

## Painting & Drawing

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

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

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

## Uninstructed Activities

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

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

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

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

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

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

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

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

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

## Crafts

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

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

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

## Music

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

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

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

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

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

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

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

### NEW Flex Registration

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

## Paddle Sports

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

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

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

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

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

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

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

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

## Offsite Adventures

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

### Central Lions Seniors' Association

#### Hours of Operation

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

#### Registration Desk Hours

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

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

## Fitness

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

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

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

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

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

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

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

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

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

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

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

ESSETRICS® Release, Rebalance, Restore  
SF-034\*  
July 13 - July 27, 2:15 pm - 3:15 pm  
Member Rate \$ 40.00

## Dance

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

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

