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

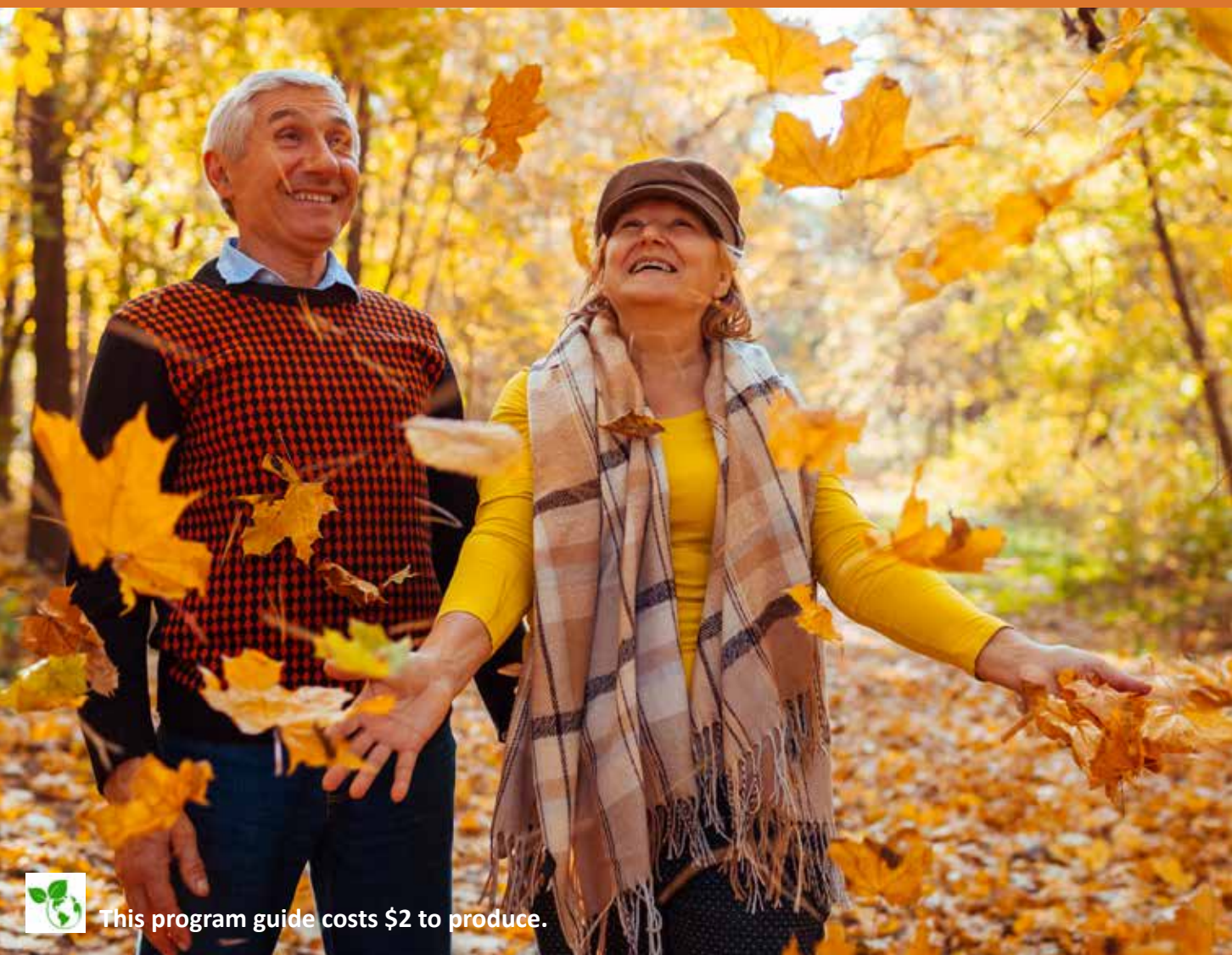
Central Lions Seniors Association

FALL 2021

Program & Activity Guide

Adding Longevity to Your Life!

September – December



This program guide costs $2 to produce.

Central Lions Seniors Association

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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

Hours of Operation

Monday – Friday
8:30 a.m. – 4:30 p.m.

The centre is closed statutory holidays

Registration Desk Hours

August 16 – 27
Monday – Wednesday 10 a.m. – 2 p.m.

Starting Monday, August 30:
Monday – Friday 10 a.m. – 2 p.m.

Weekends & Stats: CLOSED

Fitness Centre Hours

Monday–Friday
8:30 a.m. – 2:30 p.m.

Weekends & Stats: CLOSED

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, club fees, donations, and general fundraising. We rely on our generous and dedicated volunteers who support our efforts every step of the way.

CLSA MISSION

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

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

CLSA VISION

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

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

Welcome Back! What's New?

Dear Members,

We hope you've had a fun-filled summer with lots of barbeques, sunshine, gardening, and cherished time with your loved ones. It's been nine months since we last saw some of you, and it's been more than a year since we ran our programs at full capacity. We head into the fall feeling hopeful that with vaccines, we can carry on with plans to reopen this September!

Our Fall Catalogue will be posted on our website and emailed to members on **August 2**. Members without email will receive their copies through Canada Post. Please view the catalogue online if possible; only a limited number of catalogues will be printed for fall.

Fall program registrations and memberships will be available online and in person on **August 16**. Staff will be back in the office for in-person registration **August 16–27**, Monday to Wednesday from 10 a.m. to 2 p.m. As always, please call or email our team at info@CentralLions.org if you have any questions.

Circles will resume on September 7 and programs on September 13. Toward the end of August, we are hoping to offer a few classes, circles, and open our fitness centre as a way for members to ease back into familiar routines. Check our website www.CentralLions.org, your emails, and our main phone line 780–496–7369 for updated details.

Alberta entered Stage 3 of its reopening plan on July 1, and we remain vigilant and cautiously optimistic about our own reopening this fall. Please know that we continue to hold the safety of our members, volunteers, instructors, and staff as the top priority.

To that end, we will follow recommended health and safety guidelines, and likely maintain mandatory masks (when moving about the building and if an instructor requests you to do so), physical distancing and cleaning processes until further notice.

Thanks for sticking with us during what we hope is the home stretch. We look forward to welcoming you back to the centre this fall!

Did you know...

Early registrations result in fewer cancellations and fewer disappointments. Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled five business days prior to the start date. **Don't delay—sign up today!**

2021 CLSA Memberships

Type of Membership	Purchase	Eligibility	Prices, Available for Purchase Dates, and Valid Dates	Description
55+ Membership	Online, In Person	55+ years	$20 (Pro-rated annual fee. The fee will decrease by $5 each month until December 2021) Available August 16, 2021 Valid Dates: January 1 –December 31, 2021	• Full voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Reciprocal member rates at participating seniors centres
Under 55 Membership	Online, In Person	35–54 years	$50 (Pro-rated annual fee) Available August 16, 2021 Valid Dates: January 1 –December 31, 2021	• No voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Restricted access to sports clubs
Community Membership	In Person Only (Must be 55+)	• Reciprocal Seniors Centres • Queen Anne & Prince Rupert Community League Partners, • Minds in Motion Care Partners	$5 Available August 16, 2021 Valid Dates: January 1 –December 31, 2021	• No voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Access to drop-in activities & circles
Gold/ Lifetime Membership	In Person Only	85+ years	$0 Available August 16, 2021 **Must be renewed every year Valid Dates: January 1 –December 31, 2021	• Full voting privileges at Annual General Meeting • Member rates on CLSA programs and activities • Reciprocal member rates at participating seniors centres

How to Register

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

In Person

Visit our registration desk in person starting **August 16th**.

You can also register over the phone by calling 780–496–7369.

Desk hours: **August 16 – 27**: Mon–Wed 10–2pm; starting **August 30**: Mon–Fri 10–2pm.

Telephone

Register by calling us at **780–496–7369 starting August 16th.**

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

Desk hours: **August 16 – 27**: Mon–Wed 10–2pm; starting **August 30**: Mon–Fri 10–2pm.

Online Registration

Register for 2021 memberships, classes, and circles online! Register through our website **www.CentralLions.org** (click on **My Account** in the upper right corner). Instructions to log in for the first time can be found on our website. Simply click on "Membership" in the menu bar, then click on "Registration" to read the log-in instructions.

Just a reminder that all 2020 memberships have been rolled over into 2021, and you may have a refund credit in your 'wallet' for cancelled programs from March 2020. You can call us or log into your account for this information. Accepted rollovers will assume consent to the CLSA code of conduct and liability waiver.

If you bought a membership in 2020, your online registration account has already been created for you. If you have never purchased a membership before, please call 780–496–7369 to have an account created for you.

You must purchase a 2021 Membership before you can register for classes and circles at the Member Rate. CLSA requests that members sign in to their online membership accounts prior to the fall season to confirm and update account information, including emergency contacts.

If you have any trouble logging into the system, please let us know; sometimes it's a simple typo on our end, or the name on the account is your birth name and not the name you use every day! It's an easy fix.

An Important Note About Memberships

Note: Membership fees are not refundable, nor transferable.

CLSA Code of Conduct

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

Everyone will...

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

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

Please Note...

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

Disclaimers

- Opinions expressed by program presenters do not necessarily reflect the views of the CLSA staff or the CLSA Board of Directors.
- All participants (member/non-member) must sign a 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, club, 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 along with any additional program information.

Cancellations, Refunds, and Transfers

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

Low Enrolment and Waitlist Policies

Early registrations result in fewer cancellations and fewer disappointments. Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled five business days prior to the start date. 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 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, clubs, 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**.

Glossary of Terms

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

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

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

Circle: Any club or drop-in activity commencing for fall programming will be referred to as a *Circle.*

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

Program: Primarily fitness, repeats, or rollover courses.

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

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

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

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

Club Fee: The cost to belong to the club. These fees ensure room rental and helps cover the cost of administration and programming expenses.

Club Dues: The cost required to cover expenses of the club.

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

Published Fee	'Day Of' Fee
$2	$7
$4	$9
$7	$12
$9	$14
$10	$15
$15	$20
$20	$25
$21	$26

New Programs!

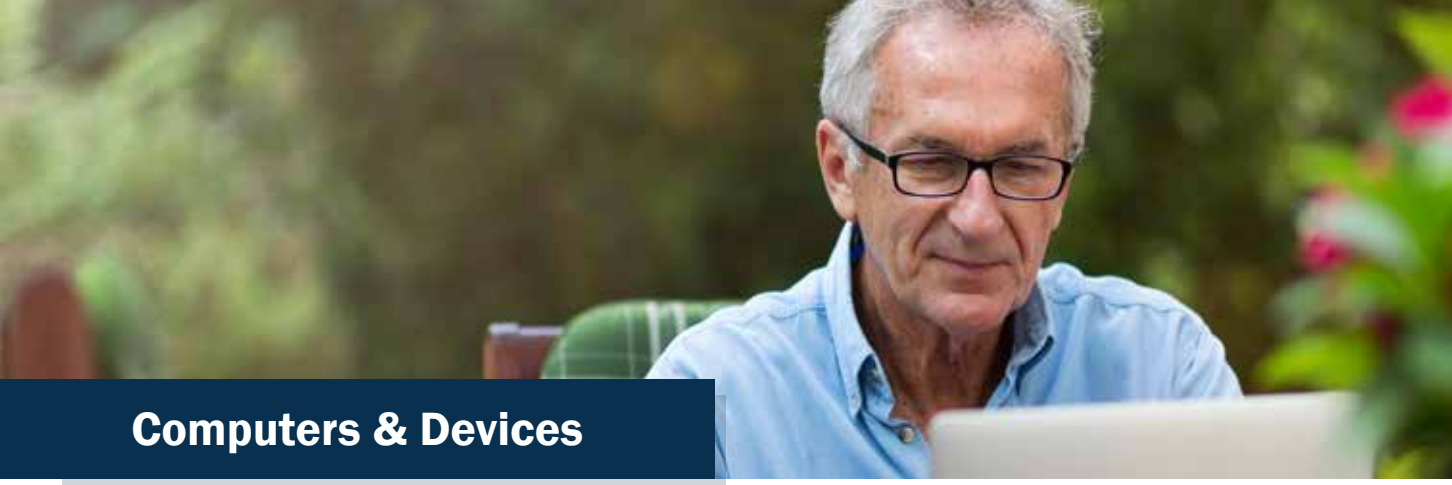
We are pleased to offer the following **NEW** Programs at CLSA:
Workout intensity level: **Gentle (G), Moderate (M), Vigorous (V)**

- Barre Fitness (M)
- Cardio Rhythm (M-V)
- Hoop Dance (M)
- Hoop Fit & Stretch (M)
- Myofascial Release (G-M)
- Post-Pandemic Fitness Recovery (M-V)
- Restorative Back Fitness (G-M)
- Breathing & Relaxation 1.1 & 1.2
- Hand Drumming: Rhythms & Techniques
- Harmonica for Fun (Beginners Levels 1–2)

New Programs are indicated with this sticker:

NEW

Bayshore® Home Health



Computers & Devices

Computer Tutorials: One-on-One

Instructor: Shawn Gramiak

Member Fee per Session: $47 | Non-Member Fee per Session: $82

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

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

FCD-001 | *Tutorial time will be determined after registration

Are you on our Email List? Subscribe Today!

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

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

- Call our mainline 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

Beautiful Beadwork: Tree of Life Suncatchers
Photo Credit: Rachelle Liogier

Crafts

Bath Bombs (the Stress) Away

Instructor: Aura Morrison

Member $20 | Non-Member $55

There is nothing like celebrating the end of a long day with a nice hot bath! Perfect for gifts and pampering your skin, join Aura for a fun afternoon making six bath bombs to add fizzy fun to your relaxing bath. It's been a long year of Covid; you owe yourself this treat! **Bring a container to carry your creations home. Supplies extra ($25) payable upon registration.**

FC-017 Friday | November 19 | 1:00 PM - 4:00 PM | One Day Workshop

Beadwork: "Orange Shirt" Lapel Pin

Instructor: Rhonda Callihoo

Member $23 | Non-Member $58

The "Orange Shirt" has become a symbol of support for our indigenous communities. Rhonda Callihoo will guide students on how to use the basic flat stitch style of beadwork to create a 3-inch lapel pin to be worn with pride. Bring your patience and your reading glasses! **Supplies extra ($8) payable upon registration.**

FC-00 **Cancelled due to Covid-19**

Beadwork: Tree of Life Suncatcher

Instructor: Rachelle Liogier

Member $42 | Non-Member $77

The Tree of Life has been a beloved symbol in many cultures throughout history. Although the symbolism may vary somewhat, the basis of most beliefs is the connection of man (trunk) to both heaven (branches) and earth (roots) as well as how our ancestors (roots) shape us into who we are (trunk) and how through us comes new generations (branches). In this fun and informative 5-week workshop, you will learn some basic beadwork techniques while creating a beautiful Tree of Life Suncatcher to hang proudly in your home.

FC-007 Wednesdays | October 6 – November 10 | 10:00 AM - 11:30 AM | 5 Weeks

Cards & Paper Crafts

Instructor: Pam McLean

Member $20 | Non-Member $55

Card making has come a long way from simple paper folds and markers. In each workshop, you will complete three projects using a variety of stamps, ink, paper, techniques, accessories and more. No experience is required.

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All materials provided with cards pre-cut and ready for you to assemble, stamp and create. **Supplies are extra ($10) payable upon registration.**

FC-001	Monday | September 20 | 9:30 AM - 12:30 PM | One Day Workshop
FC-002	Monday | November 15 | 9:30 AM - 12:30 PM | One Day Workshop
FC-003	Monday | December 6 | 9:30 AM - 12:30 PM | One Day Workshop

Cards & Paper Crafts: Christmas in a Day!

Instructor: Pam McLean

Member $35 | Non-Member $70

It's Christmas in October! There is nothing like receiving personal, homemade gifts. In this workshop, laugh, and have fun as you make 7-10 unique festive and winter-themed cards, complete with envelopes. Prepped kits allow you extra time to do the creative work! You will be amazed at the quality of cards. No experience required. **All supplies provided, payable ($35) upon registration.**

FC-004	Monday | October 18 | 9:30 AM - 4:00 PM | One Day Workshop

Decorative Dragon Eggs

Instructor: Susan Mann

Member $25 | Non-Member $60

Using concrete, paint, and your imagination, create beautiful and practical works of art in this two-part crafting session. Candle holders, ring bowls, 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, Oct 25 - lantern creation. Part #2: Fri, Oct 29 - finishing your project. **Supply Kit $10 payable upon registration**.

FC-005	Monday, October 25, & Friday, October 29 | 1:00 PM - 4:00 PM | Two Workshops

Paint Pouring & Resin: Advanced

Instructor: Susan Mann

Member $25 | Non-Member $60

Allowing your creative juice to flow in this advanced acrylic paint pour class. On day one (Tues, Nov 30, 1-4pm) you will create two sets of drink coasters (a total of 8) on 3x3 birch wood squares. On day two (Fri, Dec 3, 1-4pm), you will apply resin to seal the piece and give it a beautiful finish. Day three (Mon, Dec 6, 10 am- 12 pm) is project pick-up day when you will be able to ooh and awe over the beautiful work of classmates. **Basic supply kit $10 payable upon registration.** Kit will include: coasters, paint, flow medium, items used to mix paint colours and resin. If you want specific paint colours, bring your own craft paint to mix in class.

FC-006	Nov 30 & Dec 3 | 1:00 PM - 4:00 PM | Two Workshops & Pick-up Day (Dec 6, 10 am–12 pm)

Pressed Flower Art: Floral Picture Frame

Instructor: Melanie Hsiao

Member $25 | Non-Member $60

Another fun project using real flowers, learn how to decorate a picture frame and mat board for your favourite photo or message. Great for home decor or gift giving, this project is sure to bring a smile. No experience required. **All materials provided; supplies ($20) payable upon registration.** You are welcome to bring your own pressed flowers and foliage to add.

FC-01	**Cancelled due to Covid-19**

Pressed Flower Art: Snowflake Suncatchers

Instructor: Melanie Hsiao

Member $25 | Non-Member $60

Back by interest! Learn about composition, colour arrangement, and how to arrange/apply flowers and foilage to a transparent surface. You will be making two pieces of window art - one between 8" x 10" plastic sheets and the other - an 8" x 10" sun glass float frame to display. The theme is snowflakes amongst flowers but you can make your projects as festive as you like. 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.

FC-012 Thursday | November 25 | 1:00 PM - 4:00 PM | One Day Workshop

Pressed Flower Art: Wooden Treasure Boxes

Instructor: Melanie Hsiao

Member $25 | Non-Member $60

Whether for trinkets, treasures, or collectibles, small decorative treasure boxes are a timeless tradition. In this workshop, you will be painting and designing two treasure boxes and working with pressed flowers. The finished boxes will then be protected with a sealer coat. These boxes are sure to fill any empty space in your home or heart. They make a great gift too! Be sure to wear appropriate clothing for painting/sealing. **All supplies provided and are extra ($20) payable upon registration.**

FC-014 Thursday | December 9 | 1:00 PM - 4:00 PM | One Day Workshop

Working with Porcelain: Rose Earrings

Instructor: Aura Morrison

Member $20 | Non-Member $55

Cold porcelain is a beautiful, non-toxic medium that is easy to shape and mold, and then let air dry. Using your hands and clay tools, you will learn how to shape this medium into a small rose. The roses will be used to create your own fashionable earrings. No experience required. **Supplies extra ($25) payable upon registration.**

FC-01 **Cancelled due to Covid-19**

Dance

Ballroom Dance: Uninstructed Practice

Facilitator: Bob MacDonald

Member $30 | Non-Member $65

The secret to being a good dancer is practice, practice, practice! CLSA offers ballroom dancers of all skill levels this weekly opportunity to fine-tune your dance skills, practice steps, and learn choreography in a friendly and supportive setting. These practice dances are open to both those who are currently taking dance lessons and others who just want to improve their current repertoire. No instruction is provided but your dancing peers and friends are always open—at your request—to help you out. Continuous pre-recorded music allows you to work on a wide ballroom repertoire (waltz, cha cha, rhumba, tango—to name a few). Musical requests are always welcome. Grab your dance shoes, bring a partner, and join the fun! No dance wax is permitted in this facility.

FD-00	**Term 1 cancelled due to Covid-19**
FD-002	Fridays | November 5 – December 10 | 1:00 PM - 2:30 PM | 6 Weeks

Hawaiian Hula Dance

Instructor: Tracy Thorne

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

Coconut Level (Beginner)

Member $20 | Non-Member $55

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

FD-003	Thursdays | September 23 – October 21 | 1:30 PM - 2:15 PM | 5 Weeks
FD-004	Thursdays | November 4 – December 9 | 1:30 PM - 2:15 PM | 5 Weeks (No Class November 11)

Hibiscus Level (Choreography)

Member $33 | Non-Member $68

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

FD-005	Thursdays | September 23 – October 21 | 1:30 PM - 3:00 PM | 5 Weeks
FD-006	Thursdays | November 4 – December 9 | 1:30 PM - 3:00 PM | 5 Weeks (No Class November 11)

Plumeria Level (Performance)

Member $45 | Non-Member $80

Performance class. Includes the preceding Coconut and Hibiscus levels.

FD-007	Thursdays | September 23 – October 21 | 1:30 PM - 3:45 PM | 5 Weeks
FD-008	Thursdays | November 4 – December 9 | 1:30 PM - 3:45 PM | 5 Weeks (No Class November 11)

Hoop Dance (M) NEW!

Did you know we have a NEW Hoop Dance course? Hoop dance opens up a world of dance using hoops for both fitness and fun. See page 21 for more details!

A few ways to register...

From August 16 – 27, you can register for programs in person at the centre, over the phone by calling 780-496-7369 between 10 a.m. and 2 p.m Mon–Wed, or visit us at www.CentralLions.org to access our online registration system any time

Tap Dance (Beginner)

Instructor: Jeff Gatti

Member $54 | Non-Member $89

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. Tap shoes optional.

FD-011	Wednesdays | September 15 – October 20 | 11:30 AM - 12:30 PM | 6 Weeks
FD-012	Wednesdays | November 3 – December 8 | 11:30 AM - 12:30 PM | 6 Weeks

Tap Dance (Intermediate)

Member $54 | Non-Member $89

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

FD-013	Wednesdays | September 15 – October 20 | 9:10 AM - 10:10 AM | 6 Weeks
FD-014	Wednesdays | November 3 – December 8 | 9:10 AM - 10:10 AM | 6 Weeks

Tap Dance: Performance (Advanced)

Member $54 | Non-Member $89

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

FD-015	Wednesdays | September 15 – October 20 | 10:20 AM - 11:20 AM | 6 Weeks
FD-016	Wednesdays | November 3 – December 8 | 10:20 AM - 11:20 AM | 6 Weeks

Join Our Fitness Centre!

Hours*

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

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

Fitness Centre Fees*

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

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

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

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

The Fitness Centre will be operated under the recommended health and safety guidelines in the fall and likely will maintain mandatory masks when moving between stations or common spaces in the building, physical distancing, and cleaning processes until further notice. We will share timely information with you and have updated posters in the facility when we open in September.

Fitness

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

Barre Fitness (M)

NEW

Instructor: Elise Seehagel
Member $37 | Non-Member $72

Barre Fitness has become such a commonly used practice over the years as it encompasses so many important elements from Pilates and dancing. This program will focus on utilizing strengthening exercises, incorporating micro movements, balance, posture, and stretching while receiving a cardio workout. A chair, small weights, and loop bands will be used. Bring your yoga mat for stretching exercises at the end of the program.

FF-002	Thursdays | November 4 – December 9 | 1:35 PM - 2:35 PM | 5 Weeks (No Class November 11)

Better Balance (G-M)

Instructor: Cathy Taskey
Member $42 | Non-Member $77

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.

FF-003	Tuesdays | September 14 – October 19 | 1:30 PM - 2:30 PM | 6 Weeks
FF-004	Tuesdays | November 2 – December 7 | 1:30 PM - 2:30 PM | 6 Weeks

Better Balance & Strength (G-M)

Instructor: Cathy Taskey
Member $35 | Non-Member $70

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.

FF-006	Thursdays | September 23 – October 21 | 1:30 PM - 2:30 PM | 5 Weeks
FF-007	Thursdays | November 4 – December 9 | 1:30 PM - 2:30 PM | 5 Weeks (No Class November 11)

Cardio Ball & Yogasize (M)

Instructor: Marlene Marvin

Member $50 | Non-Member $85

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

FF-008	Wednesdays | September 15 – October 20 | 11:30 AM - 12:45 PM | 6 Weeks
FF-009	Wednesdays | November 3 – December 8 | 11:30 AM - 12:45 PM | 6 Weeks

Cardio Fit & Yogasize (V)

Instructor: Marlene Marvin

Member $60 | Non-Member $95

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.

FF-010	Tuesdays | September 14 – October 19 | 12:15 PM - 1:45 PM | 6 Weeks
FF-011	Tuesdays | November 2 – December 7 | 12:15 PM - 1:45 PM | 6 Weeks

Cardio Rhythm (M-V)

Instructor: Elise Seehagel

Member $37 | Non-Member $72

Come join new instructor Elise and get your whole body moving while learning the most fun and popular social dances. This class will incorporate some equipment and a mat at the end for a full body stretch. 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! Bring your yoga mat for stretching exercises at the end of the program.

FF-013	Thursdays | November 4 – December 9 | 12:20 PM - 1:20 PM | 5 Weeks (No Class November 11)

Chair Challenge: Fitness for When Everything Hurts

Instructor: Catherine Matthews

Member $35 | Non-Member $70

This moderately fast-paced chair workout focuses on resistance band exercises that could easily be done anywhere, along with some chair cardio and stretching. Participants work at their own pace. This program is suitable for participants who are having difficulty standing for long periods of time, whatever the reason, whether an ongoing issue or recovering from an injury or health setback.

FF-01	**Cancelled due to Covid-19**
FF-01	**Cancelled due to Covid-19**

Co-Ed Gentle Move & Groove (G)

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

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with light overall stretches. Work at your own pace as you improve or maintain your fitness level.

Instructor: Marilee Barry
Member $25 | Non-Member $60

FF-01	**Cancelled due to Covid-19** 11)
FF-01	**Cancelled due to Covid-19**

Instructor: Marlene Marvin
Member $30 | Non-Member $65

FF-019	Fridays | September 17 – October 22 | 11:30 AM - 12:30 PM | 6 Weeks
FF-020	Fridays | November 5 – December 10 | 11:30 AM - 12:30 PM | 6 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

FF-021	Mondays | September 13 – October 18 | 10:15 AM - 11:15 AM | 5 Weeks (No Class October 11)
FF-022	Mondays | November 1 – November 29 | 10:15 AM - 11:15 AM | 5 Weeks

Instructor: Marlene Marvin
Member $30 | Non-Member $65

FF-023	Wednesdays | September 15 – October 20 | 10:15 AM - 11:15 AM | 6 Weeks
FF-024	Wednesdays | November 3 – December 8 | 10:15 AM - 11:15 AM | 6 Weeks
FF-025	Fridays | September 17 – October 22 | 10:15 AM - 11:15 AM | 6 Weeks
FF-026	Fridays | November 5 – December 10 | 10:15 AM - 11:15 AM | 6 Weeks

Co-Ed Keep Fit (V)

Looking for a high-energy workout? Improve your heart health and stamina as the class progresses from 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

FF-027	Mondays | September 13 – October 18 | 9:00 AM - 10:00 AM | 5 Weeks (No Class October 11)
FF-028	Mondays | November 1 – November 29 | 9:00 AM - 10:00 AM | 5 Weeks

Instructor: Marlene Marvin
Member $30 | Non-Member $65

FF-029	Wednesdays | September 15 – October 20 | 9:00 AM - 10:00 AM | 6 Weeks
FF-030	Wednesdays | November 3 – December 8 | 9:00 AM - 10:00 AM | 6 Weeks

ESSENTRICS® for Seniors (G)

Instructor: Lori Griffith

Member $55 | Non-Member $90

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

FF-034	Tuesdays | September 14 – October 19 | 11:15 AM - 12:00 PM | 6 Weeks
FF-035	Tuesdays | November 2 – December 7 | 11:15 AM - 12:00 PM | 6 Weeks

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

Instructor: Meaghan Hipkins

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 & floor work exercises. Bring your yoga mat, small towel and water to class.

Member $72 | Non-Member $107

FF-037	Wednesdays | September 15 – October 20 | 2:15 PM- 3:15 PM | 6 Weeks
FF-038	Wednesdays | November 3 – December 8 | 2:15 PM- 3:15 PM | 6 Weeks

Member $62 | Non-Member $97

FF-03	**Cancelled due to Covid-19**
FF-04	**Cancelled due to Covid-19** ber 11)

ESSENTRICS® Stretch & Tone (M)

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.

Instructor: Lori Griffith

Member $72 | Non-Member $107

FF-042	Tuesdays | September 14 – October 19 | 10:00 AM - 11:00 AM | 6 Weeks
FF-043	Tuesdays | November 2 – December 7 | 10:00 AM - 11:00 AM | 6 Weeks

Instructor: Meaghan Hipkins

Member $62 | Non-Member $97

FF-04	**Term 1 cancelled due to Covid-19**

Instructor: Meaghan Hipkins

Member $62| Non-Member $97

FF-04	**Cancelled due to Covid-19** er 11)

Golden Gloves Fitness (M-V)

Instructor: Louise Lepore – Westchester Amateur Boxing Club
Member $40 | Non-Member $75

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

Note: Equipment rental fee extra ($10) for course; payable upon registration.

FF-051	Fridays | September 17 – October 22 | 11:30 AM - 12:30 PM | 6 Weeks
FF-052	Fridays | November 5 – December 10 | 11:30 AM - 12:30 PM | 6 Weeks

Hall Walkers Circle (G)

One foot in front of the other, and before you know it, you could be walking your way to better health! Learn more about our Hall Walkers Circle on page 43.

Hoop Dance (M)

Instructor: Stephanie Tostowaryk
Member $45 | Non-Member $80

NEW

Hula hooping has evolved from a simple toy for core fitness to an expression of dance and movement. Hoop dance opens up a world of dance using hoops for both fitness and fun. Enjoy exploring beginner dance moves with hula hoops and building choreographed dance routines while learning to create your own hoop flow. Hoops will be available for use. If you have your own, you are welcome to bring it.

FF-05	**Cancelled due to Covid-19** 11)
FF-05	**Cancelled due to Covid-19**

Hoop Fit & Stretch (M)

Instructor: Stephanie Tostowaryk
Member $45 | Non-Member $80

NEW

Hoop Fit & Stretch incorporates cardio and stretching with hula hoops for a fun twist to your fitness routine. Using this simple toy from childhood, varying levels of intensity are provided to allow you to work out at your own pace and challenge any level of hooping. Laughter is a bonus. Hoops will be available for use. If you have your own, you are welcome to bring it.

FF-05	**Cancelled due to Covid-19**)
FF-05	**Cancelled due to Covid-19**

Myofascial Release (G-M)

Instructor: Cathy Taskey
Member $28 | Non-Member $63

NEW

Go beyond stretching in the traditional way. Gain an understanding of how important healthy fascia is to enable the body systems to operate on 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).

FF-060	Mondays | November 8 – November 29 | 11:30 AM - 12:30 PM | 4 Weeks

Post-Pandemic Fitness Recovery (M-V)

NEW

Instructor: Catherine Matthews

Member $35 | Non-Member $70

This class is a moderate workout for those who have tried to maintain fitness throughout the past year and a half but want to gain back what they lost–and build on it. CLSA is pleased to welcome back Cathy Matthews who brings the perfect recipe to stay active and well for a peaceful mind and body. We will start with a warm up, followed by moderate to intense cardiovascular exercise. We will incorporate weights and other equipment as we work on regaining strength and flexibility. Each class will also include work on balance and effective breathing.

FF-0	**Cancelled due to Covid-19**
FF-048	Tuesdays | November 2 – December 7 | 1:30 PM - 2:30 PM | 6 Weeks

Restorative Back Fitness (G-M)

NEW

Instructor: Marlene Marvin

Member $27 | Non-Member $62

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

FF-067	Fridays | October 1 – October 22 | 1:00 PM - 2:00 PM | 4 Weeks
FF-068	Fridays | November 5 – November 26 | 1:00 PM - 2:00 PM | 4 Weeks

Self Defense Workshop for Older Adults (M)

Instructor: Sean Carter

Member $43 | Non-Member $78

This four-hour workshop will provide you with a mind set and tools to navigate risks and learn how to 'stay safe' no matter your environment. Easy to remember self-defense tactics and techniques that can be practical at home will be demonstrated and rehearsed. Gain confidence in how to protect yourself and stay safe!

Day 1: Learn about the theory behind self defense and crime prevention; bring pen and paper. Day 2: Active skills practice; be sure to wear comfortable clothing and footwear.

FF-070	Fridays | November 19 – November 26 | 1:00 PM - 3:00 PM | 2 Weeks

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

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

A friendly reminder to B.Y.Y.M.!

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

Step & Strength Cardio for Active Agers (V)

Instructor: Lisa Doyle

Member $46 | Non-Member $81

This cardio step class, designed for 55+ active agers, will improve your cardiovascular health and build muscle at the same time. Music and choreography will keep you motivated and challenged. Step aerobics works great for all fitness levels—simply adjust the step height and change the workout intensity. Improve your coordination and agility. Resistance exercises will be included to build muscle strength and endurance. This vigorous fitness program includes standing exercises and floor work.

FF-07	**Cancelled due to Covid-19**
FF-07	**Cancelled due to Covid-19**

Strength Training (M-V)

Instructor: Cathy Taskey

Member $35 | Non-Member $70

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.

FF-073	Thursdays | September 23 – October 21 | 12:20 PM - 1:20 PM | 5 Weeks
FF-074	Thursdays | November 4 – December 9 | 12:20 PM - 1:20 PM | 5 Weeks (No Class November 11)

Strength Training : Progressive (V)

Instructor: Cathy Taskey

Member $83 | Non-Member $118

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.

FF-075	Tuesdays | September 14 – December 7 | 12:20 PM - 1:20 PM | 12 Weeks (No Class October 26)

Tabata Fit for Active Agers (V)

Instructor: Cathy Taskey

Member $42 | Non-Member $77

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 with the option for no impact. Be prepared to get a complete body workout using various pieces of equipment.

FF-077	Fridays | September 17 – October 22 | 9:00 AM - 10:00 AM | 6 Weeks
FF-078	Fridays | November 5 – December 10 | 9:00 AM - 10:00 AM | 6 Weeks

Need more information?

Call 780–496–7369 or visit our website at **www.CentralLions.org** or Facebook **@CentralLionsSeniors**

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 $80 | Non-Member $115

FF-080 Mondays | September 20 – December 6 | 1:15 PM - 2:15 PM | 10 Weeks (No Class October 11 & 25)

Tai Chi: Yang Style - Level 2 (M)

Instructor: Leslie Sarabin
Member $80 | Non-Member $115

Level 2 will add more movements into your fitness regime. Participants require a good understanding of the flow of movements plus completion of Level 1.

FF-081 Mondays | September 20 – December 6 | 2:30 PM - 3:30 PM | 10 Weeks (No Class October 11 & 25)

Tai Chi: Yang Style - Level 3 (M)

Instructor: Andrew Switzer
Member $80 | Non-Member $115

Participants require a good understanding of the movements plus completion of Level 1 and 2.

FF-082 Tuesdays | September 21 – November 30 | 11:00 AM - 12:00 PM | 10 Weeks (No Class October 26)

Tai Chi: Yang Style - Sabre

Instructor: Andrew Switzer
Member $75 | Non-Member $110

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

FF-083 Tuesdays | September 21 – November 9 | 9:45 AM - 10:45 AM | 7 Weeks (No Class October 26)

Tai Chi Practice Circle

Practice time for individuals wishing to work on their Tai Chi form. See page 47–48 for details.

Total Fitness for Active Agers (M-V)

Instructor: Lisa Doyle
Member $35 | Non-Member $70

Maintain your health and cardiovascular fitness in this whole body class suitable for all levels. Using an interval style format, this moderate to active program includes a variety of low impact cardio exercises combined with strength building resistance intervals using handheld weights. The instructor, who has years of experience teaching all levels, will provide plenty of modifications as needed from standing and floor work to standing and chair. Come have fun and move to the music. Bring your indoor running shoes, yoga mat and water bottle.

FF-084 **Cancelled due to Covid-19**

FF-085 **Cancelled due to Covid-19** r 11)

Yoga: Gentle Hatha (G)

Instructor: Sylvia Galbraith

Member $37 | Non-Member $72

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

FF-086	Mondays | September 13 – October 18 | 11:15 AM - 12:15 PM | 5 Weeks (No Class October 11)
FF-087	Mondays | November 1 – November 29 | 11:15 AM - 12:15 PM | 5 Weeks

Yoga: Hatha (M)

Instructor: Sylvia Galbraith

Member $55 | Non-Member $90

Improve your physical and mental well-being with combination of yoga poses, breathing and meditation exercises. The goal of this program is to increase strength and flexibility, relieve stress, calm the mind, and achieve complete relaxation. Remember to bring your own yoga mat, water and towel.

FF-088	Mondays | September 13 – October 18 | 9:30 AM - 11:00 AM | 5 Weeks (No Class October 11)
FF-089	Mondays | November 1 – November 29 | 9:30 AM - 11:00 AM | 5 Weeks
FF-090	Thursdays | September 23 – October 21 | 9:30 AM - 11:00 AM | 5 Weeks
FF-091	Thursdays | November 4 – December 9 | 9:30 AM - 11:00 AM | 5 Weeks (No Class November 11)

Yoga: Iyengar Stretch & Relax

Instructor: Barb Deneka

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

Yoga: Iyengar Stretch & Relax – Beginner (G)

Member $45 | Non-Member $80

FF-092	Fridays | September 17 – October 22 | 11:00 AM - 12:00 PM | 6 Weeks
FF-093	Fridays | November 5 – December 10 | 11:00 AM - 12:00 PM | 6 Weeks

Yoga: Iyengar Stretch & Relax – Intermediate (M)

Member $66 | Non-Member $101

FF-094	**Term 1 cancelled due to Covid-19**
FF-095	Fridays | November 5 – December 10 | 9:15 AM - 10:45 AM | 6 Weeks

Stay Informed!

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

General Interest & Languages

Beat the Clock - Your First Skin

Instructor: Susanne Urbina

Member $20 | Non-Member $55

Skin care! So much on the market, so much to choose from. Discover which key skin care products are needed to help you look refreshed and youthful. Learn tips to help prepare for the cold and skin-drying fall months.

FGI-00 **Cancelled due to Covid-19**

Beat the Clock - Your Second Skin

Instructor: Susanne Urbina

Member $20 | Non-Member $55

After creating a clean canvas, learn make-up techniques that create youthfulness simply and easily. This second skin is demonstrated on a model and a variety of products are discussed. Freshen up your look and step out in confidence!

FGI-00 **Cancelled due to Covid-19**

Birds & Nature: Warblers of Edmonton – Guided Tour

Instructor: Don Delaney

Member $8 | Non-Member $43

Mid-August to early September is a good time to observe the Warblers that breed locally and also the many species of northern breeding Warblers that are on their journey to their southern winter homes. Join local photographer and birder Don Delaney in William Hawrelak Park—at 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 11:30am-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: Sept 15 at noon.**

FGI-004 Friday | September 17 | 9:30 AM - 12:00 PM |
William Hawrelak Park—at parking lot of Picnic Site #1 (at the bend in the road)

Need more information?

Call 780–496–7369 or visit our website at **www.CentralLions.org** or Facebook **@CentralLionsSeniors**

Financial: Ethical & Socially Responsible 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 purchsed in person at front desk)

The fastest growing investment trend among both millennials and seniors is responsible investing, also known as ESG. It is an approach to investing that targets ethical environmental, social and corporate governance for investment selections. Investors want to feel good about the companies they invest in, knowing the companies support their core principles and values while still potentially generating decent investment returns. This is a community service presentation; come join the discussion.

FGI-007 Tuesday | September 21 | 1:30 PM - 3:00 PM | One Day Presentation

Genealogy: An Introduction

Instructor: Kathleen Rae
Member $25 | Non-Member $$60

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

FGI-009 Monday | October 4 | 9:00 AM - 12:00 PM | One Day Workshop

Genealogy: On the Internet

Instructor: Kathleen Rae
Member $25 | Non-Member $60

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

FGI-008 Monday | November 22 | 9:00 AM - 12:00 PM | One Day Workshop

Housing: Declutter & Downsize in a Holistic Way

Instructor: Lynn Fraser
Member $30 | Non-Member $65

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

FGI-011 Thursdays | October 14 – October 21 | 9:30 AM - 11:30 AM | 2 Weeks

Languages: French Conversation Basics

Instructor: Cindie Thompson
Member $45 | Non-Member $80

This course is great for those who have been away from the French language for a while and for those planning to travel to French-speaking destinations. Enjoy learning the essentials using illustrations, music and more. Advance

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French Continued from Previous Page...

knowledge of your experience level will help the instructor prepare appropriate class plans.

FGI-012	Tuesdays | September 21 – October 19 | 1:00 PM - 2:30 PM | 5 Weeks
FGI-013	Tuesdays | November 9 – December 7 | 1:00 PM - 2:30 PM | 5 Weeks

Languages: Spanish

CLSA's Spanish programs include interactive practice in a fun, social setting. Illustrations and rules are used to reinforce listening, speaking, reading and writing. Beginner levels concentrate on the rudimentary basics of the Spanish language. Intermediate and Advanced levels include practice of present, past and future tenses, the meaning of grammatical patterns, plus skill development regarding reading and speaking a foreign language. Teaching techniques are modified per course to meet the needs of the participants registered in the various levels. Please bring a copy of "Spanish Now" by Dorothy Richmond; best obtained through Amazon or Indigo.

Spanish: Conversation Practice (Beg/Int)

Instructor: Tania Oyarzun
Member $40| Non-Member $75

A great opportunity to practice your Spanish/Conversation. This course is not recommended for absolute beginners or advanced students. Beginner students need to have had 'some' exposure to Spanish phrases.

FGI-01	**Term 1 cancelled due to Covid-19**
FGI-015	Fridays | November 5 – December 10 | 12:30 PM - 1:30 PM | 6 Weeks

Spanish – Beginner (Level 1)

Instructor: Tania Oyarzun
Member $75| Non-Member $110

Students need to have a basic knowledge of Spanish.

FGI-016	Fridays | September 17 – October 22 | 10:00 AM - 12:00 PM | 6 Weeks
FGI-017	Fridays | November 5 – December 10 | 10:00 AM - 12:00 PM | 6 Weeks

Spanish – Intermediate

Instructor: Jorge Oyarzun
Member $75| Non-Member $110

Completion of Spanish: Beginners Level 1 and/or some experience and comfort with the Spanish language

FGI-018	Fridays | September 17 – October 22 | 12:30 PM - 2:30 PM | 6 Weeks
FGI-019	Fridays | November 5 – December 10 | 12:30 PM - 2:30 PM | 6 Weeks

Spanish – Advanced

Instructor: Jorge Oyarzun
Member $75 \| Non-Member $110

Completion of Spanish Intermediate and/or fluency in Spanish.

FGI-020	Fridays | September 17 – October 22 | 10:00 AM - 12:00 PM | 6 Weeks
FGI-021	Fridays | November 5 – December 10 | 10:00 AM - 12:00 PM | 6 Weeks

Legal Documents – Going Deeper

Presenter: Colleen Feehan of Feehan Law Office

Member $15 | Non-Member $50

This workshop will discuss in further detail: Powers of Attorney, Guardianship/Trusteeship, and Personal Health Care directives plus elder financial abuse and privacy issues—all to help you get your affairs in order. This workshop is not meant to provide specific, individual legal advice.

FGI-02 **Cancelled due to Covid-19**

Legal Documents – Protecting Your Legacy

Presenter: Colleen Feehan of Feehan Law Office

Member $15 | Non-Member $50

Is your will up to date? Do you have a designated Executor? Although not always favourite topics of discussion, it is important to have your affairs in order. This estate planning seminar will provide an overview of wills and probate, duties of an Executor, Power of Attorney, Personal Directives and where to go for help. Bring your questions. This is a general information session and not meant to provide specific legal advice.

FGI-022 Wednesday | November 17 | 1:30 PM - 3:30 PM | One Day Workshop

Legalities of Living Together

Presenter: Colleen Feehan of Feehan Law Office

Member $15 | Non-Member $50

Older Adult common-law relationships bring unique nuances to estate planning. This workshop will provide an understanding of when obligations start and what they may mean in a casual or common-law relationship. Learn how to manage your estate to protect children and loved ones in your life.

FGI-024 Wednesday | October 20 | 1:30 PM - 3:30 PM | One Day Workshop

Let's Colour You In!

Instructor: Susanne Urbina

Member $20 | Non-Member $55

Learn what colours to wear that best suit your personal colouring, and about the surprising connection between colour and confidence. Go home with tips on how to enhance your style with colour

FGI-003 Friday | October 29 | 10:00 AM - 12:00 PM | One Day Workshop

Let's Figure You Out!

Instructor: Susanne Urbina

Member $20 | Non-Member $55

Discover your unique body type. Learn how to create illusions with line and design to reveal your best look by making adjustments that flatter your figure.

FGI-005 Friday | October 29 | 1:00 PM - 3:00 PM | One Day Workshop

Music Appreciation: History of the Christmas Carol

Come and learn about the origins of the Christmas Carol, where and when they started. See page 34 for details.

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 August 16th!**

On Demand Transit and the New ETS Bus Network

Presenter: Vicki Gudelj – Accessible Transit Coordinator, City of Edmonton
Member $2 | Non-Member $2
Day of Rate $7 (Subject to availability. Can only be purchsed in person at front desk)

CLSA has a brand new bus stop! Come learn all about stop #11096. The new bus network is an important step in modernizing Edmonton's transit system for our growing city. This session will provide an overview of transit changes that launched on April 25—the new bus network with new bus routes citywide and the On Demand Transit service that is available for 37 communities and 16 seniors residences. Find out more about these changes and the transit information and trip planning options and resources available to help you make the best use of the new routes and services. There will be a Q & A period to follow; bring your questions, and get ready to travel again! This is a CLSA community service program.

FGI-028 Tuesday | September 28 | 1:30 PM - 3:00 PM | One Day Presentation

Philosopher's Café

Presenter: David J. Goa
Member $7 | Non-Member $7
Day of Rate $12 (Subject to availability. Can only be purchsed in person at front desk)

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

Cafe #1: Residential School, Modernity, & Remembering Well

Are residential schools Canada's foundational tragedy, our original sin? How did churches become servants to modernity's vision? What of a Papal apology? Are we all responsible for everyone and everything?

FGI-027 Thursday | September 23 | 1:30 PM - 3:00 PM | One Day Presentation

Café # 2: Pandemic. What Have We Learned?

The response to the COVID-19 virus has been dramatic in Canada and around the world. What lessons may we draw from the experience of isolation, social distancing and its effect on the vulnerable? What did it and does it mean for you?

FGI-025 Thursday | October 21 | 1:30 PM - 3:00 PM | One Day Presentation

Café # 3: The Gift and Challenge of Atheism to Religious Perspectives

What really is an atheist perspective? Does it have roots similar to those of religion? Is a conversation possible?

FGI-026 Thursday | November 25 | 1:30 PM - 3:00 PM | One Day Presentation

Self Defense Workshop for Older Adults (M)

Training in self defense helps people develop more confidence in themselves and their surroundings. Knowing that you have the ability to defend yourself gives you the confidence and freedom to fully explore the world. Read about the self defence workshop on page 22.

Low Registration Policy

Are you reluctant to register because you're not sure if a class will have enough participants to proceed? If enrollment numbers are low, it's 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.

Health & Wellness

Advanced Care Planning & Green Sleeves

Presenter: Gina Vliet – Change Specialist, Charon Consulting

Member $20 | Non-Member $55

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

FHW-001 Friday | September 17 | 1:30 PM - 3:30 PM | One Day Presentation

Breathing & Relaxation

NEW

Facilitator: Helga Stadelmann

Member $20 | Non-Member $55

You can improve your health while sitting using this easy yet powerful program. Learn, explore and practice a unique blending of breathing, relaxation, mindfulness, visualization, and meditation exercises. Different exercises and new topic covered weekly. Experience immediate positive results. Among many other benefits you will feel less stressed, much calmer and you will sleep better. No experience required.

Breathing & Relaxation 1.1

FHW-004 Mondays | September 13 – October 18 | 11:15 AM - 12:15 PM | 5 Weeks (No Class October 11)

Breathing & Relaxation 1.2

FHW-005 Mondays | November 1 – November 29 | 11:15 AM - 12:15 PM | 5 Weeks

Building Resilience: To Handle Life's Challenges

Facilitator: Gina Vliet – Change Specialist, Charon Consulting

Member $20 | Non-Member $55

Change, even good change, can be stressful, and navigating life's little quirks can be an adventure. Wouldn't it be nice to take that journey without freaking out, burning out, or just wanting to get out? In this workshop you'll learn how to equip yourself with simple tools that will make the trip worth the cost of admission. Learn how building personal resilience allows you to focus your energy on the things that matter, to accomplish more, and enjoy life as the adventure it can be!

FHW-00 **Cancelled due to Covid-19**

End of Life: Belief & Choices

Presenter: Rayne Johnson

Member $15 | Non-Member $50

Lack of knowledge; a feeling of being overwhelmed, unprepared, afraid—these are only a few of many issues faced when dealing with end of life. We live in a death denying culture rather than seeing end of life as something to be

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honoured. Rayne helps educate and empower dying and death care matters. Come learn about end of life options and alternatives in death care, and how your beliefs support your decisions—in a safe, comfortable environment.

FHW-007 Thursday | November 4 | 1:30 PM - 3:30 PM | One Day Workshop

End of Life: Death Chat – Sharing Thoughts

Presenter: Rayne Johnson
Member $10| Non-Member $45

A Death Chat is a relaxed and safe setting where you can join open, honest discussions to explore the questions you've always had about life, death, dying and grief. Although expressions of grief are welcome, this is not a group counselling session; it's about sharing thoughts and experiences of death in a comfortable, confidential setting. Rayne hosted Edmonton's first Death Cafe and was featured in the Edmonton Journal, CBC Radio and City TV for her efforts spearheading this worldwide movement. Come and discover what a Death Chat might have for you.

FHW-008 Thursday | November 18 | 1:30 PM - 3:00 PM | One Day Workshop

Mental Health & You!

Facilitator: Dixie Estrin
Member $17 | Non-Member $52

Whether it is COVID isolation, the onset of SAD or other, taking care of your mental health is important. A major key to living a healthy life is learning how to have life balance. In this workshop, thoughts and their effect on our mental health, anxiety and stress—both good and bad, plus strategies and tips to control both will be discussed. Resource handouts are included.

FHW-013 Monday | November 29 | 9:30 AM - 12:00 PM | One Day Workshop

Restorative Back Fitness (G-M)

Release stress and tension in the back, shoulders and neck using restorative poses. Come learn how to stretch upper and lower back muscles with floor exercises that help strengthen the core. See page 22 for details.

Stressed! Natural Sleep!

Presenter: Dr. Anne Mageau - The Natural Path Clinic
Member $15 | Non-Member $50

Are you struggling with broken sleep, frequent and early waking? Does it take you more than 15 minutes to fall asleep? Are you sleeping but not feeling rested? Your Sleep is essential to keep the brain and nervous system happy and working in balance. Get rest every day—be renewed and refreshed. There is hope and help available. Join Dr. Anne Mageau from The Natural Path Clinic for this information session.

FHW-009 Tuesday | October 5 | 10:30 AM - 12:00 PM | One Day Presentation

Suicide Awareness

Presenter: Dixie Estrin
Member $17 | Non-Member $52

Suicide has no boundaries. It can affect anyone; maybe someone you know. Statistics show 11 Edmontonians attempt to kill themselves daily. What are the truths and myths about suicide? What are important warning signs to recognize? How prevalent is suicide among seniors? What is helpful/harmful when listening to someone in pain. Join Dixie for an discussion about this sensitive topic. Become 'aware' so you can be there when needed.

FHW-0 **Cancelled due to Covid-19**

Supplements: Sorting the Good from the Bad

Presenter: Dr. Anne Mageau - The Natural Path Clinic

Member $15 | Non-Member $50

With so many supplement brands on the market, how do you choose which supplements are a worthwhile investment? Are there certain things we should look for on the supplement labels that will indicate that the product is natural and complete, and not full of fillers? What supplements are recommended for older adults and why? Are there things to consider before taking them—such as medication interactions? Dr. Anne holds doctorates in Natural Medicine and Indigenous People Knowledge in addition to western medicine studies. Go home with information to help you make wise decisions.

FHW-011 Tuesday | December 7 | 10:30 AM - 12:00 PM | One Day Presentation

Your Life Legacy Checklist

Presenter: Gina Vliet - Change Specialist, Charon Consulting

Member $20 | Non-Member $55

You know there's more to a good end of life plan than just a will and a funeral package. You want to be prepared for aging, illness, injury. But you need a simple approach that will work for you and your busy life. This session outlines what it takes to be ready for the unexpected and the inevitable, and how to maintain that plan as your life changes. Stop worrying about 'what happens if' and get on with living!

FHW-002 Friday | November 12 | 1:30 PM - 3:30 PM | One Day Presentation

Music

Hand Drumming: Rhythms & Techniques

NEW

Instructor: Mike Chenoweth

Member $45 | Non-Member $80

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

FM-020 Mondays | September 13 – October 18 | 10:00 AM - 11:00 AM | 5 Weeks (No Class October 11)

FM-021 Mondays | November 1 – November 29 | 10:00 AM - 11:00 AM | 5 Weeks

A Guitar Star is Born! (Basic Experience Required)

Instructor: Daron Panko

Member $55 | Non-Member $90

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

FM-004	Fridays | September 17 – October 22 | 10:00 AM - 11:00 AM | 6 Weeks
FM-005	Fridays | November 5 – December 10 | 10:00 AM - 11:00 AM | 6 Weeks

Guitar Heroes (Int/Adv)

Instructor: Daron Panko

Member $55 | Non-Member $90

Been playing for a while? 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.

FM-002	Fridays | September 17 – October 22 | 11:15 AM - 12:15 PM | 6 Weeks
FM-003	Fridays | November 5 – December 10 | 11:15 AM - 12:15 PM | 6 Weeks

Harmonica for Fun (Beginners Levels 1-2)

Instructor: Mike Chenoweth

Member $45 | Non-Member $80

It's never too late to learn to play music. Bring your '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.**

FM-02	**Term 1 cancelled due to Covid-19** 11)
FM-023	Mondays | November 1 – November 29 | 11:30 AM - 12:30 PM | 5 Weeks

Music Appreciation: History of the Christmas Carol

Lecturer: Judith Richardson

Member $15 | Non-Member $20

Day of Rate $20 (Subject to availability. Can only be purchsed in person at front desk)

Come and learn about the origins of the Christmas Carol, where and when they started. This is an active listening course. You will hear both old and new ones from the Oxford Books of Carols. This is just in time for all your Christmas festivities. Judith is a performer, teacher and adjudicator in Edmonton and is the President of the Singing Teachers Chapter. This course is offered as a CLSA Special Event and a membership is not required to register.

FM-001	Friday | November 26 | 10:00 AM - 12:00 PM | One Day Presentation

Sing-A-Long Social

Instructor: Martin Doyle

Member $20 | Non-Member $20

Drop-in Day of Rate (Member or Non-Member) $5.00 per drop-in

Let your Lion's voice roar during this fun Friday afternoon pub style sing-a-long! Martin Doyle 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. Wet your whistle with an alcoholic or non-alcoholic beverage (available for purchase from Ela Euro Cafe) singing starts at 1:30 pm. Non-members are welcome, so bring a friend for the day for only $5. This is a CLSA community service program.

FM-038	Fridays | September 17 – October 22 | 1:00 PM - 3:00 PM | 6 Weeks
FM-039	Fridays | November 5 – December 10 | 1:00 PM - 3:00 PM | 6 Weeks

Ukulele

Instructor: Daron Panko

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

Ukulele: Fun & Easy (Beg 1 & 2)

Member $43 | Non-Member $78

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

FM-012	Tuesdays | September 14 – October 19 | 12:15 PM - 1:00 PM | 6 Weeks
FM-013	Tuesdays | November 2 – December 7 | 12:15 PM - 1:00 PM | 6 Weeks

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

Member $43 | Non-Member $78

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

FM-014	Tuesdays | September 14 – October 19 | 1:10 PM - 1:55 PM | 6 Weeks
FM-015	Tuesdays | November 2 – December 7 | 1:10 PM - 1:55 PM | 6 Weeks

Ukulele: Advancing Along (Int & Adv)

Member $43 | Non-Member $78

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

FM-01	**Cancelled due to Covid-19**
FM-01	**Cancelled due to Covid-19**

Ukulele Practice

Did you know there is a Ukulele Practice Circle? This peer-to-peer assembly supports individuals working on their timing, chords, strumming and picking techniques. See page 48 for details.

Ukulele with a Touch of Steel Guitar

Instructor: Ihor Nedoshytko

Member $38 | Non-Member $73

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.

FM-01 **Term 1 cancelled due to Covid-19**

FM-019 Thursdays | November 4 – December 9 | 9:30 AM - 12:00 PM | 5 Weeks (No Class November 11)

One-on-One Lessons: Guitar & Ukulele

Instructor: Daron Panko

Member $158 | Non-Member $193

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

Fridays | September 17 – October 22 | 6 Weeks

FM-006 | 12:30 PM - 1:00 PM
FM-007 | 1:05 PM - 1:35 PM
FM-008 | 1:40 PM - 2:10 PM

Fridays | November 5 – December 10 | 6 Weeks

FM-009 | 12:30 PM - 1:00 PM
FM-010 | 1:05 PM - 1:35 PM
FM-011 | 1:40 PM - 2:10 PM

One-on-One lessons: Piano

Instructor: Glenda Murphy

Member $155 | Non-Member $190

It is never too late to try something new. Learning the piano is an enjoyable and rewarding experience. If you love to listen to music, you can learn to learn to play the piano, no matter your age. New students will learn how to read music and play simple, well-known tunes within a few weeks. Advanced students may continue their education in classical piano, or learn to play chord style to pop, country, hymns, old standards or your favorite 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 | September 17 – October 22 | 6 Weeks

FM-024 | 8:50 AM - 9:20 AM
FM-025 | 9:30 AM - 10:00 AM
FM-026 | 10:10 AM - 10:40 AM
FM-027 | 10:50 AM - 11:20 AM
FM-028 | 11:30 AM - 12:00 PM
FM-029 | 12:10 PM - 12:40 PM
FM-030 | 12:50 PM - 1:20 PM

Fridays | November 5 – December 10 | 6 Weeks

FM-031 | 8:50 AM - 9:20 AM
FM-032 | 9:30 AM - 10:00 AM
FM-033 | 10:10 AM - 10:40 AM
FM-034 | 10:50 AM - 11:20 AM
FM-035 | 11:30 AM - 12:00 PM
FM-036 | 12:10 PM - 12:40 PM
FM-037 | 12:50 PM - 1:20 PM

Offsite Adventures

Birds & Nature: Warblers of Edmonton – Guided Tour

Mid-August to early September is a good time to observe the Warblers that breed locally and the many species of Warblers that are on their journey to their southern winter homes. Join photographer and birder Don Delaney in William Hawrelak Park for a guided tour. **Registration deadline: Sept 15 at noon.** See page 26 for full details.

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. The bus departs Central Lions at 10 a.m. and departs the casino at 2:30 p.m. for a 3 p.m. return to Central Lions.

FO-001	Thursday | September 30 | 10:00 AM - 3:00 PM | One Day Trip
FO-002	Thursday | October 21 | 10:00 AM - 3:00 PM | One Day Trip
FO-003	Thursday | November 25 | 10:00 AM - 3:00 PM | One Day Trip

Painting & Drawing

Acrylics: Brushwork Painterly Style (All Levels)

Instructor: Muhammed Salayi

Member $79 | Non-Member $114

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

FPD-00	**Cancelled due to Covid-19**

Acrylics: Rivers, Streams & Glistening Water

Instructor: Frank Haddock

Member $81 | Non-Member $116

Under the guidance of your instructor, explore the thrill of sparkling water as it cascades through many different forms in your paintings. Learn how to mix colours and apply them to canvas in the many paint-a-long demonstrations included in this course. A new image will be examined each week as you develop experience painting realistic scenes you will be proud to show your friends. Supplies extra, list available.

FPD-006 Wednesdays | September 15 – October 13 | 1:00 PM - 4:00 PM | 5 Weeks

Acrylics: The Beauty of Winter

Instructor: Frank Haddock

Member $81 | Non-Member $116

The beauty of Winter in Alberta is unsurpassed. Working with acrylic paints, and under the guidance of your instructor, learn how to create a drawing from a photograph to develop your painting. Colour mixing explorations and different methods of using the brush with help you further capture Alberta's winter scenery. You will be amazed at the results. Beginner and intermediate artists welcome. Supplies extra, list available.

FPD-002 Wednesdays | November 3 – December 1 | 1:00 PM - 4:00 PM | 5 Weeks

Coloured Pencil: Glimpses of Nature

Instructor: Susan Casault

Member $98 | Non-Member $133

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

FPD-008 Fridays | September 17 – October 22 | 9:30 AM - 12:30 PM | 6 Weeks

Drawing 101

Instructor: Muhammed Salayi

Member $78 | Non-Member $113

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 required, list available.

FPD-012 Fridays | November 12 – December 10 | 1:00 PM - 4:00 PM | 5 Weeks

Drawing Facial Features in Perspective

Instructor: Muhammed Salayi

Member $78 | Non-Member $113

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

FPD-0 **Cancelled due to Covid-19**

Drawing: Fun with Caricatures

Instructor: Muhammed Salayi

Member $62 | Non-Member $97

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 humourous art with style. Minimal supplies required, list available.

FPD-010 Mondays | November 8 – November 29 | 1:00 PM - 4:00 PM | 4 Weeks

Sketching for Painters

Instructor: Frances Alty-Arscott

Member $83 | Non-Member $118

To be a successful painter, an artist needs to have a plan before beginning to paint. Designed for both painters wanting a refresher drawing course and for those with no drawing experience, this program emphasizes the basic skills, methods and techniques involved in both drawing and planning a painting. With a focus on these two key areas, there will be demonstrations, discussion and ample opportunity to create sketches for future paintings. Supplies extra, list available upon registration.

FPD-015 Wednesdays | September 22 – October 20 | 1:00 PM - 4:00 PM | 5 Weeks

Watercolour & Pen: Beautiful Buildings Series II

Instructor: Valdis Gislason

Member $70 | Non-Member $105

Learn to convey the beauty of commonplace buildings and streetscapes using pencil, pigma pen, and watercolours. With lots of input from the instructor, this project-based course will challenge beginner and intermediate painters to identify the essential elements of a new batch of painstakingly selected buildings and streetscapes and transform them into compelling pieces of art. All artistic levels welcome. Supplies extra, list available. Note: New lesson plans for week one (different from Fall 2020) will be available.

FPD-017 Mondays & Wednesdays | September 13, 15, 20, & 22 | 9:30 AM - 12:30 PM | 4 Classes

Watercolour & Pen: Whimsical Creatures

Instructor: Valdis Gislason

Member $70 | Non-Member $105

Course Description: Learn to use watercolours and pigma pen to create an array of whimsical creatures like mice, cats, dogs sheep, pigs, rabbits, lions, cows, frogs, elephants, fish and birds. No painting experience required. Supplies (minimal) extra, list available.

FPD-016 Mondays & Wednesdays | November 15, 17, 22, & 24 | 9:30 AM - 12:30 PM | 4 Classes

Watercolours: Basic Watercolour Landscapes For Everyone

Instructor: Frank Haddock

Member $97 | Non-Member $132

Want to get a fresh start with watercolours? Experienced and beginners will find this the most informative course on colour mixing and paint techniques. Your instructor will show you all of this and so much more with paint-a-long demonstrations to be sure you learn what you need to know to use this wonderful medium.

FPD-020 Mondays | November 1 – December 6 | 1:00 PM - 4:00 PM | 6 Weeks

Watercolours: Fall Landscapes

Instructor: Frank Haddock

Member $65 | Non-Member $100

Paint all new pictures as you learn how to use several techniques in this step-by-step style course. Beginners and those with some experience will find exciting arrangements of colours and compositions that will help you realize painting is not just copying photographs. Individual attention and expert instruction—what a great way to learn.

FPD-018 Mondays | September 13 – October 4 | 1:00 PM - 4:00 PM | 4 Weeks

Watercolours: Exploring Landscapes - Intermediate

Instructor: Frances Alty-Arscott

Member $132 | Non-Member $167

This program is designed for individuals who have already mastered the basics of working in watercolour. You will learn to enhance the freshness in your work by experimenting with new ideas and alternative painting techniques. There will be demonstrations and class discussion. You will be encouraged to explore your own personal direction through individualized instruction. Previous experience painting with watercolours is required. Supplies are extra, list available upon registration.

FPD-019 Tuesdays | September 21 – November 16 | 1:00 PM - 4:00 PM | 8 Weeks (No Class October 26)

Special Events

Christmas Luncheon: Thursday, December 16

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

Sing-A-Long Social: Starts September 17

Let your Lion's voice roar during this fun Friday afternoon pub style sing-a-long! Martin Doyle will lead the group through a number of musical styles ranging from folk to funk. Drop-ins are $5, or purchase a barcode to reserve your spot. See more details on page 34.

Please Note...

We do not have a date set for our Volunteer Appreciation Event, but that doesn't mean we've forgotten you! We'll plan a wonderful event as soon as we have more details. Stay tuned to our website and sign up for our newsletter for updates on special events.

Waitlist Policy

If the activity in which you wish to register is full, you can be waitlisted. If there is sufficient interest to run a second course, CLSA may arrange a second course or move the activity to a larger room to accommodate for interest and physical distancing.

Clinics

Influenza (Flu) Immunization Clinic

Protect yourselves and those vulnerable with weakened immune systems. Get your flu shot here at Central Lions. CLSA is pleased to welcome this year's clinic hosts: iCare Pharmacy (North Edmonton Location).
When: Wednesday, October 20, 9:00 a.m. – 4:00 p.m. ***This is a tentative date. Watch for CLSA's Fall Newsletters for confirmed date, time, and registration details.**
Fee: Free. Be sure to bring your Alberta Health Card.

Reflexology & Chair Massage Clinic

Take the stress out of your day with a seated, clothes-on gentle relaxation massage for the head, neck and shoulders. 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.
Who: Julie Leblanc, Massage Therapist - registered with the NHPC
When: 4th Wednesday of each month - September 22, October 27, November 24, December 22
Time: 9:00 a.m. – 2 p.m.
How: By appointment. Call Julie @ (780) 920-3149.
Fee: ½ hour Chair Massage -- CLSA Members $35; Fees payable to Julie Leblanc
1 hour Reflexology -- CLSA Members $55; Fees payable to Julie Leblanc

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 - September 21, October 19, November 16, December 21
Time: By appointment only.
How: Call 780–488–5878 anytime between 8 a.m.- 4 a.m., Mon–Fri.
Fee: Per visit -- CLSA Members only $30; Fees payable to Edmonton Foot Care

Circles

Update to COVID Policy for Circles

Alberta entered Stage 3 of its reopening plan on July 1, and we remain vigilant and cautiously optimistic about our own reopening this fall. Please know that we continue to hold the safety of our members, volunteers, instructors, and staff as the top priority.

Any club or activity that is moving forward for Fall Programming will be called a 'Circle.' Please note there will be no "drop-ins" this fall due to COVID variant influences. Until further notice, members will be required to purchase a barcode to attend their activity. Time slots are available on a first-come, first-served basis. Policies will be evaluated a few weeks into the season, and adjustments may be made based feedback from

players, and/or permissions from AHS and the City. We will keep you informed of all relevant information for safe gathering and play closer to the start date scheduled for September 7, 2021.

The following points will apply to any circles resuming activity in the fall:

- We will continue to follow recommended health and safety guidelines from AHS.
- Drop-in activities are being treated as circles due to COVID variant influences, and will follow circle protocols until further notice.
- Masks must be worn when moving about the building and if an instructor requests you to do so. Physical distancing protocols and cleaning processes will also be in place until further notice.
- Participants must be CLSA members.

Thanks for sticking with us during what we hope is the home stretch. Please send all inquiries for circles to Circles@CentralLions.org. We look forward to welcoming you back to the centre this fall!

Badminton Circle – Term 1

Member $20 | Non-Member $55 | Dues $1

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

FSCircle-	**Cancelled due to Covid-19** 18)
FSCircle-002	Mondays | September 13 – October 25 | 1:30 PM - 3:30 PM | 5 Weeks (No Circle Oct 11 & 18)

Badminton Circle – Terms 1 & 2

Member $32 | Non-Member $67 | Dues $2

FSCircle-003	Wednesdays | September 8 – October 27 | 1:30 PM - 3:30 PM | 8 Weeks
FSCircle-008	Wednesdays | November 3 – December 22 | 1:30 PM - 3:30 PM | 8 Weeks
FSCircle-013	Mondays | November 1 – December 20 | 11:30 AM - 1:30 PM | 8 Weeks
FSCircle-027	Mondays | November 1 – December 20 | 1:30 PM - 3:30 PM | 8 Weeks

Bridge Circle – Term 1

Member $10 | Non-Member $45

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

FCircle-0	**Cancelled due to Covid-19** 1)

Bridge Circle – Term 2

Member $16 | Non-Member $51

FCircle-068	Mondays | November 1 – December 20 | 12:30 PM - 3:30 PM | 8 Weeks

Cribbage Circle – Terms 1 & 2

Member $14 | Non-Member $49

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.

FCircle-065	Thursdays | September 9 – October 21 | 1:00 PM - 3:00 PM| 7 Weeks
FCircle-066	Thursdays | November 4 – December 23 | 1:00 PM - 3:00 PM| 7 Weeks

Firefighter Alumni Band Circle – Terms 1 & 2

Member $14 | Non-Member $49

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

FCircle-0	**Term 1 cancelled due to Covid-19**
FCircle-056	Wednesdays | November 3 – December 15 | 10:00 AM - 12:00 PM | 7 Weeks

Hall Walkers Circle – Terms 1 & 2

Member $14 | Non-Member $49

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.

FCircle-071	Tuesdays | September 7 – October 19 | 8:30 AM - 10:30 AM | 7 Weeks
FCircle-072	Thursdays | September 9 – October 21 | 8:30 AM - 10:30 AM | 7 Weeks
FCircle-073	Tuesdays | November 2 – December 14 | 8:30 AM - 10:30 AM | 7 Weeks

Hall Walkers Circle – Term 2

Member $12 | Non-Member $47

FCircle-074	Thursdays | November 4 – December 16 | 8:30 AM - 10:30 AM | 6 Weeks (No Circle Nov 11)

Investors Circle

Member $8 | Non-Member $43

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

FCircle-004	Wednesdays | September 8 – October 20 | 1:00 PM - 3:00 PM | 4 Weeks
FCircle-005	Wednesdays | November 3 – December 15 | 1:00 PM - 3:00 PM | 4 Weeks

Knitting & Crochet Circle – Term 1

Member $14 | Non-Member $49

This social group of members gather 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.

FCircle-006	Wednesdays | September 8 – October 20 | 10:00 AM - 12:00 PM | 7 Weeks

Knitting & Crochet Circle – Term 2

Member $16 | Non-Member $51

FCircle-007	Wednesdays | November 3 – December 22 | 10:00 AM - 12:00 PM | 8 Weeks

Register August 16 -27

From August 16 – 27, you can register for a program in-person or over the phone by calling 780-496-7369 between 10 a.m. and 2:00 p.m Monday – Wednesday, or visit us at www.CentralLions.org to access our online registration system any time.

Lapidary Circle – Term 1

Member $15 | Non-Member $50 | Dues $2

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

FCircle-009	Mondays | September 13 – October 18 | 12:00 PM - 3:00 PM | 5 Weeks (No Circle October 11)

Lapidary Circle – Term 1

Member $21 | Non-Member $56 | Dues $2

FCircle-010am	Tuesdays | September 7 – October 19 | 9:00 AM - 12:00 PM | 7 Weeks
FCircle-010pm	Tuesdays | September 7 – October 19 | 12:00 PM - 3:00 PM | 7 Weeks

Lapidary Circle – Term 2

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

FCircle-011	Mondays | November 1 – December 20 | 12:00 PM - 3:00 PM | 8 Weeks
FCircle-012am	Tuesdays | November 2 – December 21 | 9:00 AM - 12:00 PM | 8 Weeks
FCircle-012pm	Tuesdays | November 2 – December 21 | 12:00 PM - 3:00 PM | 8 Weeks

Lions Big Band Circle – Terms 1 & 2

Member $14 | Non-Member $49

Get together and play good music.

FCircle-0	**Term 1 cancelled due to Covid-19**
FCircle-054	Tuesdays | November 2 – December 14 | 9:30 AM - 12:00 PM | 7 Weeks

Mahjong Circle (National - American) – Term 1

Member $14 | Non-Member $49

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.

FCircle-069	Tuesdays | September 7 – October 19 | 10:00 AM - 12:00 PM | 7 Weeks

Mahjong Circle (National - American) – Term 2

Member $16 | Non-Member $51

FCircle-070	Tuesdays | November 2 – December 21 | 10:00 AM - 12:00 PM | 8 Weeks

Photography Circle – Terms 1 & 2

Member $4 | Non-Member $39

An opportunity to meet other photo enthusiast, take photos, learn & share experiences in photography, but most importantly have fun! Participants will decide on projects for each month. Offered the 1st Thursday of each month.

FCircle-0	**Term 1 cancelled due to Covid-19**
FCircle-015	Thursdays | November 4 & December 2 | 1:00 PM - 3:00 PM | 2 Workshops

Pickleball Circle – Term 1

Member $32 | Non-Member $67 | Dues $2

Want to play for fun, meet new people and get a little exercise?

FSCircle-022	Tuesdays | September 7 – October 26 | 9:00 AM - 11:15 AM | 8 Weeks
FSCircle-024	Tuesdays | September 7 – October 26 | 11:15 AM - 1:30 PM | 8 Weeks
FSCircle-033	Thursdays | September 9 – October 28 | 9:00 AM - 11:15 AM | 8 Weeks
FSCircle-0	**Cancelled due to Covid-19**
FSCircle-0	**Cancelled due to Covid-19**
FSCircle-070	Fridays | September 10 – October 29 | 11:15 AM - 1:30 PM | 8 Weeks

Pickleball Circle – Term 2

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

FSCircle-023	Tuesdays | November 2 – December 21 | 9:00 AM - 11:15 AM | 6 Weeks
FSCircle-032	Tuesdays | November 2 – December 21 | 11:15 AM - 1:30 PM | 6 Weeks
FSCircle-039	Thursdays | November 4 – December 16 | 9:00 AM - 11:15 AM | 6 Weeks (No Circle November 11)
FSCircle-045	Thursdays | November 4 – December 16 | 11:15 AM - 1:30 PM | 6 Weeks (No Circle November 11)

Pickleball Circle – Term 2

Member $28 | Non-Member $63 | Dues $2

FSCircle-052	Fridays | November 5 – December 17 | 9:00 AM - 11:15 AM | 7 Weeks
FSCircle-071	Fridays | November 5 – December 17 | 11:15 AM - 1:30 PM | 7 Weeks

Pickleball For Fun Circle – Term 1

Member $32 | Non-Member $67 | Dues $2

Want to play for fun, meet new people and get a little exercise?

FSCircle-016	Tuesdays | September 7 – October 26 | 11:15 AM - 1:30 PM | 8 Weeks
FSCircle-018	Tuesdays | September 7 – October 26 | 1:30 PM - 3:45 PM | 8 Weeks
FSCircle-020	Thursdays | September 9 – October 28 | 11:15 AM - 1:30 PM | 8 Weeks
FSCircle-081	Thursdays | September 9 – October 28 | 1:30 PM - 3:45 PM | 8 Weeks
FSCircle-083	Fridays | September 10 – October 29 | 11:15 AM - 1:30 PM | 8 Weeks
FSCircle-085	Fridays | September 10 – October 29 | 1:30 PM - 3:45 PM | 8 Weeks

Pickleball Circle For Fun – Term 2

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

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FSCircle-01	**FULL**
FSCircle-019	Tuesdays | November 2 – December 21 | 1:30 PM - 3:45 PM | 6 Weeks
FSCircle-082	Thursdays | November 4 – December 16 | 1:30 PM - 3:45 PM | 6 Weeks (No Circle November 11)
FSCircle-02	**FULL** ovember 11)

Pickleball For Fun Circle – Term 2

Member $28 | Non-Member $63 | Dues $2

FSCircle-084	Fridays | November 5 – December 17 | 11:15 AM - 1:30 PM | 7 Weeks
FSCircle-086	Fridays | November 5 – December 17 | 1:30 PM - 3:45 PM | 7 Weeks

Scrabble Circle – Terms 1 & 2

Member $14 | Non-Member $49

This is a joint CLSA / Marigolds 55+ activity where you can join in and put your brain to work in this fun, social game.

FCircle-063	Fridays | September 10 – October 22 | 1:00 PM - 3:30 PM | 7 Weeks
FCircle-064	Fridays | November 5 – December 17 | 1:00 PM - 3:30 PM | 7 Weeks

Silver Stage Drama Circle – Term 1

Member $14 | Non-Member $49

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

FCircle-059	Thursdays | September 9 – October 21 | 1:00 PM - 4:00 PM | 7 Weeks

Silver Stage Drama Circle – Term 2

Member $6 | Non-Member $41

FCircle-060	Thursdays | November 4 – November 25 | 1:00 PM - 4:00 PM | 3 Weeks (No Circle November 11)

Snooker Circle – Term 1

Member $34 | Non-Member $69 | Dues $2

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

FCircle-025	Mon–Fri | September 7 – October 22 | 9:00 AM - 4:00 PM | 7 Weeks (Excluding Holidays)

Snooker Circle – Term 2

Member $40 | Non-Member $75

FCircle-026	Mon–Fri | November 1 – December 23 | 9:00 AM - 4:00 PM | 8 Weeks (Excluding Holidays)

Stained Glass Circle – Term 1

Member $21 | Non-Member $56 | 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.

FCircle-02	**Cancelled due to Covid-19**

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FCircle-02	**Cancelled due to Covid-19**
FCircle-029am	Thursdays | September 9 – October 21 | 9:00 AM - 12:00 PM | 7 Weeks
FCircle-029pm	Thursdays | September 9 – October 21 | 12:00 PM - 3:00 PM | 7 Weeks
FCircle-031am	Thursdays | November 4 – December 23 | 9:00 AM - 12:00 PM | 7 Weeks (No Circle November 11)
FCircle-031pm	Thursdays | November 4 – December 23 | 12:00 PM- 3:00 PM | 7 Weeks (No Circle November 11)

Stained Glass Circle – Term 2

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

FCircle-030am	Wednesdays | November 3 – December 22 | 9:00 AM - 12:00 PM | 8 Weeks
FCircle-030pm	Wednesdays | November 3 – December 22 | 12:00 PM- 3:00 PM | 8 Weeks

Swingtime Band Circle – Terms 1 & 2

Member $14 | Non-Member $49 | Dues $2

This group plays songs from past eras. Beginners welcome. Must be able to read music.

FCircle-05	**Term 1 cancelled due to Covid-19**
FCircle-058	Wednesdays | November 3 – December 15 | 1:00 PM - 3:00 PM | 7 Weeks

Table Tennis Circle – Term 1

Member $20 | Non-Member $55 | Dues $1

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

FSCircle-034	Mondays | September 13 – October 25 | 9:00 AM - 11:00 AM | 5 Weeks (No Circle Oct 11 & 18)

Table Tennis Circle – Terms 1 & 2

Member $32 | Non-Member $67 | Dues $2

FSCircle-036	Wednesdays | September 8 – October 27 | 9:00 AM - 11:00 AM | 8 Weeks
FSCircle-06	**Cancelled due to Covid-19**
FSCircle-035	Mondays | November 1 – December 20 | 9:00 AM - 11:00 AM | 8 Weeks
FSCircle-068	Wednesdays | November 3 – December 22 | 9:00 AM - 11:00 AM | 8 Weeks
FSCircle-069	Wednesdays | November 3 – December 22 | 11:00 – 1:00 PM | 8 Weeks

Tai Chi Practice Circle – Term 1

Member $14 | Non-Member $49

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.

FCircle-037	Fridays | September 10 – October 22 | 1:15 PM - 2:30 PM | 7 Weeks

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Tai Chi Practice Circle – Term 2

Member $14 | Non-Member $49

FCircle-038 Fridays | November 5 – December 17 | 1:15 PM - 2:30 PM | 7 Weeks

Ukulele Practice Circle – Terms 1 & 2

Member $14 | Non-Member $49

This peer-to-peer assembly supports individuals working on their timing, chords, strumming and picking techniques. Everyone is welcome to participate 'in-the-round' so bring music and your voice too!

FCircle-090 Thursdays | September 9 – October 21 | 12:30 PM - 2:00 PM | 7 Weeks

FCircle-091 Thursdays | November 4 – December 23 | 12:30 PM - 2:00 PM | 7 Weeks (No Circle November 11)

Whist Circle – Term 1

Member $14 | Non-Member $49

Join us for this fun afternoon card game where each of the partnerships is this exciting, tricky game tries to score points by taking any trick in excess of six. The partnership with the most points at the end of play wins the game.

FCircle-061 Wednesdays | September 8 – October 20 | 1:00 PM - 3:00 PM | 7 Weeks

Whist Circle – Term 2

Member $16 | Non-Member $51

FCircle-062 Wednesdays | November 3 – December 22 | 1:00 PM - 3:00 PM | 8 Weeks

Wonders of Writing Circle – Term 1

Member $14 | Non-Member $49

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

FCircle-046 Tuesdays | September 7 – October 19 | 10:00 AM - 12:00 PM | 7 Weeks

Wonders of Writing Circle – Term 2

Member $16 | Non-Member $51

FCircle-047 Tuesdays | November 2 – December 21 | 10:00 AM - 12:00 PM | 8 Weeks

Young @ Heart Band Circle – Term 1

Member $10 | Non-Member $45

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

FCircle-0 **Term 1 cancelled due to Covid-19** e October 11)

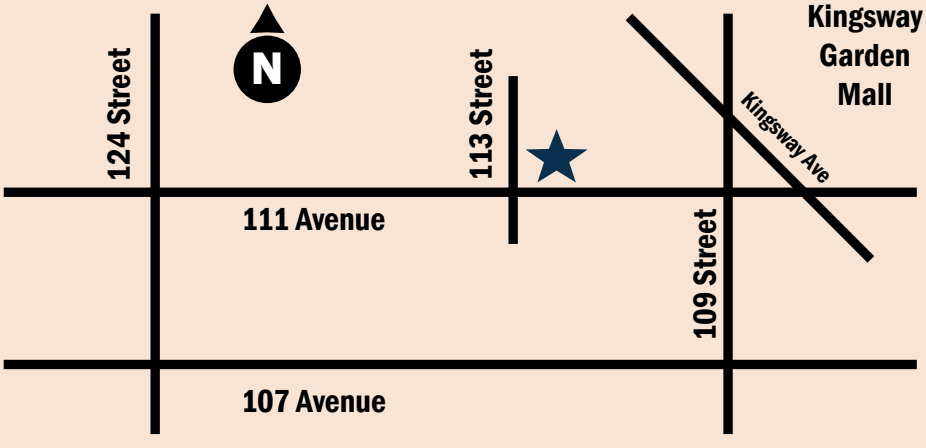
Young @ Heart Band Circle – Term 2

Member $14 | Non-Member $49

FCircle-050 Mondays | November 1 – December 13 | 1:00 PM - 3:00 PM | 7 Weeks

Central Lions Seniors Association

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