

SPRING & SUMMER

2022 Program & Activity Guide

Adding Longevity to Your Life!

April – August



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

**Registration for Spring & Summer Programs
starts on Monday, April 4 @ 10 am.**

*The centre will be closed **April 7–8** for the
Alberta Plus 55 Winter Games.

Desk hours:

Monday – Friday 10 a.m. – 2 p.m.

Weekends & Stats: CLOSED

Fitness Centre

Phone: 780–442–0949

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

2022 CLSA Memberships

2022 Memberships available
in person or over the phone only.

Type	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

NEW Summer Season Membership



We are offering a Summer Season Membership for \$5, valid July 1 – August 31.

This is a great option for a visiting friend to join your activities at CLSA.

Summer Season Memberships can only be purchased **in person** at CLSA. If you are purchasing for someone else, you will need to have their information with you.

Registration Hours: Mon – Fri 10 a.m. – 2 p.m.

How to Register

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

In Person

You can register at the front desk for **for Spring/Summer starting Monday, April 4 at 10 am. We are CLOSED April 7–8 for the Alberta Plus 55 Winter Games.** Desk hours: Mon–Fri 10 am – 2 pm.

Telephone

Register for Spring and Summer programs by calling us at **780–496–7369** starting **Monday, April 4 at 10 am. We are CLOSED April 7–8 for the Alberta Plus 55 Winter Games.**

Leave a clear message stating your name and phone number, and allow 24 hours for a response.

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

Desk hours: Mon–Fri 10 am – 2 pm.

Online Registration

1. 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 spring season to confirm and update account information, including emergency contacts.

2. 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. 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. 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.

Continued on Next Page

Important Notes About Memberships

Note: Membership fees are not refundable nor transferable.

Information required for new client accounts (whether it is for membership or non-member activity), must be provided by the person of that account. This information may be provided in person or by phone.

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 agree to 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 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

- 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. 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, 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

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.

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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 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.

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

Learn How to Use Our Online Registration System:

Visit our centre on **April 4, 5, and 6 between 10 am – 2 pm** for a free tutorial on how to use the online registration system with one of our friendly volunteers.

These tutorials will cover everything from setting up your online account, to how to search and register for programs from the comfort of your own home.

Can't make it on those dates? No problem! Please call Tracy at 780-442-0935 to book an appointment for a one-on-one session at a later date.



Feeling crafty?
Here are some
projects you
can complete
in the **NEW**
Beginner Bird
Carving and
NEW Beginner
Felt Needling
courses.

Crafts

Beginner Bird Carving

Instructor: Diane Sharkey

Member \$95 | Non-Member \$130

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.**



SC-010

Cancelled

Beginner Needle Felting

Instructor: Donna Marko

Member \$54 | Non-Member \$89

Explore the unlimited potential of needle felting. You will be given step-by-step instructions for three complete projects: you will sculpture a charming heart; an adorable 3D mouse by using an armature; and on a felted background, you will learn to needle felt a hummingbird painting by mixing and blending the wool roving. No experience necessary. **Supplies (\$25) payable upon registration.**



SC-009

Thursdays | April 28 – May 19 | 1:00 PM - 4:00 PM | 4 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, 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.**

SC-001

Monday | April 25 | 9:30 AM - 12:30 PM | One-Day Workshop

SC-002

Monday | May 16 | 9:30 AM - 12:30 PM | One-Day Workshop

SC-003

Monday | July 18 | 9:30 AM - 12:30 PM | One-Day Workshop

SC-004

Monday | August 15 | 9:30 AM - 12:30 PM | One-Day Workshop

Cards & Paper Crafts: A House of Cards

Instructor: Pam McLean

Member \$36 | Non-Member \$71

Have fun socializing as you discover your creative side in this all-day workshop. Using a variety of fancy folds and creative techniques, you will complete an assortment of 'all occasion' cards that will 'wow' your family and friends. Invite a friend! **Supplies are extra (\$35) payable to the instructor.** There will be a 1/2 hour break for lunch; bring your lunch.

SC-005 Monday | June 20 | 9:30 AM - 4:00 PM | One-Day Workshop

Concrete Creations

Instructor: Susan Mann

Member \$35 | Non-Member \$70

Using concrete, paint, and your imagination, create beautiful and practical works of art in this two-part crafting session. Candle holders, ring bowls, vases and garden ornaments are only a few ways these creations can be used. The possibilities are endless. This is a two-day program. Part #1: Mon, June 6 – lantern creation. Part #2: Fri, June 10 – finishing your project. Basic materials supplied. If you want specific acrylic paint colours bring your own to class (dollar store craft paint).



SC-006 Monday, June 6 & Friday, June 10 | 1:00 PM - 4:00 PM | Two Workshops

Pressed Flower Art: Floral Candles

Instructor: Melanie Hsiao

Member \$25 | Non-Member \$60

Candles are never out of fashion, especially ones decorated with real flowers and greenery. And what better time to enjoy flowers than in the spring! Create your own unique candle as you apply the foilage, and take home tips on composition and colour arrangement. These projects are great for home decor or gift giving. All materials provided; **supplies (\$20) payable upon registration.** You are welcome to bring your own pressed flowers and foilage to add.

SC-007 Thursday | June 23 | 1:00 PM - 4:00 PM | One-Day Workshop

Pressed Flower Art: Wooden Treasures

Instructor: Melanie Hsiao

Member \$50 | Non-Member \$85

Another fun project for spring! In this two-day workshop, you will be working with pressed flowers and painting and designing your own unique treasure box and wooden picture frame. Day one: Prepare the items (be sure to wear appropriate clothing for painting/sealing). Day two: Using real flowers, you will learn how to decorate your treasure box and frame. Finished items will then be protected with a sealer coat. Great for home decor or gift giving, these projects are sure to bring a smile. No experience required. All materials provided; **supplies (\$40) payable upon registration.** You are welcome to bring your own pressed flowers and foilage to add.

SC-008 Thursdays | July 14 – July 21 | 1:00 PM - 4:00 PM | 2 Weeks

Beginner Paper Quilling

Instructors: Dianne Bray and Helene Popik

Member \$15 | Non-Member \$50

Quilling is coiling and shaping narrow strips of paper into beautiful shapes to form pictures. In this beginner course, you will learn about the different shapes you can use to design a bookmark. Quilling can also be incorporated into scrapbooking, card making, monograms, and much more. **Supply kit \$15 payable upon registration.**

SC-011 Monday | May 2 | 9:30 AM - 12:30 PM | One-day Workshop



Dance



Ballroom Level 2

Instructor: Elise Millard

Member \$40 | Non-Member \$75

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 can improve balance and coordination, increase self-confidence and social skills, and is a great workout. 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.

SD-010 Thursdays | April 28 – May 26 | 12:10 PM - 1:10 PM | 5 Weeks

SD-011 Thursdays | June 2 – June 30 | 12:10 PM - 1:10 PM | 5 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 \$23 | Non-Member \$58

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

SD-001 Thursdays | April 21 – May 19 | 1:30 PM - 2:15 PM | 5 Weeks

SD-002 Thursdays | June 2 – June 30 | 1:30 PM - 2:15 PM | 5 Weeks

Hibiscus Level (Choreography)

Member \$36 | Non-Member \$71

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

SD-003 Thursdays | April 21 – May 19 | 1:30 PM - 3:00 PM | 5 Weeks

SD-004 Thursdays | June 2 – June 30 | 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.

SD-005 Thursdays | April 21 – May 19 | 1:30 PM - 3:45 PM | 5 Weeks

SD-006 Thursdays | June 2 – June 30 | 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.

" * " Indicates Summer Program

SD-009

Wednesdays | April 27 – June 1 | 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. **Prerequisite:** Completion of Tap Dance: Beginner Technique and/or some previous tap experience is required. Tap shoes are suggested.

SD-007

Wednesdays | April 27 – June 1 | 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.

SD-008

Wednesdays | April 27 – June 1 | 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 16.

Are you on our Email List? Subscribe Today!

If you or someone you know would like to get emails from us, please email info@centrallions.org or call 780-496-7369. If you are not receiving our emails, check your “spam” or “junk” email folder or add us to your “trusted sender” list or address book. 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



Fitness

Join Our Fitness Centre!

Hours

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

Fitness Centre Fees

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

* Passes can be purchased in-person only

***Members must call 780-442-0949, email fitness@CentralLions.org, or visit the fitness centre desk to book a 90-minute appointment.** 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, drop by the fitness centre desk 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 mandatory.** Call the fitness centre 780-442-0949 to book your orientation.

Our Fitness Centre has what you need to get your heart going again and strengthening your entire body.

You'll find a whole range of cardio machines, free weights and seven special LifeFitness machines that are safe and fun to use.

Get the full bang for your buck while you do an entire circuit using these self-directed tools for a weight-bearing workout in minutes. The entire LifeFitness circuit is great for beginner and experienced exercisers alike. Do you want to maintain or build bone density or continue rehab for hip or knee surgery? This could be the routine for you!

You may not become a bodybuilder, but you will build your body's strength, resiliency and stability using these machines. It's fun and easy to get started in fulfilling your fitness goals using this excellent grouping awaiting you in the Fitness Centre. And of course, the reliable offerings of treadmill, bike, recumbent, rowing and elliptical machines are also available to get your heart going and body warmed up. Stretching instructions and free-weights to off your work out. All this in the comfort of your peers.

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

Beginner Badminton, & Beginner Pickleball

If you have some experience with badminton or pickleball, and want to play with others in a friendly setting, we have two NEW beginner groups starting this spring. See the Paddle Sports section on page 38 for details.



Better Balance (G-M)

Instructor: Cathy Taskey

Member \$38 | Non-Member \$73

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.

SF-001 Tuesdays | April 19 – May 17 | 1:40 PM - 2:40 PM | 5 Weeks

SF-002 Tuesdays | May 31 – June 28 | 1:40 PM - 2:40 PM | 5 Weeks

Better Balance & Strength (G-M)

Instructor: Cathy Taskey

Member \$38 | Non-Member \$73

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.

SF-003 Thursdays | April 21 – May 19 | 1:40 PM - 2:40 PM | 5 Weeks

SF-004 Thursdays | June 2 – June 30 | 1:40 PM - 2:40 PM | 5 Weeks

Cardio Fit & Yogasize (V)

Instructor: Marlene Marvin

Member \$55 | Non-Member \$90

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.

SF-005 Tuesdays | April 19 – May 17 | 12:15 PM - 1:45 PM | 5 Weeks

SF-006 Tuesdays | May 31 – June 28 | 12:15 PM - 1:45 PM | 5 Weeks

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

Cardio Rhythm (M-V)

Instructor: Elise Millard

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.

" * " Indicates Summer Program

SF-007 Thursdays | April 28 – May 26 | 11:00 AM - 12:00 PM | 5 Weeks

SF-008 Thursdays | June 2 – June 30 | 11:00 AM - 12:00 PM | 5 Weeks

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.

SF-009 Tuesdays | April 19 – May 17 | 2:00 PM - 3:00 PM | 5 Weeks

SF-010 Tuesdays | May 31 – June 28 | 2:00 PM - 3:00 PM | 5 Weeks

Co-Ed Gentle Move & Groove (G)

Member \$25 | Non-Member \$60

SF-011 Fridays | April 22 – May 20 | 12:00 PM - 1:00 PM | 4 Weeks (No Class April 29)

SF-012 Fridays | June 3 – June 24 | 12:00 PM - 1:00 PM | 4 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 \$25 | Non-Member \$60

SF-013 Mondays | April 25 – May 16 | 10:15 AM - 11:15 AM | 4 Weeks

Instructor: Cathy Taskey

Member \$30 | Non-Member \$65

SF-014 Mondays | May 30 – June 27 | 10:15 AM - 11:15 AM | 5 Weeks

Instructor: Marlene Marvin

Member \$30 | Non-Member \$65

SF-017 Wednesdays | April 20 – May 18 | 10:15 AM - 11:15 AM | 5 Weeks

SF-018 Wednesdays | June 1 – June 29 | 10:15 AM - 11:15 AM | 5 Weeks

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

Co-Ed Keep Fit (M)

Instructor: Marlene Marvin

Member \$25 | Non-Member \$60

SF-021 Fridays | April 22 – May 20 | 10:15 AM - 11:15 AM | 4 Weeks (No Class April 29)

SF-022 Fridays | June 3 – June 24 | 10:15 AM - 11:15 AM | 4 Weeks

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

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 \$25 | Non-Member \$60

SF-015 Mondays | April 25 – May 16 | 9:00 AM - 10:00 AM | 4 Weeks

Instructor: Cathy Taskey

Member \$30 | Non-Member \$65

SF-016 Mondays | May 30 – June 27 | 9:00 AM - 10:00 AM | 5 Weeks

Instructor: Marlene Marvin

Member \$30 | Non-Member \$65

SF-019 Wednesdays | April 20 – May 18 | 9:00 AM - 10:00 AM | 5 Weeks

SF-020 Wednesdays | June 1 – June 29 | 9:00 AM - 10:00 AM | 5 Weeks

Co-Ed Keep Fit Multi Level (M-V)

Instructor: Cathy Taskey

Member \$12 | Non-Member \$47

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.

SF-062* Thursdays | July 14 – July 21 | 10:00 AM - 11:00 AM | 2 Weeks

SF-063* Thursdays | August 4 – August 11 | 10:00 AM - 11:00 AM | 2 Weeks

ESSETRICS® for Seniors (G)

Instructor: Lori Griffith

Member \$45 | Non-Member \$80

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.

ESSETRICS® for Seniors (G) Continued on Next Page...

ESSENTRICS® for Seniors (G) Continued from Previous Page

Please bring your yoga mat, small towel and water to class.

SF-023 Tuesdays | April 19 – May 17 | 11:15 AM - 12:00 PM | 5 Weeks

SF-024 Tuesdays | May 31 – June 28 | 11:15 AM - 12:00 PM | 5 Weeks

Instructor: Lori Griffith

Member \$27 | Non-Member \$62

SF-025* Tuesdays | July 12 – July 26 | 11:15 AM - 12:00 PM | 3 Weeks

SF-026* Tuesdays | August 2 – August 16 | 11:15 AM - 12:00 PM | 3 Weeks

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

Instructor: Meaghan Hipkins

Member \$67 | Non-Member \$102

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.

SF-031 Wednesdays | April 20 – May 18 | 2:15 PM- 3:15 PM | 5 Weeks

SF-032 Wednesdays | June 1 – June 29 | 2:15 PM- 3:15 PM | 5 Weeks

Instructor: Meaghan Hipkins

Member \$40 | Non-Member \$75

SF-033* Wednesdays | July 13 – July 27 | 2:15 PM- 3:15 PM | 3 Weeks

SF-034* Wednesdays | August 3 – August 17 | 2:15 PM- 3:15 PM | 3 Weeks

ESSENTRICS® Stretch & Tone (M)

Instructor: Lori Griffith

Member \$66 | Non-Member \$101

ESSENTRICS® 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. ESSENTRICS® 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.

SF-027 Tuesdays | April 19 – May 17 | 10:00 AM - 11:00 AM | 5 Weeks

SF-028 Tuesdays | May 31 – June 28 | 10:00 AM - 11:00 AM | 5 Weeks

Instructor: Lori Griffith

Member \$40 | Non-Member \$75

SF-029* Tuesdays | July 12 – July 26 | 10:00 AM - 11:00 AM | 3 Weeks

SF-030* Tuesdays | August 2 – August 16 | 10:00 AM - 11:00 AM | 3 Weeks

Fitness Fusion (M)

Instructor: Marlene Marvin

Member \$45 | Non-Member \$80

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.



SF-035

Cancelled

SF-036

Cancelled

Golden Gloves Fitness (M-V)

Instructor: Louise Lepore – Westchester Amateur Boxing Club

Member \$30 | Non-Member \$65

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.**

SF-037

Fridays | April 22 – May 20 | 11:30 AM - 12:30 PM | 4 Weeks (No Class on April 29)

SF-038

Fridays | May 27 – June 17 | 11:30 AM - 12:30 PM | 4 Weeks

Golf Conditioning (M-V)

Instructor: Cathy Taskey

Member \$30 | Non-Member \$65

A golfer's body is exposed to some tremendous forces and the potential for injury. Practice and review important exercises that will help you reduce your injury risk in this four-week golf-specific conditioning program. Strength, flexibility, core conditioning, and warm-up exercises to help limber up before you step on the golf course will be covered. Get into the swing, and see your golf scores improve!

SF-039

Mondays | April 25 – May 16 | 11:30 AM - 12:30 PM | 4 Weeks

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 43.

Learn to Play Table Tennis

Have you always wanted to play table tennis but weren't sure where to start? Come join a few seasoned players and learn the game in a friendly setting. See page 41 for details.



Mind & Body Workshops

Discover how mindful breathing exercises can help you reconnect with your mind and body. See page 28 for more information.

Myofascial Release (G-M)

Instructor: Cathy Taskey

Member \$38 | Non-Member \$73

Go beyond stretching in the traditional way. Gain an understanding of how important healthy fascia is to enable the body systems to operate in an integrated manner. Fascia is the connective tissue network of the body and is important for optimal health and performance. This session will involve full body mobility to increase flexibility, decrease tension, and enhance movement and function. **Participants must be able to get down and up from the floor.** Bring your yoga mat and a foam roller (if you have it).

SF-040 Mondays | May 30 – June 27 | 11:30 AM - 12:30 PM | 5 Weeks

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 in your own at home. **Participants must be able to get down and up from the floor.** Bring your yoga mat.

SF-041 **Cancelled**

SF-042 **Cancelled**

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. Bring your yoga mat.

SF-044 Thursdays | April 21 – May 19 | 12:30 PM - 1:30 PM | 5 Weeks

SF-045 Thursdays | June 2 – June 30 | 12:30 PM - 1:30 PM | 5 Weeks

Instructor: Cathy Taskey

Member \$16 | Non-Member \$51

SF-064* Thursdays | July 14 – July 21 | 11:15 AM - 12:15 PM | 2 Weeks

SF-065* Thursdays | August 4 – August 11 | 11:15 AM - 12:15 PM | 2 Weeks

Strength Training : Progressive (V)

Instructor: Cathy Taskey

Member \$75 | Non-Member \$110

SF-043 Tuesdays | April 19 – June 28 | 12:30 PM - 1:30 PM | 10 Weeks (No Class May 24)

Tabata Fit for Active Agers (V)

Instructor: Cathy Taskey

Member \$30 | Non-Member \$65

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.

SF-046 Fridays | April 22 – May 20 | 9:00 AM - 10:00 AM | 4 Weeks (No Class April 29)

SF-046 **Cancelled**

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: Leslie Sarabin

Member \$76 | Non-Member \$111

SF-048 Mondays | April 25 – June 27 | 1:15 PM - 2:15 PM | 9 Weeks (No Class on May 23)

Tai Chi: Yang Style - Level 2 (M)

Instructor: Andrew Switzer

Member \$85 | Non-Member \$120

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

SF-049 **Cancelled**

Tai Chi: Yang Style - Level 3 (M)

Instructor: Leslie Sarabin

Member \$76 | Non-Member \$111

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.

SF-050 Mondays | April 25 – June 27 | 2:30 PM - 3:30 PM | 9 Weeks (No Class May 23)

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.

SF-051 **Cancelled**

Tai Chi Practice

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

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

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.

Yoga: Gentle Hatha (G)

Instructor: Sylvia Galbraith

Member \$30 | Non-Member \$65

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.

SF-052 Mondays | April 25 – May 16 | 10:45 AM - 11:45 AM | 4 Weeks

Instructor: Sylvia Galbraith

Member \$36 | Non-Member \$71

SF-053 Mondays | May 30 – June 27 | 10:45 AM - 11:45 AM | 5 Weeks

Yoga: Hatha (M)

Instructor: Sylvia Galbraith

Member \$43 | Non-Member \$78

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.

SF-054 Mondays | April 25 – May 16 | 9:00 AM - 10:30 AM | 4 Weeks

Yoga: Hatha (M)

Instructor: Sylvia Galbraith

Member \$55 | Non-Member \$90

SF-055 Mondays | May 30 – June 27 | 9:00 AM - 10:30 AM | 5 Weeks

SF-056 Thursdays | April 21 – May 19 | 9:00 AM - 10:30 AM | 5 Weeks

SF-057 Thursdays | June 2 – June 30 | 9:00 AM - 10:30 AM | 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. Don't delay – Register today!

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 a firm, cotton yoga blanket.

Yoga: Iyengar Stretch & Relax – Beginner (G)

Member \$32 | Non-Member \$67

SF-058 Fridays | April 22 – May 20 | 10:45 AM - 11:45 AM | 4 Weeks (No Class April 29)

SF-059 Fridays | June 3 – June 24 | 10:45 AM - 11:45 AM | 4 Weeks

Yoga: Iyengar Stretch & Relax – Intermediate (M)

Member \$48 | Non-Member \$83

SF-060 Fridays | April 22 – May 20 | 9:00 AM - 10:30 AM | 4 Weeks (No Class April 29)

SF-061 Fridays | June 3 – June 24 | 9:00 AM - 10:30 AM | 4 Weeks



General Interest & Languages

Financial Management

Alternative Investing

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)

Alternative investing uses strategies to reduce risk and enhance retirement portfolio returns. Beyond the traditional retirement savings portfolio of stocks and bonds that many retirees have, there is a third asset class that many large pension managers such as the Canadian Pension Plan—but not individual retail investors—use to reduce risk in the markets: it is alternative assets. Recently made available to individual investors, alternative assets provide access to a diversified portfolio of non-traditional investments designed to complement the traditional balanced retirement portfolio. Come join Wei Woo as we discuss the possibilities given the uncertain stock markets and economy we are currently in.

SGI-002 Tuesday | May 17 | 1:30 PM - 3:00 PM | One-Day Presentation

Selecting A Suitable Financial Advisor/Institution

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)

Who we choose as our financial advisor has a great influence on our satisfaction with financial services, as well as personal financial well-being. The quality of financial planning advice, investment performance, amount of client communication, pay structure of the advisor, among others, are very important factors in selecting the right advisor and financial institution. Just as every individual is different, every advisor is also unique, and there needs to be a good match between the two for a complete and happy long-term relationship. Join Wei Woo as we discuss how to find one that best suits your needs.

SGI-001 Tuesday | April 26 | 1:30 PM - 3:00 PM | One-Day Presentation

Semi-Annual 2022 Global Financial Market Review

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 is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far six months into 2022 and look at forward guidance on what to expect for the remaining year.

SGI-003 Tuesday | June 21 | 1:30 PM - 3:00 PM | One-Day Presentation

General Interest

Birds & Nature: Guided Tour

Instructor: Don Delaney

Member \$9 | Non-Member \$44

The best time for bird watching is thought to be spring and fall. Join local photographer and birder Don Delaney at 9:00 am in William Hawrelak Park—at the parking lot of Picnic Site #1 (at the bend in the road). We will explore the surrounding area and then walk the trail to Emily Murphy Park and back to our starting location. The overall time for this easy walk will be 2–2.5 hours; anticipated end time is 11:30 am – 12 pm.

IMPORTANT: This is an independent outing. You are responsible for yourself and waive any liability claims against CLSA and Don Delaney. Registration and signed waiver is required; space is limited. Pack appropriate layers, bring water and wear good walking/hiking shoes. No walkers or wheelchairs please.

Registration deadline: May 31st

SGI-014 Thursday | June 2 | 9:00 AM - 12:00 PM
William Hawrelak Park – at parking lot of Picnic Site #1 (at the bend in the road)

Low Registration Policy

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.

Casino Outing: River Cree Resort & Casino

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

Gardening: Growing Crops in Pots

Instructor: Claudia Bolli

Member \$18 | Non-Member \$53

Besides being a great hobby and pastime, interest in growing one's own food has certainly taken hold. Growing a small-space food garden in containers is a great solution for small spaces, balconies, and decks. Need help developing your green thumb? Master gardener and permaculture consultant Claudia Bolli will share ideas, tips, and a checklist of what is needed to produce a harvest of healthy, fresh veggies and herbs!



SGI-013 Wednesday | May 4 | 10:00 AM - 11:30 AM | One-Day Presentation

Intro to Cryptocurrency

Instructor: Todd Hennig

Member \$2 | Non-Member \$2

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

What is cryptocurrency? How does it work, what's all involved with it? Come join Todd, who will help you understand what cryptocurrency is and how to use it. As a basic introduction, learn the history of how it emerged, the different kinds of cryptocurrency, the regulations and laws regarding it, how it can be mined, and how it can be purchased and traded.



SGI-015 Tuesday | May 31 | 1:30 PM – 3:00 PM | One-Day Presentation

Languages

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 \$60 | Non-Member \$95

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.

SGI-004 Fridays | April 22 – May 20 | 10:00 AM - 12:00 PM | 4 Weeks (No Class April 29)

SGI-005 Fridays | May 27 – June 24 | 10:00 AM - 12:00 PM | 4 Weeks (No Class June 10)

Spanish – Intermediate

Instructor: Tania Oyarzun

Member \$60 | Non-Member \$95

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.

SGI-006 Fridays | April 22 – May 20 | 12:30 PM - 2:30 PM | 4 Weeks (No Class April 29)

SGI-007 Fridays | May 27 – June 24 | 12:30 PM - 2:30 PM | 4 Weeks (No Class June 10)

Spanish – Advanced

Instructor: Jorge Oyarzun

Member \$60 | Non-Member \$95

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

SGI-008 Fridays | April 22 – May 20 | 10:00 AM - 12:00 PM | 4 Weeks (No Class April 29)

SGI-009 Fridays | May 27 – June 24 | 10:00 AM - 12:00 PM | 4 Weeks (No Class June 10)

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

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. 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

Pathways: Is Healing Deep Divisions Possible? The pandemic, vaccine mandates, the Emergency Measures Act, caring for the vulnerable, fear of government overreach—all have seemed to frame divisions within families, among friends, in political parties and our society in general. Are there pathways, stances and dispositions, that may begin to restore our relationships?

SGI-010 Thursday | April 21 | 1:30 PM - 3:00 PM | One-Day Presentation

Café # 2

Freedom, the Common Good, and Fragile Democracies: What do we mean by “freedom”? What do we mean by “the common good”? What are the gifts and limitations of democracy? How does democracy fare when politics and ideology become virulent? What options exist when, on one side or the other, many are convinced that “the right gets it wrong and the left doesn’t get it”?

SGI-011 Thursday | May 26 | 1:30 PM - 3:00 PM | One-Day Presentation

Philosopher's Café Continued on Next Page...

Café # 3

Human Beings and the Delicate Blue Dot Planet: Climate change and the ecological crisis has surfaced what many call the greatest existential challenge ever faced by human beings. Some seek technological solutions. Some blame corporations and industries. Some despair. Others pit “developed countries” against “underdeveloped countries” and seek to protect a particular way of life without regard for vulnerable populations. Is this a technological issue, or is it a spiritual issue requiring fundamental shifts in how we live?

SGI-012 Thursday | June 30 | 1:30 PM - 3:00 PM | One-Day Presentation

Health & Wellness

Bowel Health in Later Life

Presenter: Dr. William Gibson

Member \$2 | Non-Member \$2

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

As we age, the digestive process can slow down, and when that happens it causes changes in the digestive system. Learn how diet, lifestyle, and medications are key factors in keeping the body running smoothly.

SHW-007 Wednesday | June 8 | 1:30 PM - 3:00 PM | One-Day Presentation



For Women Only: Pelvic Floor Physiotherapy

Presenter: Jade Fisher Physiotherapist Intern, Shift Physiotherapy

Member \$2 | Non-Member \$2

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

Pelvic floor physiotherapy will help train and strengthen muscles, but sometimes it's to relax muscles or address pain. Come learn about your pelvic floor and get some practical advice on how to deal with challenges that may arise.

SHW-003 Thursday | June 16 | 1:30 PM - 3:00 PM | One-Day Presentation



Funeral Home Myth Busters & FAQ's

Presenter: Brandy Rollins

Member \$2 | Non-Member \$2

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

Have a question you've always wanted to ask a funeral home? Would you like to better understand funeral home processes to be better prepared? Join us for this hour of debunking common myths, learn how to avoid paying much more than necessary, and become familiar with terminology and requirements that will empower you to make the best decisions for yourself and your loved ones.

SHW-002 Wednesday | June 15 | 1:30 PM - 3:00 PM | One-Day Presentation

Green Burials

Presenter: Brandy Rollins

Member \$2 | Non-Member \$2

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

Green burial is designed to have a minimal environmental impact and conserve natural resources. Also called natural burial or eco-friendly burial, green burial emphasizes simplicity and sustainability. Attend this informative session and learn about how your end of life options have expanded to include the true traditional methods of burial.



SHW-001 Wednesday | May 11 | 1:30 PM - 3:00 PM | One-Day Presentation

Healthy Aging for Seniors

Presenter: Dr. Adrian Wagg

Member \$2 | Non-Member \$2

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

Getting older is a part of life, but it's never too late to make changes for a healthier lifestyle.



SHW-008 Wednesday | June 29 | 1:30 PM - 3:00 PM | One-Day Presentation

Hip & Knee Osteoarthritis

Presenter: Nicolas Pahud Physiotherapist, Shift Physiotherapy

Member \$2 | Non-Member \$2

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

The hip and knee are very important parts of your body. Join Nicolas and learn how to identify signs and symptoms related to osteoarthritis. What can people do about their OA? What treatments work for people with OA and how do I stay active with OA? Come learn about the risk factors to OA, different approaches and other options to help the pain.



SHW-006 Thursday | May 12 | 1:30 PM - 3:00 PM | One-Day Presentation

Mind & Body Workshop Pt 1

Presenter: Helga Stadelmann

Member \$17 | Non-Member \$52

Discover how mindfulness exercises can help you reconnect with your mind and body. Stress can cause common ailments, and simple breathing techniques can help reduce stress and increase quality of your life. While sitting in a chair, you will take part in 1-hour sessions of breathing, relaxation, and visualization exercises. New topics will be introduced weekly.

SHW-004 Mondays | April 25 – May 16 | 10:00 AM - 11:00 AM | 4 Weeks

Mind & Body Workshop Pt 2

Member \$17 | Non-Member \$52

SHW-005 **Cancelled**

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 April 4!**



Music

A Guitar Star is Born! (Basic Experience Required)

Instructor: Daron Panko

Member \$40 | Non-Member \$75

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.**

SM-001	Fridays April 22 – May 20 10:00 AM - 11:00 AM 4 Weeks (No Class April 29)
SM-002	Fridays June 3 – June 24 10:00 AM - 11:00 AM 4 Weeks

Guitar Heroes (Int/Adv)

Instructor: Daron Panko

Member \$40 | Non-Member \$75

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.**

SM-003	Fridays April 22 – May 20 11:15 AM - 12:15 PM 4 Weeks (No Class April 29)
SM-004	Fridays June 3 – June 24 11:15 AM - 12:15 PM 4 Weeks

Hand Drumming: Rhythms & Techniques Level 1

Instructor: Mike Chenoweth

Member \$40 | Non-Member \$75

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 drum, bring it. CLSA does not provide instruments. Rentals from Long & McQuade (780-423-4448) range from \$15-\$25/month.

SM-00	Cancelled
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Hand Drumming: Rhythms & Techniques Level 2

Instructor: Mike Chenoweth

Member \$40 | Non-Member \$75

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.

SM-007

Mondays | April 25 – May 16 | 10:00 AM - 11:00 AM | 4 Weeks

Play Djembe Today! Level 1 Workshop

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$45

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.**

SM-035

Monday | July 18 | 9:00 AM - 10:00 AM | One-Day Workshop

Play Djembe Today! Level 2 Workshop

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$45

In Level 2, we'll be picking upon where level 1 left off with a brief review of the techniques introduced. We'll then learn to play a West African two part drum ensemble piece called the Toro, followed by a three piece rhythm called the Fanga! We'll finish the day in an all-out djembe jam! Prerequisite: Participation in Level 1 is highly recommended. **Instruments are not supplied; participants must bring or rent own Djembe drum.**

SM-036

Monday | August 15 | 9:00 AM - 10:00 AM | One-Day Workshop

Harmonica for Fun Level 1

Instructor: Mike Chenoweth

Member \$40 | Non-Member \$75

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.**

SM-006

Cancelled

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 42 for details.

Harmonica for Fun Level 2

Instructor: Mike Chenoweth

Member \$40 | Non-Member \$75



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.**

SM-005 Mondays | April 25 – May 16 | 11:30 AM - 12:30 PM | 4 Weeks

Play Harmonica Today! Level 1 Workshop

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$45

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.**

SM-037 Monday | July 18 | 10:05 AM - 11:05 AM | One-Day Workshop

Play Harmonica Today! Level 2 Workshop

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$45

In Level 2, we'll pick up where we left off in level 1. We'll learn some popular folk and fireside melodies, some great techniques for getting the 'musical most' out of your harmonica, and be introduced to the blues! We'll look at songs like "Have You Seen the Rain," "Blowin' in the Wind," "What a Wonderful World," and "Bad to the Bone"! **Level 1 is recommended as a prerequisite. Remember to bring your own 10 hole 'C' harmonica; instruments are not provided.**

SM-038 Monday | August 15 | 10:05 AM - 11:05 AM | One-Day Workshop

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.

SM-041 Fridays | April 22 – May 20 | 1:30 PM - 3:00 PM | 4 Weeks (No Class April 29)

SM-042 Fridays | June 3 – June 24 | 1:30 PM - 3:00 PM | 4 Weeks

SM-043 Fridays | July 22 – August 19 | 1:30 PM - 3:00 PM | 4 Weeks

Soups, sandwiches, and frozen meals to go!
Ela Euro Cafe Summer Hours: Open Tues and Thurs only, from 11 a.m. – 2 p.m.

Uku 'N Play Today! Level 1 Workshop

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$45

As quantities last, ukuleles will be provided for this one-hour/one-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.

SM-039 Monday | July 18 | 11:10 AM - 12:10 PM | One-Day Workshop

Uku 'N Play Today! Level 2 Workshop

Instructor: Mike Chenoweth

Member \$10 | Non-Member \$45

As quantities last, ukuleles will be provided as we pick up where we Level 1 left off! In Level 2, we'll be introduced to chord shapes as we play all over the neck. We'll learn how to use a capo, how to pick eighth note melodies, fancy strumming patterns, and other strumming techniques. **Prerequisite:** Participation in Level 1 and/ or prior ukulele experience. Have fun gaining more experience and learning to play songs such as "Drunken Sailor," "Greensleeves," "Sloop John B," and "Worried Man Blues"!

SM-040 Monday | August 15 | 11:10 AM - 12:10 PM | One-Day Workshop

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.

SM-009 Tuesdays | April 19 – May 17 | 12:15 PM - 1:00 PM | 5 Weeks

SM-010 Tuesdays | May 31 – June 28 | 12:15 PM - 1:00 PM | 5 Weeks

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.

SM-011 Tuesdays | April 19 – May 17 | 1:10 PM - 1:55 PM | 5 Weeks

SM-012 Tuesdays | May 31 – June 28 | 1:10 PM - 1:55 PM | 5 Weeks

Ukulele Continued from Previous Page...

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.

SM-013 Tuesdays | April 19 – May 17 | 2:00 PM - 2:45 PM | 5 Weeks

SM-014 Tuesdays | May 31 – June 28 | 2:00 PM - 2:45 PM | 5 Weeks

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.

SM-015 Thursdays | April 21 – May 19 | 9:30 AM - 12:00 PM | 5 Weeks

SM-016 Thursdays | June 2 – June 30 | 9:30 AM - 12:00 PM | 5 Weeks

One-on-One lessons: Piano

Instructor: Glenda Murphy

Member \$132 | Non-Member \$167

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 | April 22 – May 20 | 4 Weeks
(No Class April 29)

SM-023 | 9:30 AM - 10:00 AM

SM-024 | 10:10 AM - 10:40 AM

SM-025 | 10:50 AM - 11:20 AM

SM-026 | 11:30 AM - 12:00 PM

SM-027 | 12:10 PM - 12:40 PM

SM-028 | 12:50 PM - 1:20 PM

Fridays | June 3 – June 24 | 4 Weeks

SM-029 | 9:30 AM - 10:00 AM

SM-030 | 10:10 AM - 10:40 AM

SM-031 | 10:50 AM - 11:20 AM

SM-032 | 11:30 AM - 12:00 PM

SM-033 | 12:10 PM - 12:40 PM

SM-034 | 12:50 PM - 1:20 PM

Register starting April 4

Spring registrations start on **April 4 at 10 am**. Visit us at the centre (Front desk hours: 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. *The centre will be closed on **April 7-8** for a City of Edmonton rental.

One-on-One Lessons: Guitar & Ukulele

Instructor: Daron Panko

Member \$128 | Non-Member \$163

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 | April 22 – May 20 | 4 Weeks
(No Class April 29)

SM-017 | 12:30 PM - 1:00 PM

SM-018 | 1:05 PM - 1:35 PM

~~**SM-019** | 1:40 PM - 2:10 PM~~ Cancelled

Fridays | June 3 – June 24 | 4 Weeks

SM-020 | 12:30 PM - 1:00 PM

SM-021 | 1:05 PM - 1:35 PM

~~**SM-022** | 1:40 PM - 2:10 PM~~ Cancelled



Painting & Drawing

Acrylics: Brushwork Painterly Style (All Levels)

Instructor: Muhammed Salayi

Member \$67 | Non-Member \$102

Under the guidance and demonstrations of a professional artist, learn how to create expressive paintings 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.**

SPD-004 Fridays | April 22 – May 20 | 1:00 PM - 4:00 PM | 4 Weeks

Acrylics: Great Summer Scenes

Instructor: Frank Haddock

Member \$86 | Non-Member \$121

Canada has some of the most breathtaking views in the world. From the serene Arctic North to the lush forests of British Columbia, we have it all. Come and explore these scenes while learning about colour mixing, brush techniques, and composition. Your instructor will guide you through projects to give you a greater understanding of how to start and develop your paintings of Alberta's big skies, and much more. Don't miss this opportunity to explore this great country of ours—Canada!

SPD-010 Wednesdays | June 1 – June 29 | 1:00 PM - 4:00 PM | 5 Weeks

Acrylics: Summer Project

Instructor: Muhammed Salayi

Member \$50 | Non-Member \$85

In this workshop, you will learn how to fuse two different subjects—figures and landscapes—into one painting. Using acrylic paints, you will create a vibrant, luminous river, with a fisherman throwing his line and enjoying time by the river. This workshop is designed to further develop your painting skills and is not suitable for beginner artists. Supplies extra, list available. **Prerequisite:** Some drawing and painting experience.

SPD-011 Fridays | August 5 – August 19 | 1:00 PM - 4:00 PM | 3 Weeks

Drawing Caricatures

Instructor: Muhammed Salayi

Member \$35 | Non-Member \$70

Drawing caricatures can be a fun and entertaining way to tap into a different art form and into cartoon drawing. Have fun learning how to draw funny faces with resemblance, and how to transfer a photo into a caricature that is sure to bring a smile. Muhammed has decades of drawing experience and teaching funny caricature courses. Don't miss out on the opportunity to explore humorous art with style. Minimal supplies required, list available.

SPD-009 Mondays | July 18 – July 25 | 1:00 PM - 4:00 PM | 2 Weeks

Drawing Fundamentals

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.

SPD-006 Mondays | April 25 – May 16 | 1:00 PM - 4:00 PM | 4 Weeks

Drawing Intermediate

Instructor: Muhammed Salayi

Member \$75 | Non-Member \$110

Looking to take your drawing skills to the next level? Through in-class projects, you will learn how to further develop your observational drawing skills by using photo resources, and then you will transition to drawing from your imagination. With a blend of traditional and contemporary drawing techniques, learn how to use line, shape, and value to enhance your work. Completed drawings will be done in class. Minimal supplies extra, list available.

SPD-007 Mondays | May 30 – June 27 | 1:00 PM - 4:00 PM | 5 Weeks

Painting with Gouache: River's Bounty

Instructor: Muhammed Salayi

Member \$67 | Non-Member \$102

In this course, you will be shown how to bring to life the glimmer of a river as a man fishes for his bounty. You will be amazed how you can replicate the rich greenery as the sun shimmers across the water. Gouache is a fun and forgiving medium to work with. Step-by-step guidance; all levels of artists welcome. Supplies extra, list available.

SPD-005 Fridays | May 27 – June 24 | 1:00 PM - 4:00 PM | 4 Weeks

Exploring Landscapes Watercolour - Intermediate

Instructor: Frances Alty-Arscott

Member \$145 | Non-Member \$180

This course is designed for those individuals who have already mastered the basics of working in watercolour. Students will learn to enhance the freshness in their work by experimenting with new ideas and alternative painting techniques. There will be demonstrations and class discussions, but students will be encouraged to explore their own personal direction through individualized instruction. Previous experience in the watercolour medium is required for this course. A materials list and course outline will be supplied at registration.

SPD-001 Thursdays | April 21 – June 16 | 1:00 PM - 4:00 PM | 8 Weeks (No Class May 26)

Introduction to Watercolours Pencils

Instructor: Susan Casault

Member \$93 | Non-Member \$128

Do you have watercolour pencils, but you're not sure what to do with them? Whether you are brand new to the medium or would like more of an opportunity to play, bring your set to class and see the beautiful effects you can achieve with your water-soluble pencils. You will learn a variety of drawing and painting techniques while experimenting with colour, line, texture and washes to create small paintings. Photo reference material will be provided by the instructor. Supplies extra; list provided.

SPD-002 Fridays | May 27 – June 24 | 9:30 AM - 12:30 PM | 5 Weeks

Watercolour and Pen: Feathered Friends

Instructor: Valdis Gislason

Member \$73 | Non-Member \$108

Use a pencil, pigma pen, and watercolours to draw and paint birds ranging from whimsical to realistic. No painting experience required. Bring a pencil, eraser, watercolour paints, a fine-tipped pigma pen, and two or more watercolour brushes that come to a good point. Paper will be discussed and provided for the first class.

SPD-003 Mondays & Wednesdays | July 18, 20, 25 & 27 | 9:30 AM - 12:30 PM | 4 Classes

Watercolour: Put Buildings in Your landscapes

Instructor: Frank Haddock

Member \$53 | Non-Member \$88

An exciting class "How to Put Buildings in Your Landscapes Using Watercolours" for beginners and intermediates! Learn how to include buildings in your landscapes. You'll have plenty of guidance as you learn how to mix colours and develop several textural techniques that will give your landscapes a new dimension. This comprehensive course includes plenty of easy-to-follow instructions that will help you paint gorgeous landscapes with buildings. Join this class and receive plenty of individual attention that will make this course a great learning experience.

SPD-008 Mondays | June 13 – June 27 | 1:00 PM - 4:00 PM | 3 Weeks

Low Registration Policy

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. Registration for Spring/Summer starts on **Monday, April 4 at 10 am. We are closed April 7–8 for a City of Edmonton Rental.**



Special Events

CLSA Studios Presents: A Star-Studded Formal Affair

We’re rolling out the red carpet for the Stars of CLSA – our volunteers! Join us for this long-awaited, star-studded soiree as we celebrate our hardworking volunteers. Bask in in VIP treatment all night long: walk the red carpet, have your photo snapped by paparazzi, mingle with other “celebrities”, enjoy a buffet dinner, play fun Hollywood-themed games, and attend our awards ceremony.

Shine in the spotlight and dazzle us with your “Oscar-worthy” finest/formal attire, or come dressed as your favourite movie character and enter a contest for the Best Outfit Award!

Save The Date: April 29, 2022. Doors at 5:30 pm. Dinner at 6 pm. Volunteers are guests of CLSA; watch for your VIP Pass in the mail! \$35 for non-volunteer guests.

Book Sale – May 26 & 27

Calling all book lovers! CLSA will be hosting a two-day book sale at the end of May. We will be accepting book donations leading up to the event. Please donate your gently used books at the front desk. Details will be announced soon; stayed tuned to upcoming newsletters and emails for more information.

Please note we do NOT accept the following materials: magazines, encyclopedias, dictionaries/thesauruses, or religious material.

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.

SO-001 Thursday | April 28 | 9:30 AM - 3:00 PM | One-Day Trip

SO-002 Thursday | May 19 | 9:30 AM - 3:00 PM | One-Day Trip

SO-003 Thursday | June 16 | 9:30 AM - 3:00 PM | One-Day Trip

SO-004 Thursday | July 21 | 9:30 AM - 3:00 PM | One-Day Trip

SO-005 Thursday | August 18 | 9:30 AM - 3:00 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: 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 - **April 27, May 25, June 22, July 27, August 24**

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.

When: Main clinic, 3rd Tuesday of each month - **April 19, May 17, June 21, July 19, August 16**

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.



Paddle Sports

NEW Flex Registration for paddle sports valid July 1 – August 31.

What does this mean?

There are two options for paddle sports registration this summer:

1. Buy a barcode that covers all of the dates in a summer 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 (Click here for link)
2. Search for your barcode or sport
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!

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

NEW Summer Season Membership

We are offering a Summer Season Membership for \$5, valid July 1 – August 31. This is a great option for a visiting friend to join your activities at CLSA.

Summer Season Memberships can only be purchased in person at CLSA. If you are purchasing for someone else, you will need to have their information with you.

Registration Hours: Mon – Fri 10 a.m. – 2 p.m.

Paddle Sports Summer Schedule - Updated June 13, 2022

Full-Season Barcode = **Green**

Flex Registration Barcode = **Blue**

Badminton

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

Barcode: SBadminton

Fee: \$70.00 (\$5.00 a day)

Mondays and Wednesdays

8:45 AM - 10:45 AM

July 11 – August 31 (14 Days)

Flex Barcode: Sbadminton-Flex

Fee: \$7.00 a day

(You will select the dates you wish to attend)

Mondays and/or Wednesdays

8:45 AM - 10:45 AM

July 11 – August 31

Beginner Pickleball
Member \$35 | Non-Member \$70

Experience and enjoy the game of pickleball in a friendly setting. Join this new group of beginners for five-weeks of round-robin play. Please note there is no instruction provided. Limited spaces available.

SBPickle-001	Tuesdays April 19 – May 17 1:00 PM - 3:00 PM 5 Weeks
SBPickle-002	Tuesdays May 31 – June 28 1:00 PM - 3:00 PM 5 Weeks
SBPickle-003	Cancelled
SBPickle-004	Thursdays June 2 – June 30 1:00 PM - 3:00 PM 5 Weeks

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

Barcode: Pickleball	Tuesday and Thursdays
Fee: \$75.00 (\$5.00 a day)	8:45 a.m. – 10:45 a.m. July 12 – August 30 (15 days)
Flex Barcode: Pickleball-Flex	Tuesday and/or Thursdays
Fee: \$7.00 a day	8:45 a.m. – 10:45 a.m.
(You will select the dates you wish to attend)	July 12 – August 30

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

Barcodes:	Monday – Friday
Pickle4fun-m* – \$35.00 (7 days)	11:00 a.m. – 1:00 p.m.
Pickle4fun-t* – \$40.00 (8 days)	July 11 – August 31
Pickle4fun-w* – \$35.00 (7 days)	
Pickle4fun-th* – \$35.00 (7 days)	
Pickle4fun-f* – \$35.00 (7 days)	
Flex Barcode: Pickle4fun-Flex	Monday – Friday
Fee: \$7.00 a day	11:00 a.m. – 1:00 p.m.
(You will select the dates you wish to attend)	July 11 – August 31



Learn to Play Table Tennis
Member \$20 | Non-Member \$55 | Dues \$2

Always wanted to play Table Tennis but weren't sure on where to start? Come join a few seasoned players. Learn the game, its rules and related etiquette in a friendly setting. Meet and socialize with other participants.

SLearntable-001	Fridays April 22 – May 27 8:45 AM - 10:45 AM 5 Weeks (No Class April 29)
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Table Tennis

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

Barcode: Pickleball Fee: \$75.00 (\$5.00 a day)	Tuesday and Thursdays 8:45 a.m. – 10:45 a.m. July 12 – August 30 (15 days)
Flex Barcode: Pickleball-Flex Fee: \$7.00 a day (You will select the dates you wish to attend)	Tuesday and/or Thursdays 8:45 a.m. – 10:45 a.m. July 12 – August 30



Uninstructed Activities

Bridge, Investors, & Wonders of Writing are suspended until Fall 2022.

Soups, sandwiches, and frozen meals to go!
Ela Euro Cafe Summer Hours: Open Tues and Thurs only, from 11 a.m. – 2 p.m.

Cribbage

Member \$10 | Non-Member \$45

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.

SCrib-001 Thursdays | April 21 – May 19 | 1:00 PM - 3:00 PM | 5 Weeks

SCrib-002 Thursdays | June 2 – June 30 | 1:00 PM - 3:00 PM | 5 Weeks

Cribbage

Member \$12 | Non-Member \$47

SCrib-003* Thursdays | July 14 – August 18 | 1:00 PM - 3:00 PM | 6 Weeks

Firefighter Alumni Band

Member \$10 | Non-Member \$45

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

SFfighter-001 Wednesdays | April 20 – May 18 | 10:00 AM - 12:00 PM | 5 Weeks

SFfighter-002 Wednesdays | June 1 – June 29 | 10:00 AM - 12:00 PM | 5 Weeks

Hall Walkers

Member \$10 | Non-Member \$45

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.

SWalk-tue1 Tuesdays | April 19 – May 17 | 8:30 AM - 10:30 AM | 5 Weeks

SWalk-tue2 Tuesdays | May 31 – June 28 | 8:30 AM - 10:30 AM | 5 Weeks

SWalk-th1 Thursdays | April 21 – May 19 | 8:30 AM - 10:30 AM | 5 Weeks

SWalk-th2 Thursdays | June 2 – June 30 | 8:30 AM - 10:30 AM | 5 Weeks

Hall Walkers

Member \$12 | Non-Member \$47

SWalk-tue* Tuesdays | July 12 – August 16 | 8:30 AM - 10:30 AM | 5 Weeks

SWalk-th* Thursdays | July 14 – August 18 | 8:30 AM - 10:30 AM | 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)

Knitting & Crochet

Member \$10 | Non-Member \$45

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.

SKnit-01 Wednesdays | April 20 – May 18 | 10:00 AM - 12:00 PM | 5 Weeks

SKnit-02 Wednesdays | June 1 – June 29 | 10:00 AM - 12:00 PM | 5 Weeks

Knitting & Crochet

Member \$12 | Non-Member \$47

SKnit-003* Wednesdays | July 13 – August 17 | 10:00 AM - 12:00 PM | 6 Weeks

Lapidary

Member \$16 | Non-Member \$51 | Dues \$2

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

SLapidary-mon1 Mondays | April 25 – May 16 | 1:00 PM - 4:00 PM | 4 Weeks

Lapidary

Member \$20 | Non-Member \$55 | Dues \$2

SLapidary-mon2 Mondays | May 30 – June 27 | 1:00 PM - 4:00 PM | 5 Weeks

SLapidary-mon* Mondays | July 11 – August 15 | 1:00 PM - 4:00 PM | 5 Weeks

Lapidary

Member \$20 | Non-Member \$55 | Dues \$2

SLapidary-tuea1 Tuesdays | April 19 – May 17 | 9:00 AM - 12:00 PM | 5 Weeks

SLapidary-tuep1 Tuesdays | April 19 – May 17 | 12:00 PM - 3:00 PM | 5 Weeks

SLapidary-tuea2 Tuesdays | May 31 – June 28 | 9:00 AM - 12:00 PM | 5 Weeks

SLapidary-tuep2 Tuesdays | May 31 – June 28 | 12:00 PM - 3:00 PM | 5 Weeks

Lapidary

Member \$24 | Non-Member \$59 | Dues \$2

SLapidary-tuea* Tuesdays | July 12 – August 16 | 9:00 AM - 12:00 PM | 6 Weeks

SLapidary-tuep* Tuesdays | July 12 – August 16 | 12:00 PM - 3:00 PM | 6 Weeks

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.

Lions Big Band

Member \$10 | Non-Member \$45

Get together and play good music.

SLions-001	Tuesdays April 19 – May 17 9:30 AM - 12:00 PM 5 Weeks
SLions-002	Tuesdays May 31 – June 28 9:30 AM - 12:00 PM 5 Weeks

Mahjong

Member \$10 | Non-Member \$45

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.

SMahjong-001	Tuesdays April 19 – May 17 10:00 AM - 12:00 PM 5 Weeks
SMahjong-002	Tuesdays May 31 – June 28 10:00 AM - 12:00 PM 5 Weeks

Mahjong

Member \$12 | Non-Member \$47

SMahjong-003*	Tuesdays July 12 – August 16 10:00 AM - 12:00 PM 6 Weeks
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Scrabble

Member \$8 | Non-Member \$43

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.

SScrabble-001	Fridays April 22 – May 20 1:00 PM - 3:30 PM 4 Weeks (No Session April 29)
SScrabble-002	Cancelled

Scrabble

Member \$12 | Non-Member \$47

Sscrabble-003*	Fridays July 15 – August 19 1:00 PM - 3:30 PM 6 Weeks
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Silver Stage Drama

Member \$14 | Non-Member \$49

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

SDrama-001	Thursdays April 21 – June 9 1:00 PM - 4:00 PM 7 Weeks (No Session May 26)
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Snooker

Member \$34 | Non-Member \$69 | Dues \$6

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred.

SSnooker-1	Monday – Friday April 19 – May 27 9:00 AM - 4:00 PM 27 days (Excluding Holidays)
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Snooker

Member \$30 | Non-Member \$65 | Dues \$6

SSnooker-2 Monday – Friday | May 30 – June 30 | 9:00 AM - 4:00 PM | 24 Days (Excluding Holidays)

Snooker

Member \$38 | Non-Member \$71 | Dues \$6

SSnooker-* Monday – Friday | July 11 – August 19 | 9:00 AM - 4:00 PM | 29 Days (Excluding Holidays)

Stained Glass

Member \$22 | Non-Member \$57 | 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.

SGlass-wedam1 Wednesdays | April 20 – May 18 | 9:00 AM - 12:00 PM | 5 Weeks

SGlass-v **Cancelled**

SGlass-tham1 Thursdays | April 21 – May 19 | 9:00 AM - 12:00 PM | 5 Weeks

SGlass-t **Cancelled**

SGlass-wedam2 Wednesdays | June 1 – June 29 | 9:00 AM - 12:00 PM | 5 Weeks

SGlass-v **Cancelled**

SGlass-tham2 Thursdays | June 2 – June 30 | 9:00 AM - 12:00 PM | 5 Weeks

SGlass-t **Cancelled**

Stained Glass

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

SGlass-wedam* Wednesdays | July 13 – August 17 | 9:00 AM - 12:00 PM | 6 Weeks

SGlass-wedpm* Wednesdays | July 13 – August 17 | 12:00 PM - 3:00 PM | 6 Weeks

SGlass-tham* Thursdays | July 14 – August 18 | 9:00 AM - 12:00 PM | 6 Weeks

SGlass-thpm* Thursdays | July 14 – August 18 | 12:00 PM - 3:00 PM | 6 Weeks

Swingtime Band

Member \$10 | Non-Member \$45

Get together and play good music.

SSwing-001 Wednesdays | April 20 – May 18 | 1:00 PM - 3:00 PM | 5 Weeks

SSwing-002 Wednesdays | June 1 – June 29 | 1:00 PM - 3:00 PM | 5 Weeks

Tai Chi Practice

Member \$10 | Non-Member \$45

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.

STaiChi-tue1 Tuesdays | April 19 – May 17 | 1:15 PM - 2:30 PM | 5 Weeks

STaiChi-tue2 Tuesdays | May 31 – June 28 | 1:15 PM - 2:30 PM | 5 Weeks

Tai Chi Practice

Member \$8 | Non-Member \$43

STaiChi-fri1 Fridays | April 22 – May 20 | 1:15 PM - 2:30 PM | 4 Weeks **(No Session April 29)**

STaiChi-fri2 Fridays | June 3 – June 24 | 1:15 PM - 2:30 PM | 4 Weeks

Tai Chi Practice

Member \$12 | Non-Member \$47

STaiChi-tue* Tuesdays | July 12 – August 16 | 1:15 PM - 2:30 PM | 6 Weeks

STaiChi-fri* Fridays | July 15 – August 19 | 1:15 PM - 2:30 PM | 6 Weeks

Whist

Member \$10 | Non-Member \$45

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.

SWhist-001 Wednesdays | April 20 – May 18 | 1:00 PM - 3:00 PM | 5 Weeks

SWhist-002 Wednesdays | June 1 – June 29 | 1:00 PM - 3:00 PM | 5 Weeks

Whist

Member \$12 | Non-Member \$47

SWhist-003* Wednesdays | July 13 – August 17 | 1:00 PM - 3:00 PM | 6 Weeks

Young @ Heart Band

Member \$8 | Non-Member \$43

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

SYoung@-001 Mondays | April 25 – May 16 | 1:00 PM - 3:00 PM | 4 Weeks

Young @ Heart Band

Member \$10 | Non-Member \$45

SYoung@-002 Mondays | May 30 – June 27 | 1:00 PM - 3:00 PM | 5 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**

