

# FALL 2022

## Program & Activity Guide

*Adding Longevity to Your Life!*

September - December





## Central Lions Recreation Centre

11113 – 113 Street NW  
Edmonton, Alberta  
T5G 2V1

**Phone:** 780–496–7369

**Fax:** 780–442–0946

**Website:** [www.CentralLions.org](http://www.CentralLions.org)

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

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## Hours of Operation

### Office (South Entrance)

Monday – Friday  
8:30 a.m. – 4:30 p.m.

### Registration Desk

Monday – Friday  
8:30 a.m. – 4:00 p.m.

Closed on statutory holidays

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## Fitness Centre

**Phone:** 780–442–0949

### North Entrance

Monday – Friday  
8:30 a.m. – 3:00 p.m.

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## Executive Director

Janice Isberg

780–442–0937

[Janice.Isberg@CentralLions.org](mailto:Janice.Isberg@CentralLions.org)

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## **Welcome to the Central Lions Seniors Association (CLSA).**

Our **MISSION** is to encourage, promote, and provide opportunities through recreation, education, and socializing, and enhance the well-being of persons aged 55 and older.

Our **VISION** is to engage mind, body, and spirit to enhance 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.

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.***

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### **New to CLSA? Book a guided tour today!**

If you are new to CLSA and would like to learn more about our facility, please call 780-496-7369 to book a guided tour with one of our knowledgeable and friendly volunteers.

## 2022 CLSA Memberships

All membership are available in person or over the phone. No online access is available.

Type of Membership Annual (Jan 1 – Dec 31)	Age Eligibility	Value
<b>55+ Membership</b>  Annual  \$35	55 +	<ul style="list-style-type: none"> <li>• Member rates on all activities</li> <li>• Reciprocal member rates at participating seniors centres</li> <li>• Full voting privileges at AGM</li> </ul>
<b>Under 55+ Membership</b>  Annual  \$65	35 – 54	<ul style="list-style-type: none"> <li>• Member rates on CLSA programs and activities</li> <li>• Restricted access to sports</li> <li>• No voting privileges at AGM</li> </ul>
<b>Reciprocal Membership</b> (Only in person)  Annual  \$5	55 +	<ul style="list-style-type: none"> <li>• Member rates on CLSA programs and activities</li> <li>• No voting privileges at AGM</li> </ul> <p><b>Members of:</b></p> <ol style="list-style-type: none"> <li>1. Reciprocal Seniors Centres</li> <li>2. Queen Anne &amp; Prince Rupert Community League</li> <li>3. Minds in Motion Care Partners</li> </ol>
<b>Gold/Lifetime Membership</b>  Annual  Free	85 +	<ul style="list-style-type: none"> <li>• Member rates on all activities</li> <li>• Reciprocal member rates at participating seniors centres</li> <li>• Full voting privileges at AGM</li> <li>• Must be a member for 3 consecutive years</li> </ul>

# How to Register for Fall Programs and Activities

**Registration Desk is now open from 8:30 AM to 4:00 PM**

## In Person

You can register at the front desk starting **Monday, August 15** for fall programs.

## Telephone

Register by calling us at 780-496-7369 starting **Monday, August 15**. If Reception is busy, leave a message stating your name and phone number. All messages will be answered within 24 hours. Registrations must be completed before the program start date.

## Online Registration

**You must purchase a membership in person or over the phone first** before you can register for programs online. Register through our website [www.CentralLions.org](http://www.CentralLions.org) (click on 'My Account' in the upper right corner).

Instructions to log in for the first time can be found on our website. Look for 'Membership' in the menu bar, then click on 'Registration' to read the log-in instructions.

**If you are new to CLSA, or you don't have a current membership or online account, please call 780-496-7369 or email [info@centrallions.org](mailto:info@centrallions.org).** A member of our team will assist you with the set up.

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.

**Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all of our Members.**

# CLSA Code of Conduct

CLSA believes in creating a positive community and strives to maintain a respectful, friendly, and supportive environment for all. Everyone will...

- Be protective of the safety, security, well-being, and goodwill of others and the Centre.
- Not participate in any action that disrupts or disturbs the morale, efficiency, safety, or operations 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 behaviours. Violations of the 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.*

## Please Note...

- Program dates, times, instructors, and fees are subject to change.
- From time to time programs and activities may not occur due to educational programming, facility maintenance, special events, emergencies, and external 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.
- Central Lions Seniors Association reserves the right to cancel courses but will do so only after careful consideration.

**Stay updated!** Sign up for our emails on [www.centrallions.org](http://www.centrallions.org). You can also call 780-496-7369 and listen to the voicemail message for updates, friend us on Facebook @CentralLionsSeniors, buddy up with a CLSA friend who can share news with you, or share your mailing address with us to receive our newsletter.

## Disclaimers

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

## Payment and Confirmation

- Participants are not considered registered until full payment has been received.
- Payment can be made using VISA, MasterCard, cheque, debit, or cash. Please make cheques payable to Central Lions Seniors Association. Postdated cheques are not accepted. Online registration is by credit card only.
- **Please review the program dates listed on your invoice, as dates can be excluded due to holidays, or City of Edmonton rentals.**

## Cancellations, Refunds, and Transfers

Courses may be cancelled due to low enrolment, extreme weather, instructor unavailability, and facility maintenance.

- If it is necessary for CLSA to cancel a program, you will be notified by phone or email prior to the program start date. In this situation, refunds or credits will be issued to your account.
- Generally, no refunds or credits are given for programs, presentations, activities, or Fitness Centre registrations unless cancelled by CLSA, except in the event of an illness or injury where 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

- Don't delay—sign up today! Register early to avoid cancellations due to low enrolment. The program will be cancelled five business days prior to the start date if enrollment has not reached the minimum number required. (See "Cancellations" on page 7).
- Ask to be on our waitlist if the activity you wish to register in is full.

## CLSA Photo Policy

From time to time, our staff and volunteers will be taking photographs and videos. We may use these to promote the Centre in our newsletters, on our website, Facebook page, and other material intended for the public.

Your image is your personal information and 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, please **STEP ASIDE, TURN YOUR BACK** or make your position known to the photographer.

## New Programs!

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

- Acrylics: All New! Tonight's the Night Scenes
  - Aging in Place
  - Bird Carving: Robin
  - Boosting Your Brain Health
  - Christmas Cards: Watercolour & Pen
  - Christmas Needle Felting
  - Fitness Centre 101
  - Fitness Fusion
  - Funeral Pre-Arrangements
  - Hawaiian Percussion Instrument Workshop
  - Intro to ASL (American Sign Language)
  - Low Back Pain Treatments
  - Mild Movements & Restorative Back Fitness
  - New Zealand Maori Poi Ball Workshop
  - Older Adult Fall Prevention
  - Rotator Cuff and Fall Prevention
  - Samoan Fun Workshop
  - Suicide Prevention: Recognizing the Signs
  - Tahitian Drumming
  - Travel Preparation
- New Programs are indicated by this sticker:







## Computers & Devices

### **Computer Tutorials: One-on-One Instructor: Shawn Gramiak**

**Member Fee per session: \$50 | Non-Member Fee per session: \$85**

\*\*This is a Specialty Session 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 help you get the most out of your system. These 45-minute, customized training opportunities are designed to address 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 to arrange a convenient tutorial time and review the topics you want to address. Multiple concerns may require more than one instructional session.

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

### **EPL: Digital Privacy**

**Instructor: Edmonton Public Library - Woodcroft Branch Staff**

**Member Fee per session: \$50 | Non-Member Fee per session: \$85**

**Drop-in Rate \$7 (Subject to availability. Must be purchased at front desk)**

Privacy protection is more important than ever in today's electronic society. Learn tips to ensure your privacy is protected. EPL staff will be discussing information from the Office of the Privacy Commissioner of Canada concerning identity theft, online privacy, and mobile privacy. Note: This workshop is provided by EPL as a community outreach service.

**FCD-002** Thursday | October 20 | 2:00 PM - 3:00 PM | 4 Weeks



## Crafts

### Beginner Bird Carving

**Instructor: Diane Sharkey**

**Member \$80 | Non-Member \$115**

Diane is an instructor at the Alberta Wildlife Carving Association. In this beginner course, you will learn the basics of woodcarving, how to use the tools, and carve a comfort bird from start to finish. Materials needed are a Dremel with a flex shaft or micro motor, 4 razor-tip carving bits, calipers for measuring, pencils, and sandpaper.

**Supplies (\$20) payable upon registration.**

Create these projects in the **NEW** Beginner Bird Carving course and **NEW** Christmas Card Watercolour and Pen Workshop.

**FC-006** Mondays | Sept 12–Oct 17 | 9:30 AM-12:30 PM | 5 Wks (No Class Oct 10)

### Bird Carving: Robin

**Instructor: Diane Sharkey**

**Member \$95 | Non-Member \$130**



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

**Supplies (\$25) payable upon registration.**

**FC-007** Mondays | Oct 31 – Dec 5 | 9:30 AM - 12:30 PM | 6 Weeks

### Cards & Paper Crafts

**Instructor: Pam McLean**

**Member \$21 | Non-Member \$56**

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,

**Continued on Next Page...**

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.**

**FC-001** Monday | Sept 12 | 9:30 AM - 12:30 PM | One-Day Workshop

**FC-002** Monday | Oct 31 | 9:30 AM - 12:30 PM | One-Day Workshop

## **Cards & Paper Crafts: Christmas in a Day!**

**Instructor: Pam McLean**

**Member \$36 | Non-Member \$71**

It's Christmas in November! There is nothing like receiving personal, homemade gifts. In this workshop, laugh and have fun as you make 7-10 unique, festive, winter-themed cards complete with envelopes. Prepped kits allow you extra time to do the creative work! You will be amazed at the quality of cards. No experience required.

**All supplies provided, payable (\$35) upon registration.**

**FC-003** Monday | Nov 21 | 9:00 AM - 3:30 PM | One-Day Workshop

## **Christmas Cards: Watercolour & Pen**

**Instructor: Donna Marko**

**Member \$20 | Non-Member \$55**

Paint your own Christmas cards in this fun 3-hour workshop. By using watercolours and pen, you will receive helpful instructions to create cards of gnomes, trees, bells, and more! You will also be given tips on how to photocopy your cards. **Supplies list available upon registration.**



**FC-004** Monday | Dec 5 | 1:00 PM - 4:00 PM | One-Day Workshop

## **Christmas Needle Felting**

**Instructor: Donna Marko**

**Member \$54 | Non-Member \$89**

Getting ready for a Winter Wonderland by needle felting a charming holly Christmas bell, cute polar bear, and poseable Rudolph the Red-Nosed Reindeer. You will be given complete step-by-step instructions and other needle-felting tips. **Supplies list available upon registration.**



**FC-005** Thursdays | Nov 3 – Nov 24 | 1:00 PM - 4:00 PM | 4 Weeks

Fall Registration starts on Monday, August 15



## Dance

### **Beginner Ballroom**

**Instructor: Elise Millard**

**Member \$48 | Non-Member \$83**

Learn how to ballroom dance in this beginners' class by practicing steps and learning choreography that will help you glide across the dance floor with usable patterns, spins, and turns. Ballroom dance is proven to help improve balance and coordination and increase self-confidence and social skills. Join in on the fun!

**FD-003** Thursdays | Sept 15 – Oct 20 | 9:45 AM - 10:45 AM | 6 Weeks

**FD-004** Thursdays | Nov 3 – Dec 8 | 9:45 AM - 10:45 AM | 6 Weeks

### **Ballroom (M)**

**Instructor: Elise Millard**

**Member \$48 | Non-Member \$83**

In this program you will learn classic ballroom and Latin dances to help you glide, spin, and turn across the dance floor. Besides being a lot of fun, ballroom/Latin dance is a great workout, improves balance and coordination, and increases self-confidence and social skills. Lessons are for experienced dancers seeking to learn and renew techniques and complex step patterns. Space is limited, please register as couples. Fee is per person.

**FD-001** Thursdays | Sept 15 – Oct 20 | 11:00AM - 12:00 PM | 6 Weeks

**FD-002** Thursdays | Nov 3 – Dec 8 | 11:00AM - 12:00 PM | 6 Weeks

## 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 \$28 | Non-Member \$63**

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

**FD-013** Thursdays | Sept 15 – Oct 20 | 1:30 PM - 2:15 PM | 6 Weeks

**FD-014** Thursdays | Nov 3 – Dec 8 | 1:30PM - 2:15 PM | 6 Weeks

### Hibiscus Level (Choreography)

**Member \$44 | Non-Member \$79**

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

**FD-015** Thursdays | Sept 15 – Oct 20 | 1:30 PM - 3:00 PM | 6 Weeks

**FD-016** Thursdays | Nov 3 – Dec 8 | 1:30PM - 3:00 PM | 6 Weeks

### Plumeria Level (Performance)

**Member \$56 | Non-Member \$91**

Performance class. Includes the preceding Coconut and Hibiscus levels and uninstructed rehearsal time for the performance troupe "The Hula Honeys". Dancers that wish to practice but not perform are welcome to attend.

**FD-017** Thursdays | Sept 15 – Oct 20 | 1:30 PM - 3:45 PM | 6 Weeks

**FD-018** Thursdays | Nov 3 – Dec 8 | 1:30PM - 3:45 PM | 6 Weeks

## Rhythm of the Islands – New Workshop Series

Travel to a variety of Polynesian islands as you learn about the history, techniques and cultural significance of Polynesian percussive "implements." See page 32 for details.



### Great news!

Our Registration Desk is open 8:30 a.m. to 4:00 p.m. Monday to Friday. The North Entrance (facing 113 St) is now open 8:30 a.m. to 3:00 p.m. Monday to Friday.

## 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 reviewed.

**FD-011** Wednesdays | Sept 14 – Oct 19 | 11:30 AM - 12:30 PM | 6 Weeks

**FD-012** Wednesdays | Nov 2 – Dec 7 | 11:30 AM - 12:30 PM | 6 Weeks

## Tap Dance (Intermediate)

**Member \$55 | Non-Member \$90**

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

**FD-007** Wednesdays | Sept 14 – Oct 19 | 9:10 AM - 10:10 AM | 6 Weeks

**FD-008** Wednesdays | Nov 2 – Dec 7 | 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.

**FD-009** Wednesdays | Sept 14 – Oct 19 | 10:20 AM - 11:20 AM | 6 Weeks

**FD-010** Wednesdays | Nov 2 – Dec 7 | 10:20 AM - 11:20 AM | 6 Weeks

## Cardio Rhythm (M-V)

Cardio Rhythm is 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.

### Learn how to use our Online Registration System:

Call us to book a free tutorial with one of our friendly volunteers.

Tutorials cover everything from setting up your online account to how to search and register for programs from home. Call 780-496-7369 to book an appointment.



## Fitness

# Visit our Workout Room!

### Hours

Monday – Friday  
8:30 a.m. – 3:00 p.m.  
Closed on statutory holidays

### Workout Room Fees

Drop-in \$5  
10-visit pass \$35  
\* Passes purchased in-person only

Members can call 780-442-0949, email [fitness@CentralLions.org](mailto:fitness@CentralLions.org), or visit the workout room desk to book a 90-minute appointment. You must be a member of CLSA prior to joining the workout room.

New to the Workout Room? Getting started is easy! **Orientations are 50-minutes long and are required. Book yours today at 780-442-0949.** Get familiarized with a **FREE orientation**: Our Health and Fitness Coordinator will provide information about Centre operations, introduce you to our cardio machines, free weights, seven special LifeFitness machines, and provide some tips on exercising safely.

### Fitness Centre 101

**Instructor: Cathy Taskey**

**Member \$45 | Non-Member \$80**



People of all fitness levels can benefit from using the right equipment to reach their workout goals. In this course, Cathy will show you how to use different equipment and free weights to get an effective workout. Learn how recumbent bikes, upright bikes, treadmills, ellipticals, free weights, and the dual pulley system can help you maximize your fitness routine.

**FF-054** Thursdays | Sept 15 – Oct 20 | 11:15 AM - 12:15 PM | 6 Weeks

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: **(G)entle, (M)oderate, (V)igorous**

### **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. 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.

**FF-001** Tuesdays | Sept 13 – Oct 18 | 1:40 PM - 2:40 PM | 6 Weeks

**FF-002** Tuesdays | Nov 1 – Dec 6 | 1:40 PM - 2:40 PM | 6 Weeks

### **Better Balance & Strength (G-M)**

**Instructor: Cathy Taskey**

**Member \$45 | Non-Member \$80**

This modified 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.

**FF-003** Thursdays | Sept 15 – Oct 20 | 1:50 PM - 2:50 PM | 6 Weeks

**FF-004** Thursdays | Nov 3 – Dec 8 | 1:50 PM - 2:50 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. Includes restorative floor exercises to strengthen and improve your core and lower back muscles, plus relaxation and breathing techniques. Bring your yoga mat.

**FF-005** Tuesdays | Sept 13 – Oct 18 | 12:15 PM - 1:45 PM | 6 Weeks

**FF-006** Tuesdays | Nov 1 – Dec 6 | 12:15 PM - 1:45 PM | 6 Weeks



## **Cardio Rhythm (M-V)**

**Instructor: Elise Millard**

**Member \$48 | Non-Member \$83**

Get your whole body moving while learning the most fun and popular social dances. You get a total body workout by engaging the body with various exercises and equipment. Join the fun and move to the beat! This class will incorporate some equipment. Bring your yoga mat for stretching exercises at the end of the program.

**FF-007** Thursdays | Sept 15 – Oct 20 | 12:10 PM - 1:10 PM | 6 Weeks

**FF-008** Thursdays | Nov 3 – Dec 8 | 12:10 PM - 1:10 PM | 6 Weeks

## **Co-ed Gentle Move & Groove (G)**

**Instructor: Marlene Marvin**

**Member \$36 | Non-Member \$71**

This program is for individuals who have been sedentary for a while or have chronic conditions that benefit from gentle exercise. 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 emphasized. We finish with light overall stretches. Work at your own pace and improve or maintain your fitness level.

**FF-027** Tuesdays | Sept 13 – Oct 18 | 2:00 PM - 3:00 PM | 6 Weeks

**FF-028** Tuesdays | Nov 1 – Dec 6 | 2:00 PM - 3:00 PM | 6 Weeks

## **Co-ed Gentle Move & Groove (G)**

**Member \$30 | Non-Member \$65**

**FF-029** Fridays | Sept 16–Oct 21 | 12:00 PM - 1:00 PM | 5 Wks (No Class Sep 30)

**FF-030** Fridays | Nov 4–Dec 9 | 12:00 PM - 1:00 PM | 5 Wks (No Class Nov 11)

### **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. Don't delay – Register today!

## 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 movement followed by balance, chair and/or resistance exercise. Participants can workout at their own pace.

**Instructor: Marlene Marvin**

Member \$36 | Non-Member \$71

**FF-011** Wednesdays | Sept 14 – Oct 19 | 10:15 AM - 11:15 AM | 6 Weeks

**FF-016** Wednesdays | Nov 2 – Dec 7 | 10:15 AM - 11:15 AM | 6 Weeks

**Instructor: Cathy Taskey**

Member \$36 | Non-Member \$71

**FF-014** Mondays | Oct 31 – Dec 5 | 10:15 AM - 11:15 AM | 6 Weeks

**Instructor: Marlene Marvin**

Member \$30 | Non-Member \$65

**FF-013** Fridays | Sept 16–Oct 21 | 10:15 AM-11:15 AM | 5 Wks (No Class Sep 30)

**FF-018** Fridays | Nov 4–Dec 9 | 10:15 AM - 11:15 AM | 5 Wks (No Class Nov 11)

**Instructor: Cathy Taskey**

Member \$30 | Non-Member \$65

**FF-009** Mondays | Sept 12–Oct 17 | 10:15 AM-11:15 AM | 5 Wks (No Class Oct 10)

## 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 aerobics and exercise. Work on mobility or joint flexibility, muscle strength, balance and agility through active movement.

**Instructor: Cathy Taskey**

Member \$30 | Non-Member \$65

**FF-010** Mondays | Sept 12–Oct 17 | 9:00 AM - 10:00 AM | 5 Wks (No Class Oct 10)

**Instructor: Cathy Taskey**

Member \$36 | Non-Member \$71

**FF-015** Mondays | Oct 31 – Dec 5 | 9:00 AM - 10:00 AM | 6 Weeks

**Instructor: Marlene Marvin**

Member \$36 | Non-Member \$71

**FF-012** Wednesdays | Sept 14 – Oct 19 | 9:00 AM - 10:00 AM | 6 Weeks

**FF-017** Wednesdays | Nov 2 – Dec 7 | 9:00 AM - 10:00 AM | 6 Weeks

## **ESSETRICS® for Seniors (G)**

**Instructor: Lori Griffith**

**Member \$55 | Non-Member \$90**

This gentle, slow-tempo program focuses on 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. Bring a yoga mat, water, and towel to class.

**FF-021** Tuesdays | Sept 13 – Oct 18 | 11:15 AM - 12:00 PM | 6 Weeks

**FF-022** Tuesdays | Nov 1 – Dec 6 | 11:15 AM - 12:00 PM | 6 Weeks

## **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, flexibility in your muscles, relieve pain, and increase your energy. Program includes standing and floor work exercises. Bring a yoga mat, water, and towel to class.

**FF-023** Wednesdays | Sept 14 – Oct 19 | 2:15 PM - 3:15 PM | 6 Weeks

**FF-024** Wednesdays | Nov 2 – Dec 7 | 2:15 PM - 3:15 PM | 6 Weeks

## **ESSETRICS® Stretch & Tone (M)**

**Instructor: Lori Griffith**

**Member \$80 | Non-Member \$115**

This program is a full body, equipment-free workout that uses a dynamic combination of strengthening and stretching to develop lean, strong, and flexible muscles. Perfect for men and women of all fitness levels. ESSETRICS® can help prevent and treat injuries, unlock tight joints, improve posture and leave you feeling energized and healthy. Program includes standing and floor exercises. Bring a yoga mat, water, and towel to class.

**FF-019** Tuesdays | Sept 13 – Oct 18 | 10:00 AM - 11:00 AM | 6 Weeks

**FF-020** Tuesdays | Nov 1 – Dec 6 | 10:00 AM - 11:00 AM | 6 Weeks

## **NEW Pickleball Programs – Beginner, Novice, Intermediate, & Advanced**

Want to learn how to play pickleball, or do you have experience playing? We are now offering four levels of pickleball to suit all levels of play. See page 44 for details.

## **Fitness Fusion (M)**

**Instructor: Marlene Marvin**

**Member \$55 | Non-Member \$90**



Move your body to choreographed music while using a variety of props. In this class, you will get a full-body workout through warm up, cardio, floor exercises, and simple Yogasize postures. You will work with a Super Ball geared to strengthen your spine and shape your body while having fun. Bring your yoga mat.

**FF-050** Wednesdays | Sept 14 – Oct 19 | 11:30 AM - 12:30 PM | 6 Weeks

**FF-051** Wednesdays | Nov 2 – Dec 7 | 11:30 AM - 12:30 PM | 6 Weeks

## **Golden Gloves Fitness (M-V)**

**Instructor: Louise Lepore – Westchester Amateur Boxing Club**

**Member \$40 | Non-Member \$75**

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 comfortable clothes and a good pair of sneakers. The class is suited to all abilities; exercises are adaptable. Let's get moving! **\*Equipment rental fee extra (\$10); payable upon registration.**

**FF-025** Fridays | Sept 16–Oct 21 | 11:30 AM-12:30 PM | 5 Wks (No Class Sep 30)

**FF-026** Fridays | Nov 4 – Dec 9 | 11:30 AM - 12:30 PM | 5 Wks (No Class Nov 11)

## **Mild Movements & Restorative Back Fitness (G-M)**

**Instructor: Marlene Marvin**

**Member \$37 | Non-Member \$72**



In this program, we'll begin by warming up with gentle music to increase circulation and heart endurance. There will be standing, sitting, and wall postures that will help release tight muscles in the back, shoulders, and neck area. Then effective floor exercise will be introduced to strengthen your core and lengthen stiff back muscles. Handouts will be available. Please bring your yoga mat.

**FF-052** Fridays | Sept 16 – Oct 21 | 1:30 PM - 2:30 PM | 5 Wks (No Class Sep 30)

**FF-053** Fridays | Nov 4 – Dec 9 | 1:30 PM - 2:30 PM | 5 Wks (No Class Nov 11)

## **Hall Walkers**

One foot in front of the other, and before you know it, you will be walking your way to better health! Learn more about our Hall Walkers on page 48.

**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 \$45 | Non-Member \$80**

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. Bring your yoga mat.

**FF-032** Thursdays | Sept 15 – Oct 20 | 12:40 PM - 1:40 PM | 6 Weeks

**FF-033** Thursdays | Nov 3 – Dec 8 | 12:40 PM - 1:40 PM | 6 Weeks

**Strength Training : Progressive (V)**

**Instructor: Cathy Taskey**

**Member \$90 | Non-Member \$125**

**FF-031** Tuesdays | Sept 13–Dec 6 | 12:30 PM-1:30 PM | 12 Wks (No Class Oct 25)

**Tabata Fit for Active Agers (V)**

**Instructor: Cathy Taskey**

**Member \$45 | Non-Member \$80**

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.

**FF-034** Wednesdays | Sept 14 – Oct 19 | 12:40 PM - 1:40 PM | 6 Weeks

**FF-035** Wednesdays | Nov 2 – Dec 7 | 12:40 PM - 1:40 PM | 6 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, concentration, and increased energy.

### **Tai Chi: Yang Style - Level 1 (G)**

**Instructor: Leslie Sarabin**

**Member \$85 | Non-Member \$120**

**FF-036** Mondays | Sept 26 – Dec 5 | 1:15 PM-2:15 PM | 10 Wks (No Class Oct 10)

### **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.

**FF-037** Mondays | Sept 26 – Dec 5 | 2:30 PM-3:30 PM | 10 Wks (No Class Oct 10)

## **Tai Chi Practice**

Practice time for individuals wishing to work on their Tai Chi form. See page 51.

## **Yoga: Gentle Hatha (G)**

**Instructor: Sylvia Galbraith**

**Member \$36 | Non-Member \$71**

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.

**FF-042** Mondays | Sept 12–Oct 17 | 11:15 AM-12:15 PM | 5 Wks (No Class Oct 10)

## **Yoga: Gentle Hatha (G)**

**Member \$43 | Non-Member \$78**

**FF-043** Mondays | Oct 31 – Dec 5 | 11:15 AM - 12:15 PM | 6 Weeks

**Don't delay—sign up today!** 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.

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

**FF-044** Thursdays | Sept 15 – Oct 20 | 9:30 AM - 11:00 AM | 6 Weeks

**FF-045** Thursdays | Nov 3 – Dec 8 | 9:30 AM - 11:00 AM | 6 Weeks

**FF-041** Mondays | Oct 31 – Dec 5 | 9:30 AM - 11:00 AM | 6 Weeks

## **Yoga: Hatha (M)**

**Instructor: Sylvia Galbraith**

**Member \$55 | Non-Member \$90**

**FF-040** Mondays | Sept 12–Oct 17 | 9:30 AM - 11:00 AM | 5 Wks (No Class Oct 10)

## **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 poses accessible to all participants. Includes some floor work. Bring your yoga mat, water, towel and/or a firm, cotton yoga blanket.

## **Yoga: Iyengar Stretch & Relax – Beginner (G)**

**Member \$40 | Non-Member \$75**

**FF-046** Fridays | Sept 16–Oct 21 | 10:45 AM-11:45 AM | 5 Wks (No Class Sep 30)

**FF-047** Fridays | Nov 4 – Dec 9 | 10:45 AM - 11:45 AM | 5 Wks (No Class Nov 11)

## **Yoga: Iyengar Stretch & Relax – Intermediate (M)**

**Member \$60 | Non-Member \$95**

**FF-048** Fridays | Sept 16 – Oct 21 | 9:00 AM-10:30 AM | 5 Wks (No Class Sep 30)

**FF-049** Fridays | Nov 4 – Dec 9 | 9:00 AM - 10:30 AM | 5 Wks (No Class Nov 11)

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



## General Interest & Languages

### Financial Management

#### Estate Planning

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

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

More than just investments: a successful estate plan is about caring for family, friends, and special organizations through some simple pre-planning, but just as important is preparing your executor or co-executors for the task. Join Wei as he speaks about some important ideas to consider for your estate planning . It's never too early to plan for your family's future.

**FGI-001** Tuesday | Sept 20 | 1:30 PM - 3:00 PM | One-Day Presentation

#### The Role of ETFs in Retirement Portfolios

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

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. However, ETFs typically charge lower management fees than mutual funds. They are also gaining in massive popularity among retirees for the past 6 years and vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei as we discuss the pros and cons of using this category of investments in a retirement portfolio.

**FGI-002** Tuesday | Oct 18 | 1:30 PM - 3:00 PM | One-Day Presentation

### General Interest

#### Casino Outing: River Cree Resort & Casino

Back by popular demand! Fee includes round-trip transportation, \$5 play money and a complimentary lunch at Tap 25 restaurant. See page 36 for full details.



## Intro to ASL (American Sign Language)

**Presenter: Connie Gongos**

**Member \$18 | Non-Member \$53**



This intro class is for individuals who are interested in learning American Sign Language (ASL). ASL is a visual language using fingers and hands to communicate. Learn to sign the alphabet, numbers, and simple phrases of two or three words.

**FGI-012** Wednesdays | Sept 21 – Oct 5 | 1:00 PM - 3:00 PM | 3 Weeks

## Languages: Spanish

### Hello, Welcome! *Hola, Bienvenido!*

Learn how to tell your *ceviche* from your *cervesa*! Whether you are travelling to Spain or want to learn a new language, learn how to speak Spanish naturally and confidently in CLSA's Spanish program! Beginners are welcome. Intermediate and Advanced levels include practice of verb tenses, grammar, reading, listening and speaking. Teaching is adjusted per course to meet the needs of the participants.

### Spanish – Beginner (Level 1)

**Instructor: Tania Oyarzun**

**Member \$70 | Non-Member \$105**

This introductory course is designed for students with limited or no previous knowledge of Spanish. Please bring a copy of "Spanish Vocabulary" by Dorothy Richmond; best obtained through Amazon or Indigo.

**FGI-003** Fridays | Sept 16–Oct 21 | 10:00 AM-12:00 PM | 5 Wks (No Class Sep 30)

**FGI-004** Fridays | Nov 4 – Dec 9 | 10:00 AM - 12:00 PM | 5 Wks (No Class Nov 11)

### 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.

**FGI-005** Fridays | Sept 16–Oct 21 | 12:30 PM - 2:30 PM | 5 Wks (No Class Sep 30)

**FGI-006** Fridays | Nov 4 – Dec 9 | 12:30 PM - 2:30 PM | 5 Wks (No Class Nov 11)

**Continued on Next Page...**

## **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.

**FGI-007** Fridays | Sept 16–Oct 21 | 10:00 AM-12:00 PM | 5 Wks (No Class Sep 30)

**FGI-008** Fridays | Nov 4 – Dec 9 | 10:00 AM-12:00 PM | 5 Wks (No Class Nov 11)

## **Philosopher's Café**

**Presenter: David J. Goa**

**Member \$8 | Non-Member \$8**

**Drop-in Rate \$13 (Subject to availability. Purchase 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. 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.

### **Café #1**

#### **Residential Schools, Modernity, and Remembering Well**

Are residential schools Canada's original sin? How did churches become servants to modernity? What of the Papal apology and Canadian government interest? Join us as we discuss the meaning of "reconciliation," how settler peoples have profited, and if it is possible to make reparations.

**FGI-009** Thursday | Sept 29 | 1:30 PM - 3:00 PM | One-Day Presentation

### **Café #2**

#### **The Blood Red Horse of the Apocalypse**

Religious Dimension of Russia's War in Ukraine Russia under President Putin and Patriarch Kirill, both Orthodox and claiming a "Christian country," has invaded Ukraine. What has Patriarch Kirill said to the people of Russia and his parishes in Ukraine? What have other Orthodox church leaders said in the face of the devastation? How is war justified in Russia? Join us for an intriguing discussion on the morality of war.

**FGI-010** Thursday | Oct 20 | 1:30 PM - 3:00 PM | One-Day Presentation

**Continued on Next Page...**

### Café #3

#### Freedom of Religion, Civil Values, and the New Pluralism

Various religious voices have been sounding a warning: religious freedom, guaranteed under human rights legislation, is being eroded by the Canadian and Quebec governments and other governments around the world. Some evangelical, conservative Christians, and some Muslims and Indigenous peoples express concerns. The number of court cases testing religious freedom and civil values is on the rise, alongside the ever-increasing cultural and religious makeup of this country. This discussion will explore how Canada may navigate the aims of religious communities and the “progressive” secular state, what religious sources exist for understanding a relationship to the state, and how to live with deep differences.

**FGI-011** Thursday | Nov 24 | 1:30 PM - 3:00 PM | One-Day Presentation



### Health & Wellness

#### Aging in Place

**Presenter: Bayshore Home Health**

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Bayshore will share knowledge of how seniors can stay at home as long as possible in the most responsible way. They will be discussing some of the myths about aging, how to keep the mind young, home safety, and fall prevention. Resources for aging at home will be available.



**FHW-004** Wednesday | Nov 2 | 1:30 PM - 3:00 PM | One-Day Presentation

#### Urinary incontinence in Older Adults

**Presenter: Dr. William Gibson**

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Urinary incontinence is common among older adults and is highly prevalent, but incontinence can often be stopped or controlled. Come Join Dr. Gibson to learn the signs and tips on how to prevent urinary incontinence.



**FHW-009** Wednesday | Nov 9 | 1:30 PM - 3:00 PM | One-Day Presentation

**Boosting Your Brain Health**  
**Presenter: Occupational Therapist from AHS**  
**Member \$8 | Non-Member \$8**



Boosting Your Brain Health is an Alberta Health Services community program for adults who are motivated to take action on improving brain health and maintaining an active mind. In this 4-week program, you will learn the following: How our brains change as a result of our lifestyle and health conditions; new ways to improve our brain health; how to set goals for day to day life that can benefit brain health.

**FHW-005** Tuesdays | Sept 20 – Oct 11 | 9:00 AM - 11:30 AM | 4 Weeks

**Funeral Pre-Arrangements**  
**Presenter: Vince Gobeil**  
**Member \$2 | Non-Member \$2**



**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Have you been meaning to look into funeral pre-arrangements but never had the time? Do you have questions about what is required and what isn't when it comes to funeral services? Costs can vary by the thousands from funeral home to funeral home for the exact same services. Join Vince Gobeil, a frequent presenter from Trinity Funeral Home, and learn how to avoid paying more than necessary.

**FHW-003** Wednesday | Oct 12 | 1:30 PM - 3:00 PM | One-Day Presentation

**Low Back Pain and Treatment**  
**Presenter: Jade Fisher Physiotherapist Intern, Shift Physiotherapy**  
**Member \$2 | Non-Member \$2**  
**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**



Are you experiencing low back pain? Almost everyone experiences low back pain at some point in life. Some low back pain can be the result of injury to the muscles, ligaments, joints, or discs. Come learn what may be causing low back pain and ways to help treat the pain.

**FHW-007** Thursday | Oct 6 | 1:30 PM - 3:00 PM | One-Day Presentation

**Register Early!** If enrollment numbers are low, it's for sure that CLSA will cancel a class. Show your interest and register early. If we still don't have enough participants, we will cancel and place fees in your account for later.

## Older Adult Fall Prevention

**Presenter: Deanna Marler, BSc, MPH**

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

This interactive workshop will explore the risks of falling, provide strategies for reducing falls, and instruct on balance-developing activities that participants can use to reduce future falls.



**FHW-001** Wednesday | Oct 19 | 10:00 AM - 11:00 AM | One-Day Presentation

## Rotator Cuff and Shoulder Care

**Presenter: Nicolas Pahud Physiotherapist, Shift Physiotherapy**

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Do you experience any difficulty lifting your arms or have decreasing arm mobility? Rotator cuff injuries are common, especially as you age. Come learn how to recognize the signs and factors that may increase your risk of rotator cuff injury.



**FHW-008** Thursday | Nov 3 | 1:30 PM - 3:00 PM | One-Day Presentation

## Suicide Prevention – Recognizing the Signs

**Presenter: Deanna Marler, BSc, MPH**

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Suicide can affect individuals, families, and communities, and it can be difficult to talk about due to feelings of fear and shame. Learn how to identify the warning signs and what to do when you suspect someone is experiencing suicidal thoughts.



**FHW-002** Wednesday | Sept 21 | 10:00 AM - 11:00 AM | One-Day Presentation

## Travel Preparation

**Presenter: Pharmacists from iCare Pharmacy (North Location)**

**Member \$2 | Non-Member \$2**

**Drop-in Rate \$7 (Subject to availability. Purchase at front desk.)**

Planning on taking a trip? Come see Icare Pharmacy and learn some of the vaccinations or medications you may need for your trip. Your destination may require a specific treatment; find out from the helpful Pharmacists from ICare.



**FHW-006** Wednesday | Sept 28 | 1:30 PM - 3:00 PM | One-Day Presentation



## Music

Check out our **NEW** Rhythm of the Island Workshop Series on Page 32.

### **Central Lions' Singers**

**Instructor: Dianne Eustace**

**Member \$65 | Non-Member \$100**

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. 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.

**FM-035** Wednesdays | Sept 21–Dec 14 | 1:00 PM-2:30 PM | 12 Wks (No Class Oct 26)

### **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.**

**FM-001** Fridays | Sept 16–Oct 21 | 10:00 AM-11:00 AM | 5 Wks (No Class Sep 30)

**FM-002** Fridays | Nov 4 – Dec 9 | 10:00 AM-11:00 AM | 5 Wks (No Class Nov 11)

## **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. You must have completed at 'A Guitar Star is Born' level and/or have previous guitar experience playing with a group. Not suitable for absolute beginners. **Guitars not provided; bring your own instrument.**

**FM-003** Fridays | Sept 16–Oct 21 | 11:15 AM-12:15 PM | 5 Wks (No Class Sep 30)

**FM-004** Fridays | Nov 4 – Dec 9 | 11:15 AM-12:15 PM | 5 Wks (No Class Nov 11)

## **Hand Drumming: Rhythms & Techniques Level 1**

**Instructor: Mike Chenoweth**

**Member \$50 | Non-Member \$85**

Come join us as we discover the wonderful world of hand drums! We'll learn basic playing techniques while applying our newfound talents to basic West African rhythms! We'll also learn how to jam to our favourite Western Hemisphere music genres like Rock, Country, Blues, Reggae, Latin and more! You can be a hit at the next kitchen party! All that participants are required to supply is a medium to large sized djembe (JEM-bay) drum. If you don't own a djembe, Long And McQuade Music Stores will rent one to you for between \$15 and \$25 per month.

**FM-005** Mondays | Sept 12–Oct 17 | 10:00 AM-11:00 AM | 5 Wks (No Class Oct 10)

## **Hand Drumming: Rhythms & Techniques Level 2**

**Instructor: Mike Chenoweth**

**Member \$60 | Non-Member \$95**

In this course, we'll introduce more West African Rhythms with a focus on pieces combining two and three parts. Picking up from Level 1, we'll further explore how to jam to various styles of popular North American music with other musicians and instruments. We'll also discuss how to improvise within a drum circle and begin to solo. We'll even discuss what to expect and how to take part in local open stages and jams! If you have a drum, bring it. **CLSA does not provide instruments.**

Rentals from Long & McQuade (780-423-4448) range from \$15-\$25/month.

**FM-006** Mondays | Oct 31–Dec 5 | 10:00 AM-11:00 AM | 6 Weeks

Soups, sandwiches, and frozen meals to go! Ela Euro Cafe Fall Hours: 9 a.m. – 3 p.m.

## Harmonica for Fun (Level 1)

**Instructor: Mike Chenoweth**

**Member \$50 | Non-Member \$85**

Come and join us for a ton o' fun as we learn how to play basic chords and melodies to popular songs! No previous musical experience is needed! We'll be introduced to basic playing techniques as we learn songs like Ian Tyson's "Four Strong Winds," Louis Armstrong's "Wonderful World," and Bo Diddley's famous "I'm A Man" Blues riff! All that participants are required to supply is a **10-hole diatonic harmonica in the key of C Major**. Just take this information to your local music store sales person and they will gladly see that you get the proper harmonica! **CLSA does not provide instruments.**

**FM-007** Mondays | Sept 12–Oct 17 | 11:30 AM-12:30 PM | 5 Wks (No Class Oct 10)

## Harmonica for Fun Level 2

**Instructor: Mike Chenoweth**

**Member \$60 | Non-Member \$95**

Level 2 picks up where level 1 leaves off at a basic introduction to playing The Blues. We'll explore playing 2nd Position (Crosssharp), playing in minor keys, rhythm (chugging), pitch bending, riffs, licks, improvising, amplification, and more will be covered. We'll even discuss how to take part in a jam! Prior experience in Harmonica Fun Level 1 is recommended if you have no prior harmonica experience. **CLSA does not provide instruments; please bring your 10 hole 'C' harmonica.**

**FM-008** Mondays | Oct 31 – Dec 5 | 11:30 AM-12:30 PM | 6 Weeks

## Rhythm of the Islands Workshop Series

### Hawaiian Percussion Instrument Workshop

**Instructor: Tracy Thorne**

**Member \$20 | Non-Member \$55**

Most traditional Hawaiian instruments (more properly called "implements") were percussive rather than melodic, and all were made from natural materials gathered from the lush tropical landscape. In this 2-day workshop, CLSA Hula instructor Tracy "Kelika" Thorne will take participants on a cultural tour of the history of these "implements," how they are made, and how to hold, use, and play the Ipu (gourd drum), 'Uli 'Uli (gourd rattle), 'Ili 'Ili (stone castanets), Kala'au (wooden rhythm sticks) and the Pu'ili (bamboo rattle).



**FM-036** Tuesdays | Sept 20 – Sept 27 | 1:30 PM - 2:30 PM | 2 Weeks

**Continued on Next Page...**



## New Zealand Maori Poi Ball Workshop

Instructor: Tracy Thorne

Member \$20 | Non-Member \$55



Poi twirling has been made popular by modern day street performers, but historically, the Poi is a traditional rhythm "implement" used by the New Zealand Maori people. In this 2-day workshop, participants will learn basic short poi twirling patterns and rhythmic beats and construct their own short poi to take home. **Supplies (\$8) payable upon registration.**

**FM-037** Tuesdays | Oct 11 – Oct 18 | 1:30 PM - 2:30 PM | 2 Weeks

## Samoan Fun Workshop

Instructor: Tracy Thorne

Member \$20 | Non-Member \$55



The energy of the fun-loving Samoan people is contagious! In this 2-day workshop, Tracy “Kelika” Thorne will teach participants the rhythmic use of the Ipu Popo (Coconut Shell), Lapa Lapa (Palm Stalk) and how to do basic Sa Sa (hand clapping) sounds and motions.

**FM-038** Tuesdays | Nov 8 – Nov 15 | 1:30 PM - 2:30 PM | 2 Weeks

## Tahitian Drumming

Instructor: Mark Schmidt

Member \$20 | Non-Member \$55



Tahitian drums represent the passion, vitality, and harmony of the Tahitian people. Drum leader Mark Schmidt will teach the basics of traditional drum beats using the Toere (log drum) and the Pahu (skin-covered drum). Join us to try this style of drumming native to Tahiti and French Polynesia. Come learn the heartbeat of the islands!

**FM-039** Tuesdays | Nov 29 – Dec 6 | 1:30 PM - 2:30 PM | 2 Weeks

## Interested in playing in a band?

Young @ Heart, Fire Fighters Alumni, Lions Big Band, and the Swingtime Band are bands you can join! See Uninstructed Activities on page 46 for details.

## **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! It doesn't matter if you sing like an angel or squawk like a duck; this will be fun. Mike Chenoweth will lead the group through musical styles, from folk to funk. Non-members are welcome, so bring a friend, your grandchildren, your favourite uncle or anyone that wants to have fun and roar. Drop-ins are welcome at \$5.

**FM-009** Fridays | Sept 16–Oct 21 | 1:30 PM - 3:00 PM | 5 Wks (No Class Sep 30)

**FM-010** Fridays | Nov 4 – Dec 9 | 1:30 PM - 3:00 PM | 5 Wks (No Class Nov 11)

## **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 \$45 | Non-Member \$80**

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

**FM-011** Tuesdays | Sept 13 – Oct 18 | 12:15 PM - 1:00 PM | 6 Weeks

**FM-012** Tuesdays | Nov 1 – Dec 6 | 12:15 PM - 1:00 PM | 6 Weeks

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

**Member \$45 | Non-Member \$80**

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.

**FM-013** Tuesdays | Sept 13 – Oct 18 | 1:10 PM - 1:55 PM | 6 Weeks

**FM-014** Tuesdays | Nov 1 – Dec 6 | 1:10 PM - 1:55 PM | 6 Weeks

## **Ukulele: Advancing Along (Int & Adv)**

**Member \$45 | Non-Member \$80**

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.

**FM-015** Tuesdays | Sept 13 – Oct 18 | 2:05 PM - 2:50 PM | 6 Weeks

**FM-016** Tuesdays | Nov 1 – Dec 6 | 2:05 PM - 2:50 PM | 6 Weeks

## **Ukulele with a Touch of Steel Guitar**

**Instructor: Ihor Nedoshytko**

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.

### **Ukulele with a Touch of Steel Guitar (Term 1)**

**Member \$45 | Non-Member \$80**

**FM-017** Thursdays | Sept 15 – Oct 20 | 9:30 AM - 12:00 PM | 6 Weeks

### **Ukulele with a Touch of Steel Guitar (Term 2)**

**Member \$38 | Non-Member \$73**

**FM-018** Thursdays | Nov 10 – Dec 8 | 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 | Sept 16 – Oct 21 | 5 Weeks  
(No Class Sept 30)

**FM-031** | 12:30 PM - 1:00 PM

**FM-033** | 1:05 PM - 1:35 PM

Fridays | Nov 4 – Dec 9 | 5 Weeks  
(No Class Nov 11)

**FM-032** | 12:30 PM - 1:00 PM

**FM-034** | 1:05 PM - 1:35 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 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 | Sept 16 – Oct 21 | 5 Weeks  
 (No Class Sept 30)

- FM-019** | 9:30 AM - 10:00 AM
- FM-020** | 10:10 AM - 10:40 AM
- FM-021** | 10:50 AM - 11:20 AM
- FM-022** | 11:30 AM - 12:00 PM
- FM-023** | 12:10 PM - 12:40 PM
- FM-024** | 12:50 PM - 1:20 PM

Fridays | Nov 4 – Dec 9 | 5 Weeks  
 (No Class Nov 11)

- FM-025** | 9:30 AM - 10:00 AM
- FM-026** | 10:10 AM - 10:40 AM
- FM-027** | 10:50 AM - 11:20 AM
- FM-028** | 11:30 AM - 12:00 PM
- FM-029** | 12:10 PM - 12:40 PM
- FM-030** | 12:50 PM - 1:20 PM



**Offsite Adventures**

**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 2:30 p.m. for a 3:00 p.m. return to Central Lions.

**FO-001** Thursday | Sept 15 | 9:30 AM - 3:00 PM | One-Day Trip

**FO-002** Thursday | Oct 20 | 9:30 AM - 3:00 PM | One-Day Trip

**FO-003** Thursday | Nov 17 | 9:30 AM - 3:00 PM | One-Day Trip



## Painting & Drawing

### **Acrylics: All New! Tonight's the Night Scenes**

**Instructor: Frank Haddock**

**Member \$75 | Non-Member \$110**



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 camp fires, stars and other mysterious subjects that will keep you intrigued. Some instruction in composition will be included in this course.

**FPD-002** Wednesdays | Sept 28 – Oct 19 | 1:00 PM - 4:00 PM | 4 Weeks

### **Acrylics: Birds & Flowers**

**Instructor: Muhammed Salayi**

**Member \$76 | Non-Member \$111**

In this wonderful course on acrylics, we will fuse a few different subjects: birds, flowers, and scene painting. Muhammed will provide instructions on how to create vibrant works of birds and flowers using acrylic paints. This course is suitable for students who have some drawing and painting skills, and it will further develop one's acrylic painting skills. You will learn that acrylics are a forgiving media, and this will open the door for exciting possibilities!

**FPD-004** Fridays | Nov 4 – Dec 9 | 1:00 PM - 4:00 PM | 5 Weeks (No Class Nov 11)

### **Painting the Four Seasons Using Acrylics**

**Instructor: Frank Haddock**

**Member \$106 | Non-Member \$141**

Create gorgeous landscapes that reflect our four seasons. Yes! There are four seasons in Alberta, and you can capture them in this class. Plenty of demonstrations and personal attention will help you learn how to paint frosty winter scenes, vibrant spring greens, warm summer days, and colourful fall trees. Learn how to use your materials to mix colours and apply them to the canvas to get just the right effect! Let's get something new on our walls – join us today!

**FPD-001** Wednesdays | Nov 9 – Dec 14 | 1:00 PM - 4:00 PM | 6 Weeks

## **Brushstroke Demo**

**Instructor: Frank Haddock**

**Member \$15 | Non-Member \$50**

Looking to control your paint brush better? Come join Frank to learn a variety of techniques to create different effects using watercolours and acrylics.

**FPD-008** Wednesday | Sept 14 | 1:00 PM - 3:00 PM | One-Day Workshop

## **Drawing 101**

**Instructor: Muhammed Salayi**

**Member \$61 | Non-Member \$96**

Learning the fundamentals of drawing is a great place to start for any artist, no matter the level. Have fun learning basic drawing techniques in this introductory course. No experience is required. Different subjects each week will be used to show you how to capture proportion, light, shadows, texture and more. The emphasis of this program is on the drawing itself, not the medium used. Minimal supplies extra, list available.

**FPD-005** Mondays | Sept 19 – Oct 17 | 1:00 PM - 4:00 PM | 4 Wks (No Class Oct 10)

## **Drawing Facial Features in Perspective**

**Instructor: Muhammed Salayi**

**Member \$90 | Non-Member \$125**

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.

**FPD-006** Mondays | Oct 31 – Dec 5 | 1:00 PM - 4:00 PM | 6 Weeks

## **Painting with Gouache: Introduction (All levels)**

**Instructor: Muhammed Salayi**

**Member \$85 | Non-Member \$120**

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.

**FPD-007** Fridays | Sept 16 – Oct 21 | 1:00 PM - 4:00 PM | 5 Weeks

## **How To Paint Skies With Watercolours**

**Instructor: Frank Haddock**

**Member \$90 | Non-Member \$125**

Experience demonstrations and step-by-step instruction as you learn new techniques for painting a wide range of skies. In this course you will experience several different techniques that can be combined together to paint the visual effects of the skies above us. Definitely landscapes will be included in each painting but the skies will be the focus. Some previous experience is necessary.

**FPD-010** Mondays | Nov 7 – Dec 5 | 1:00 PM - 4:00 PM | 5 Weeks

## **How To Paint Sunrise and Sunsets With Watercolours**

**Instructor: Frank Haddock**

**Member \$75 | Non-Member \$110**

Spend wonderful afternoons painting great Alberta sunrises with excellent insights into colours. Then, follow that with beautiful sunsets with warm colours dashing across the sky, throw in a tree and an old wooden fence. and you'll have several new treasures. The class format is a paint-a-long demonstration so each step is shown to you before you do it. With lots of individual attention and guidance, you'll have a masterpiece to treasure.

**FPD-009** Mondays | Sept 19 – Oct 17 | 1:00 PM - 4:00 PM | 4 Wks (No Class Oct 10)

## **Watercolour and Pen: Beautiful Buildings I**

**Instructor: Valdis Gislason**

**Member \$73 | Non-Member \$108**

Learn to convey the beauty of commonplace buildings and streetscapes using pencil, pigma pen, and watercolours. With lots of input from the instructor, this project-based course will challenge beginner and intermediate painters to identify the essential elements of select buildings and streetscapes and transform them into compelling pieces of art. All artistic levels are welcome. Supplies extra, list available.

**FPD-003** Tuesdays | Oct 11 – Nov 8 | 1:00 PM - 4:00 PM | 4 Weeks

### **Don't delay—sign up today!**

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.

# OPEN House

## Special Events

### **Open House – August 24**

Come see what we are all about at our Open House Event! Enjoy demonstrations for pickleball, fitness, art, music, and more! Free BBQ lunch provided by the Host Lions Club; play Bingo, Spin-the-Wheel, and travel around our Centre with a CLSA passport to win prizes; share hobbies with 'like-interested' people or try something new; Come learn about our quality recreational programming for adults 55+, and bring a friend or two!

### **Cuppa Corner – Sept 29, Oct 27, Nov 24, & Dec 21**

We are pleased to announce that we will be resuming Cuppa Corner for the last Thursday of every month. This is a FREE social gathering hosted by the CLSA. During Cuppa Corner hours, our members come together to enjoy a beverage and the company of their peers while interacting and discussing the topics of the day.

### **Volunteer Appreciation Event – October 27**

Save The Date! Join us as we celebrate our hardworking, dedicated volunteers at this year's Volunteer Appreciation Event. More information to be announced soon. Stay tuned to our emails and mailouts! Volunteers with 25+ hours are guests of CLSA.

### **Christmas Luncheon – December 15**

Join the Board of Directors and fellow CLSA members as we celebrate the Christmas Season. Christmas Dinner with all of the trimmings and carolling to round out this traditional get-together, just in time to put you in the holiday spirit! Mark your calendars. Watch for more details in CLSA's fall newsletters.

### **Central Lions' Singers starts Sept 21**

Come join the Central Lions' Singers and experience the joy of choral singing! Rounds, canons, and partner songs will be learned and practiced to develop ear training. See more details on page 30.



## 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:** ½ hour Chair Massage -- **Must be a CLSA Member**; \$40 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:** 1 hour Reflexology -- **Must be a CLSA Member**; \$55 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 - **Sept 28, Oct 26, Nov 23**

**Time:** 9:00 a.m. – 2:00 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.

**Where & When:** Main clinic, 3rd Tuesday of each month - **Sept 20, Oct 18, Nov 15**

**How:** Call 780-488-5878 anytime between 9 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.

### Influenza (Flu) Immunization Clinic

Protect yourselves and those vulnerable with weakened immune systems. Get your flu shot here at Central Lions. CLSA is pleased to welcome this year's clinic hosts: iCare Pharmacy (North Edmonton Location).

**When:** Thursday, October 20, 9:00 a.m. – 4:00 p.m. **\*Times listed are tentative.**

**Watch for CLSA's Fall Newsletters for a confirmed time and registration details.**

**Fee:** Free. Be sure to bring your Alberta Health Card.

# NEW Flex Registration for Paddle Sports and some Uninstructed Activities

We are happy to announce NEW Flex Registration for paddle sports and for some uninstructed activities for the fall season! Flex Registration lets you pick and pay for the times that you want to attend. This is a great option for people who travel or know that they have a busy fall season ahead!

## What does this mean?

For all paddle sports and some uninstructed activities, there will be two options for registration.

1. Buy a barcode that covers all of the dates in the fall season; or
2. Use Flex Registration to pick the times you want to attend.

## How to use it:

1. Log in to your Online Registration Account  
<https://app.booking.ca/centrallionspub/account/index.asp>
2. Search for your barcode, or the name of your sport or activity.
3. Pick your barcode:
  - **Full-Season Barcode** – Proceed to payment page
  - **Flex Registration** – Select the dates you want on the calendar. After you've selected your dates, proceed to the payment page. Your total will appear on the payment page.
4. You're registered!

**Pickleball Registrants:** Please see the session description for details on Flex Registration Dates.

**Please note for Flex Registration:** If you need to change the dates you've picked, call our front desk 780–496–7369 for assistance.

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](http://www.Centrallions.org) to access our online registration system any time.



## Paddle Sports

### Paddle Sports Fall Registration Barcode Options

Full-Season Barcode = **Yellow**

Flex Registration Barcode = **Red**

#### Pickleball Registrants:

Please see the session description for details on Flex Registration Dates.

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#### Badminton

**Member Rate \$150 | Non-Member Rate \$185**

Need a little practice? Come and join us. This activity is loads of fun and a great workout at the same time. **No session on Oct 10.**

**FBadminton** Mon & Wed | Sept 7 – Dec 21 | 2:30 PM - 4:30 PM | 30 Sessions

#### Badminton FLEX

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FBadminton-FLEX** Mon and/or Wed | Sept 7 – Dec 21 | 2:30 PM - 4:30 PM

#### Stay Informed!

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our upcoming newsletters and program guides. Here are some ways you can get information from us: make sure you are on our email list (or provide a family member's email address), friend us on Facebook @CentralLionsSeniors, check out our website occasionally, call our mainline 780-496-7369 and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.

## **Beginner Pickleball - Level 1**

**Member Rate \$35 | Non-Member Rate \$70**

Did you want to learn how to play Pickleball? Come join other participants and learn the game, its rules, and related etiquette; as well as participate in some supervised play, in a friendly, non-intimidating setting. **(\$7) Paddle rental payable upon registration.**

**FBeginner-1** Tuesdays | Sept 6 – Oct 18 | 12:30 PM - 2:30 PM | 7 Weeks

**FBeginner-2** Tuesdays | Nov 1 – Dec 13 | 12:30 PM - 2:30 PM | 7 Weeks

## **Novice Pickleball - Level 2**

**Member Rate \$145 | Non-Member Rate \$180**

Still working on your forehand, backhand, and volley? Come and enjoy the game of pickleball in a friendly, non-intimidating setting, while participating in a round-robin play format. Each day, players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length. **Recommended Prerequisite: Participants should have at least a rudimentary knowledge of Pickleball or have taken Beginner Pickleball. No sessions on Sept 30 and Nov 11.**

**FNovice** Wed & Fri | Sept 7 – Dec 21 | 12:30 PM - 2:30 PM | 29 Sessions

## **Novice Pickleball - Level 2 (FLEX)**

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FNovice-FLEX** Wed and/or Fri | Sept 7 – Dec 21 | 12:30 PM - 2:30 PM

**Reminder:** Registration for Fall starts on Monday, August 15 at 8:30 a.m.

## **Intermediate Pickleball - Level 3 (Mondays & Wednesdays)**

**Member Rate \$150 | Non-Member Rate \$185**

Come join other experienced players who want to play competitively in a social atmosphere. Every day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length. **Please Note: If space permits, FLEX registration will be available on September 6. No session on Oct 10.**

**FInter-mw1030** Mon & Wed | Sept 7 – Dec 21 | 10:30 AM - 12:30 PM | 30 Sessions

**Continued on Next Page...**

### **Intermediate Pickleball - Level 3 (Tuesdays & Thursdays)**

**Member Rate \$160 | Non-Member Rate \$195**

**Please Note: If space permits, FLEX registration will be available on September 6.**

**FInter-tth830** Tues & Thurs | Sept 6 – Dec 22 | 8:30 AM - 10:30 AM | 32 Sessions

**FInter-tth1030** Tues & Thurs | Sept 6 – Dec 22 | 10:30 AM - 12:30 PM | 32 Sessions

### **Intermediate Pickleball - Level 3 (Fridays)**

**Member Rate \$65 | Non-Member Rate \$100**

**Please Note: If space permits, FLEX registration will be available on September 6. No Sessions Sept 30 and Nov 11.**

**FInter-f1030** Fridays | Sept 9 – Dec 16 | 10:30 AM - 12:30 PM | 13 Sessions

### **Intermediate Pickleball - Level 3 (FLEX)**

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates on our online system that you wish to attend. Sessions exclude holidays.

**Please Note: If space permits, FLEX registration will be available on September 6. Please check our registration system at that time for available Flex dates.**

**FInter-1030FLEX** Mon – Fri | Sept 6 – Dec 22 | 10:30 AM - 12:30 PM

**FInter-830FLEX** Tues and/or Thurs | Sept 6 – Dec 22 | 8:30 AM - 10:30 AM

### **Advanced Pickleball - Level 4**

**Member Rate \$160 | Non-Member Rate \$195**

Most appropriate for players who want a much higher level of play, competition and workout. You must be ranked at 3.5 or higher. The play format is to be decided by registered participants. **Please Note: If space permits, FLEX registration will be available on September 6.**

**FAdvanced** Tues & Thurs | Sept 6 – Dec 22 | 2:30 PM - 4:30 PM | 32 Sessions

### **Advanced Pickleball - Level 4 (FLEX)**

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates you wish to attend on our online system.

**Please Note: If space permits, FLEX registration will be available on September 6.**

**FAdvanced-FLEX** Tues and/or Thurs | Sept 6 – Dec 22 | 2:30 PM - 4:30 PM

## Table Tennis

**Member Rate \$215 | Non-Member Rate \$250**

Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! Come and enjoy a pleasant workout. **No Sessions Sept 30, Oct 10 and Nov 11.**

**FTableTennis** Mon, Wed, & Fri | Sept 7 – Dec 21 | 8:30 AM - 10:30 AM | 43 Sessions

## Table Tennis FLEX

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates you wish to attend on our online system.

**FTable-FLEX** Mon, Wed and/or Fri | Sept 7 – Dec 21 | 8:30 AM - 10:30 AM



## Uninstructed Activities

We are happy to announce NEW Flex Registration for some uninstructed activities this fall season. Flex Registration lets you pick and pay for the times that you want to attend. For instructions on how to access the Flex Registration system see page 42.

## Uninstructed Activities Fall Registration Barcode Options

Full-Season Barcode = **Yellow**

Flex Registration Barcode = **Red**

## Bridge

**Member Rate \$28 | Non-Member Rate \$63**

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

**FBridge** Mondays | Sept 12–Dec 19 | 12:30 PM-3:30 PM | 14 Wks (No Session Oct 10)

## Bridge (FLEX)

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FBridge-FLEX** Mondays | Sept 12 – Dec 19 | 12:30 PM - 3:30 PM

## Cribbage

**Member Rate \$32 | Non-Member Rate \$67**

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.

**FCrib** Thursdays | Sept 8 – Dec 22 | 1:00 PM - 3:00 PM | 16 Weeks

## Cribbage (FLEX)

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FCribbage-FLEX** Thursdays | Sept 8 – Dec 22 | 1:00 PM - 3:00 PM

## Firefighter Alumni Band

**Member Rate \$30 | Non-Member Rate \$65**

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

**FFfighter-1** Wednesdays | Sept 7 – Dec 14 | 10:00 AM - 12:00 PM | 15 Weeks

### **CLSA accepts book donations all-year round!**

We accept book donations all year round and sell them from our bookshelves in the atrium. Next time you are clearing out your bookshelves, please donate your gently-used books, cds, and dvds to CLSA!

Please note we do not accept magazines, encyclopedias, dictionaries/thesauruses, or religious material. Thank you!

## **Guitar Practice**

**Member Rate \$30 | Non-Member Rate \$65**

Come jam your heart out at this uninstructed practice session. Improve your skills while enjoying the company of your peers.

**FGuitarpractice** Tuesdays | Sept 13 – Dec 20 | 11:15 AM - 12:15 PM | 15 Weeks

## **Guitar Practice (FLEX)**

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FGuitar-FLEX** Tuesdays | Sept 13 – Dec 20 | 11:15 AM - 12:15 PM

## **Hall Walkers**

**Member \$64 | Non-Member \$99**

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.

**FHallwalkers** Tues & Thurs | Sept 6 – Dec 22 | 8:30 AM - 10:30 AM | 32 Sessions

## **Hall Walkers (FLEX)**

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FWalk-FLEX** Tues and/or Thurs | Sept 6 – Dec 22 | 8:30 AM - 10:30 AM

## **Knitting & Crochet**

**Member Rate \$32 | Non-Member Rate \$67**

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.

**FKnit-01** Wednesdays | Sept 7 – Dec 21 | 10:00 AM - 12:00 PM | 16 Weeks

## **Knitting & Crochet (FLEX)**

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FKnit-FLEX** Wednesdays | Sept 7 – Dec 21 | 10:00 AM - 12:00 PM



## Lapidary

**Member Rate \$80 | Non-Member Rate \$115**

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

**FLapidary** Tuesdays | Sept 6 – Dec 20 | 9:00 AM - 3:00 PM | 16 Weeks

## Lapidary (FLEX)

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FLapidary-FLEX** Tuesdays | Sept 6 – Dec 20 | 9:00 AM - 3:00 PM

## Lions Big Band

**Member Rate \$28 | Non-Member Rate \$63**

Get together and play good music.

**FLions-1** Tuesdays | Sept 13 – Dec 13 | 9:30 AM - 12:00 PM | 14 Weeks

## Mahjong

**Member Rate \$32 | Non-Member Rate \$67**

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 group every week to work on your game. No experience required as guidance and instruction are available.

**FMahjong** Tuesdays | Sept 6 – Dec 20 | 9:30 AM - 11:30 AM | 16 Weeks

## Mahjong (FLEX)

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FMahjong-FLEX** Tuesdays | Sept 6 – Dec 20 | 9:30 AM - 11:30 AM

## Silver Stage Drama

**Member Rate \$30 | Non-Member Rate \$65**

Interested in acting or helping behind the scenes? Join the Silver Stage Players today! Enrollment for new members starts in September. Rehearsals begin in fall 2022, and our goal is to present two productions per year.

**FDrama** Thursdays | Sept 8 – Dec 15 | 1:00 PM - 4:00 PM | 15 Weeks

## Snooker

**Member Rate \$94 | Non-Member Rate \$129**

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred. **No Session Sept 30, Oct 10, and Nov 11.**

**FSnooker** Mon – Fri | Sept 6 – Dec 22 | 9:00 AM - 4:00 PM | 75 Sessions

## Snooker (FLEX)

**Flex Single Day Rate (Per Session) \$2.50 | Non-Member Rate (Per Session) \$37.50**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FSnooker-Flex** Mon – Fri | Sept 6 – Dec 22 | 9:00 AM - 4:00 PM

## Stained Glass

**Member Rate \$160 | Non-Member Rate \$195**

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.

**FStainedGlass** Wed & Thurs | Sept 7 – Dec 22 | 9:00 AM - 3:00 PM | 32 Sessions

## Stained Glass (FLEX)

**Flex Single Day Rate (Per Session) \$7 | Non-Member Rate (Per Session) \$42**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FStained-FLEX** Wed & Thurs | Sept 7 – Dec 22 | 9:00 AM - 3:00 PM

## Swingtime Band

**Member Rate \$30 | Non-Member Rate \$65**

Get together and play good music.

**FSwing-1** Wednesdays | Sept 7 – Dec 14 | 1:00 PM - 3:00 PM | 15 Weeks

## Volunteer With Us!

Here at CLSA, volunteers are the heart of our organization. From smiling at our ambassador's desk to helping organize social and special events, to serving on our Board and various committees, we couldn't do it without them! If you'd like to help out, let us know at the front desk or call 780-496-7369. Volunteers with at least 25 hours of support are our guests at the annual Volunteer Appreciation Event. Your help is greatly appreciated!

## Tai Chi Practice

**Member Rate \$58 | Non-Member Rate \$93**

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. **No Session Sept 30 and Nov 11.**

**FTaiChipractice** Tues & Fri | Sept 6 – Dec 20 | 1:15 PM - 2:30 PM | 29 Sessions

## Tai Chi Practice (FLEX)

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FTaiChi-FLEX** Tues & Fri | Sept 6 – Dec 20 | 1:15 PM - 2:30 PM

## Whist

**Member Rate \$32 | Non-Member Rate \$67**

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.

**FWhist** Wednesday | Sept 7 – Dec 21 | 1:00 PM - 3:00 PM | 16 Weeks

## Whist (FLEX)

**Flex Single Day Rate (Per Session) \$2 | Non-Member Rate (Per Session) \$37**

With Flex Registration, you select the dates on our online system that you wish to attend.

**FWhist-FLEX** Wednesday | Sept 7 – Dec 21 | 1:00 PM - 3:00 PM

## Young @ Heart Band

**Member Rate \$26 | Non-Member Rate \$61**

Join us for fun and fellowship. This group plays songs from past eras. Beginners welcome. Must be able to read music. **No Session Oct 10.**

**FYoung@-1** Mondays | Sept 12 – Dec 12 | 1:00 PM - 3:00 PM | 13 Weeks

### **Just a friendly reminder: CLSA is a scent-free zone**

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



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 and Workout Room**
- **General Interest (including Languages)**
- **Health & Wellness**
- **Music & Bands**
- **Offsite Adventures**
- **Painting & Drawing**
- **Pickleball, Badminton, Table Tennis**
- **Bridge, Crib, & Whist**
- **Stained Glass & Lapidary**
- **Snooker**

