and mouth. If any visitor refuses to wear a mask or face covering, they will not be permitted into the facility. Masks will be required during physical activities; this includes during high and moderate activity classes, for all pickleball sports, and at the Fitness Centre.

For high-intensity activities: Please try wearing your mask as long as you can. If you need to take a break, pull your mask down to catch your breath. Once you've recovered your breath, please place your mask back on. Physical distancing protocols and cleaning processes will also be in place until further notice.

We will keep you informed of all relevant information for safe gathering and play based on recommendations from AHS and the City. Policies will be evaluated a few weeks into the season, and adjustments may be made based on feedback from players, and/or permissions from AHS and the City.

Please send all inquiries for sport and uninstructed activities to Circles@CentralLions.org. Thank you to all of our members for their continued support to help limit the spread.

Paddle Sports Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Table Tennis 8:45–10:45 AM	Pickleball 8:45–10:45 AM	Table Tennis 8:45–10:45 AM	Pickleball 8:45–10:45 AM	Table Tennis 8:45–10:45 AM
 Pickleball For Fun 11:00 AM–1:00 PM	Pickleball For Fun 11:00 AM–1:00 PM	Pickleball For Fun 11:00 AM–1:00 PM	Pickleball For Fun 11:00 AM–1:00 PM	Book-A-Court 11:15 AM– 12:45 PM
Badminton 1:00–4:00 PM	Learn to Play Pickleball 2:45–3:45 PM	Badminton 1:00–4:00 PM	Book-A-Court 1:15–2:45 PM	Beginner Pickleball 2:40–4:00 PM

Badminton

Member \$26 | Non-Member \$61 | Dues \$2

Need a little practice? Come and join us. This activity is loads of fun and a great workout at the same time.

WBadminton-mon1 Mondays | January 10 – February 14 | 1:00 PM - 4:00 PM | 6 Weeks

Badminton

Member \$31 | Non-Member \$66 | Dues \$2

WBadminton-mon2 Mondays | February 28 – April 11 | 1:00 PM - 4:00 PM | 7 Weeks

WBadminton-wed1 Wednesdays | January 12 – February 23 | 1:00 PM - 4:00 PM | 7 Weeks

WBadminton-wed2 Wednesdays | March 2 – April 13 | 1:00 PM - 4:00 PM | 7 Weeks

Book-a-Court

Member \$25 Per Session | Non-Member \$165 Per Session

Book a court for up to 6 players using the *NEW* Flex Booking option online. Choose to play badminton, pickleball or table tennis. \$25.00 for 1.5 hrs of play available Monday and Friday (11:15 – 1:00 p.m.), and Thursday (1:15 – 2:45 p.m.). All players must be CLSA members. A list of all players' full names must be provided at the time of booking. Nets or tables will be provided but players are responsible for all other equipment.



Mondays | 11:15 AM – 1:00 PM

January 10, 17, 24, 31
February 7, 14, 28
March 7, 14, 21, 28
April 4, 11

Thursdays | 1:15 PM – 2:45 PM

January 13, 20, 27
February 3, 10, 17
March 3, 10, 17, 24, 31
April 14

Fridays | 11:15 AM – 1:00 PM

January 14, 21, 28
February 4, 11, 18, 25
March 4, 11, 18, 25
April 1

Learn to play Pickleball

Member \$20 | Non-Member \$55

Have you always wanted to play pickleball but weren't sure where to start? Come join this group and learn from a few seasoned players. Meet and socialize with other participants while learning the game, its rules and related etiquette in a friendly, non-intimidating setting.



WLearnpickle-01 Tuesdays | January 11 – February 15 | 2:45 PM - 3:45 PM | 6 Weeks

WLearnpickle-02 Tuesdays | March 1 – April 5 | 2:45 PM - 3:45 PM | 6 Weeks

Beginner Pickleball

Member \$20 | Non-Member \$55

Enjoy the game of pickleball in a friendly, non-intimidating setting. Join this new group for beginners for five-weeks of round-robin play. Limited spaces available.



WPickle-001 Fridays | January 21 – February 18 | 2:40 PM - 4:00 PM | 5 Weeks

WPickle-002 Fridays | March 4 – April 1 | 2:40 PM - 4:00 PM | 5 Weeks

Pickleball

Member \$31 | Non-Member \$66 | Dues \$2

This sport is for experienced pickleball players who want a higher level of play, competition, and workout.

WPickleball-t1 Tuesdays | January 11 – February 22 | 8:45 AM - 10:45 AM | 7 Weeks

WPickleball-t2 Tuesdays | March 1 – April 12 | 8:45 AM - 10:45 AM | 7 Weeks

WPickleball-th1 Thursdays | January 13 – February 24 | 8:45 AM - 10:45 AM | 7 Weeks

Pickleball

Member \$26 | Non-Member \$61 | Dues \$2

WPickleball-th2 Thursdays | March 3 – April 14 | 8:45 AM - 10:45 AM | 6 Weeks **(No Session April 7)**

Pickleball For Fun

Member \$31 | Non-Member \$66 | Dues \$2

This activity is for those who have experience with the game but are looking for a less competitive environment.

WPickle4fun-m2 Mondays | February 28 – April 11 | 11:00 AM - 1:00 PM | 7 Weeks



WPickle4fun-t1 Tuesdays | January 11 – February 22 | 11:00 AM - 1:00 PM | 7 Weeks

WPickle4fun-t2 Tuesdays | March 1 – April 12 | 11:00 AM - 1:00 PM | 7 Weeks

WPickle4fun-w1 Wednesdays | January 12 – February 23 | 11:15 AM - 12:45 PM | 7 Weeks

WPickle4fun-w2 Wednesdays | March 2 – April 13 | 11:15 AM - 12:45 PM | 7 Weeks

WPickle4fun-th1 Thursdays | January 13 – February 24 | 11:00 AM - 1:00 PM | 7 Weeks

Pickleball For Fun

Member \$26 | Non-Member \$61 | Dues \$2

WPickle4fun-th2 Thursdays | March 3 – April 14 | 11:00 AM - 1:00 PM | 6 Weeks **(No Session April 7)**

Pickleball For Fun

Member \$22 | Non-Member \$57 | Dues \$2

WPickle4fun-m1 Mondays | January 17 – February 14 | 11:00 AM - 1:00 PM | 5 Weeks



Table Tennis

Member \$26 | Non-Member \$61 | Dues \$2

Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! Come and enjoy a pleasant workout.

WTable-mon1 Mondays | January 10 – February 14 | 8:45 AM - 10:45 AM | 6 Weeks

Table Tennis

Member \$31 | Non-Member \$66 | Dues \$2

WTable-mon2 Mondays | February 28 – April 11 | 8:45 AM - 10:45 AM | 7 Weeks

Table Tennis Continued from Previous Page...

WTable-wed1 Wednesdays | January 12 – February 23 | 8:45 AM - 10:45 AM | 7 Weeks

WTable-wed2 Wednesdays | March 2 – April 13 | 8:45 AM - 10:45 AM | 7 Weeks

WTable-fri1 Fridays | January 14 – February 25 | 8:45 AM - 10:45 AM | 7 Weeks

Table Tennis

Member \$22 | Non-Member \$57 | Dues \$2

WTable-fri2 Fridays | March 4 – April 1 | 8:45 AM - 10:45 AM | 5 Weeks



Uninstructed Activities

Bridge

Member \$12 | Non-Member \$47

Need a little practice trying different hands of play? Experience in Audrey Grant Series Bridge lessons is preferred, but we'll teach you what you need to know.

WBridge-001 Mondays | January 10 – February 14 | 12:30 PM - 3:30 PM | 6 Weeks

WBridge-002 Mondays | February 28 – April 4 | 12:30 PM - 3:30 PM | 6 Weeks

Cribbage

Member \$12 | Non-Member \$47

Cribbage is a game for two to four players, in which the object is to play so that the value of one's cards played reaches exactly 15 or 31. Join us every week as we discuss the latest issues facing seniors in-between games.

WCribbage-001 Thursdays | January 13 – February 17 | 1:00 PM - 3:00 PM | 6 Weeks

Cribbage

Member \$10 | Non-Member \$45

WCribbage-002 Thursdays | March 3 – March 31 | 1:00 PM - 3:00 PM | 5 Weeks

Firefighter Alumni Band

Member \$12 | Non-Member \$47

Get together and play good music. Must be able to read music.

Wffighter-001 Wednesdays | January 12 – February 16 | 10:00 AM - 12:00 PM | 6 Weeks

Wffighter-002 Wednesdays | March 2 – April 6 | 10:00 AM - 12:00 PM | 6 Weeks

We have extended registration hours Dec 6 – 10 from 9 a.m. – 3 p.m. Don't forget: 2022 Memberships can only be purchased in person or over the phone by calling 780-496-7369. After you've obtained your 2022 Membership, visit us at www.CentralLions.org to access our online registration system any time.

Hall Walkers

Member \$12 | Non-Member \$47

Studies have proven that walking is the best thing we can do to improve our overall health and increase our longevity and functional years. Lace up your shoes and join the fun in this self-directed, safe, friendly, and interactive environment.

Wwalk-tue1 Tuesdays | January 11 – February 15 | 8:30 AM - 10:30 AM | 6 Weeks

Wwalk-tue2 Tuesdays | March 1 – April 5 | 8:30 AM - 10:30 AM | 6 Weeks

Wwalk-thur1 Thursdays | January 13 – February 17 | 8:30 AM - 10:30 AM | 6 Weeks

Hall Walkers

Member \$10 | Non-Member \$45

Wwalk-thur2 Thursdays | March 3 – March 31 | 8:30 AM - 10:30 AM | 5 Weeks

Investors

Member \$6 | Non-Member \$41

Discover how your investments can earn income. Save money by not paying expensive commissions, fees, and charges. Informal group discussions and mock portfolios on investing in stocks, bonds, etc. Guest speakers are involved occasionally. Open to all levels of investors. Meets 1st and 3rd Wednesday of the month.

WInvest-001 Wednesdays | January 19, February 2, & February 16 | 1:00 PM - 3:00 PM | 3 Sessions

WInvest-002 Wednesdays | March 2, March 16, & April 6 | 1:00 PM - 3:00 PM | 3 Sessions

Knitting & Crochet

Member \$12 | Non-Member \$47

This is a social group that gathers weekly to chat, knit, crochet, and weigh in on the world's problems. We share our knowledge, so if you're having trouble with a project, we're here to help.

WKnit-001 Wednesdays | January 12 – February 16 | 10:00 AM - 12:00 PM | 6 Weeks

WKnit-002 Wednesdays | March 2 – April 6 | 10:00 AM - 12:00 PM | 6 Weeks

Introduction to Lapidary

New to lapidary and not sure where to start? Learn how to use equipment and cutting tools to shape and polish stones in our new "Introduction to Lapidary" course. See page 12 for full details.

Lapidary

Member \$18 | Non-Member \$53 | Dues \$2

Lapidary is the art of cutting, shaping and polishing rocks and fine gemstones. Learn the basic techniques from peers.

WLapidary-mon1 Mondays | January 10 – February 14 | 12:00 PM - 3:00 PM | 6 Weeks

WLapidary-tuea1 Tuesdays | January 11 – February 15 | 9:00 AM - 12:00 PM | 6 Weeks

WLapidary-tuep1 Tuesdays | January 11 – February 15 | 12:00 PM - 3:00 PM | 6 Weeks

WLapidary-mon2 Mondays | February 28 – April 4 | 12:00 PM - 3:00 PM | 6 Weeks

Lapidary Continued from Previous Page...

WLapidary-tuea2 Tuesdays | March 1 – April 5 | 9:00 AM - 12:00 PM | 6 Weeks

WLapidary-tuep2 Tuesdays | March 1 – April 5 | 12:00 PM - 3:00 PM | 6 Weeks

Lions Big Band

Member \$14 | Non-Member \$49

Get together and play good music.

WLions-001 Tuesdays | January 4 – February 15 | 9:30 AM - 12:00 PM | 7 Weeks

WLions-002 Tuesdays | February 22 – April 5 | 9:30 AM - 12:00 PM | 7 Weeks

Mahjong (National - American)

Member \$12 | Non-Member \$47

Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. Join this social group every week to work on your game. No experience required as guidance and instruction are available.

WMahjong-001 Tuesdays | January 11 – February 15 | 10:00 AM - 12:00 PM | 6 Weeks

WMahjong-002 Tuesdays | March 1 – April 5 | 10:00 AM - 12:00 PM | 6 Weeks

Scrabble

Member \$12 | Non-Member \$47

Scrabble is the ultimate crossword game in which every letter counts. Come join this activity where you can put your brain to work in this fun, social game.

WScrabble-001 Fridays | January 14 – February 18 | 1:00 PM - 3:30 PM | 6 Weeks

Scrabble

Member \$10 | Non-Member \$45

WScrabble-002 Fridays | March 4 – April 1 | 1:00 PM - 3:30 PM | 5 Weeks

Silver Stage Drama

Member \$12 | Non-Member \$47

Our goal is to present two productions per year. Interested in acting or helping behind scene? New members welcome.

WDrama-001 Thursdays | January 13 – February 17 | 1:00 PM - 4:00 PM | 6 Weeks

Silver Stage Drama

Member \$10 | Non-Member \$45

WDrama-002 Thursdays | March 3 – March 31 | 1:00 PM - 4:00 PM | 5 Weeks

Low Registration Policy

Are you reluctant to register because you're not sure if a class will have enough participants to proceed? If enrollment numbers are low, it's inevitable that CLSA will cancel a class. Show your interest and register early. If we still don't have enough participants, we will cancel and credit your account.

Learn to play Snooker

Member \$20 | Non-Member \$55

Want to play snooker but don't know where to start? Come join a few experienced snooker players to learn the fundamentals and rules of playing.



Wsn

Cancelled

Snooker

Member \$32 | Non-Member \$67 | Dues \$4

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred. *Note: Snooker room not available Monday mornings for Term 1.

WSnooker-001 Mondays | January 10 – February 21 | **12:00 PM – 4:00 PM** | 7 Weeks (No Session Feb 21)
Tuesdays – Fridays | January 11 – February 25 | 9:00 AM – 4:00 PM | 7 Weeks

Snooker

Member \$35 | Non-Member \$70 | Dues \$4

WSnooker-002 Monday – Friday | February 28 – April 14 | 9:00 AM - 4:00 PM | 7 Weeks (Excluding Holidays)

Stained Glass

Member \$26 | Non-Member \$61 | Dues \$2

This group meets in our well-equipped studio space to work on projects in a supportive and friendly environment. Members are expected to have a working knowledge of stained glass processes.

WGlass-wedam1 Wednesdays | January 12 – February 16 | 9:00 AM - 12:00 PM | 6 Weeks

WGlass-wedpm1 Wednesdays | January 12 – February 16 | 12:00 PM - 3:00 PM | 6 Weeks

WGlass-tham1 Thursdays | January 13 – February 17 | 9:00 AM - 12:00 PM | 6 Weeks

WGlass-thpm1 Thursdays | January 13 – February 17 | 12:00 PM - 3:00 PM | 6 Weeks

WGlass-wedam2 Wednesdays | March 2 – April 6 | 9:00 AM - 12:00 PM | 6 Weeks

WGlass-wedpm2 Wednesdays | March 2 – April 6 | 12:00 PM - 3:00 PM | 6 Weeks

WGlass-tham2 Thursdays | March 3 – April 14 | 9:00 AM - 12:00 PM | 6 Weeks **(No Session April 7)**

WGlass-thpm2 Thursdays | March 3 – April 14 | 12:00 PM - 3:00 PM | 6 Weeks **(No Session April 7)**

Swingtime Band

Member \$12 | Non-Member \$47

Get together and play good music.

WSwing-001 Wednesdays | January 12 – February 16 | 1:00 PM - 3:00 PM | 6 Weeks

WSwing-002 Wednesdays | March 2 – April 6 | 1:00 PM - 3:00 PM | 6 Weeks

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Tai Chi Practice

Member \$12 | Non-Member \$47

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is led by a peer; two complete Yang styles are practiced weekly, and Sabre form is practiced at the end of the session. Come and improve your technique in this friendly & supportive atmosphere.

WTaiChi-tue1 Tuesdays | January 11 – February 15 | 1:15 PM - 2:30 PM | 6 Weeks

WTaiChi-tue2 Tuesdays | March 1 – April 5 | 1:15 PM - 2:30 PM | 6 Weeks

WTaiChi-fri1 Fridays | January 14 – February 18 | 1:15 PM - 2:30 PM | 6 Weeks

Tai Chi Practice

Member \$10 | Non-Member \$45

WTaiChi-fri2 Fridays | March 4 – April 1 | 1:15 PM - 2:30 PM | 5 Weeks

Whist

Member \$12 | Non-Member \$47

Join us for this fun afternoon card game where each person or team wins "tricks" and scores points. The most points at the end of play wins the game.

WWhist-001 Wednesdays | January 12 – February 16 | 1:00 PM - 3:00 PM | 6 Weeks

WWhist-002 Wednesdays | March 2 – April 6 | 1:00 PM - 3:00 PM | 6 Weeks

Wonders of Writing

Member \$12 | Non-Member \$47

Wonders of Writing provides supportive opportunities for self-expression and social interaction, requiring only the ability to form a sentence, a piece of paper, and a pen. Members write during the week on topics of their own choosing and share them with the group. We have poets, essayists, biographers, short story enthusiasts, as well as eager novices. Listeners comment on ideas presented, resulting in spirited discussions. Subjects range through travel, personal experiences, social mores, science, politics, and philosophy. Call CLSA front desk: 780-496-7369 for further information.

WWrit

Cancelled

WWriting-002 Tuesdays | March 1 – April 5 | 10:00 AM - 12:00 PM | 6 Weeks

Young @ Heart Band

Member \$12 | Non-Member \$47

Join us for fun and fellowship. This group plays songs from past eras. Beginners welcome. Must read music.

WYoung@-001 Mondays | January 10 – February 14 | 1:00 PM - 3:00 PM | 6 Weeks

WYoung@-002 Mondays | February 28 – April 4 | 1:00 PM - 3:00 PM | 6 Weeks

Need more information? Call 780-496-7369 or visit our website at www.CentralLions.org or Facebook [@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)



Central Lions Recreation Centre | 11113 - 113 Street | 780-496-7369 | CentralLions.org

Central Lions: A Place to Participate with Passion and Purpose

- **Computers & Devices**
- **Crafts and Hobbies**
- **Dance**
- **Fitness**
- **General Interest (including Languages)**
- **Health & Wellness**
- **Painting & Drawing**
- **Music**
- **Clinics**

