

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



# WINTER 2021

## Program & Activity Guide

*Adding Longevity to Your Life!*

January – April



**New Year, New You: Stay Safe, Stay Active This Winter**

## Central Lions Recreation Centre

11113 – 113 Street NW  
Edmonton, Alberta  
T5G 2V1

**Phone:** 780-496-7369

**Fax:** 780-442-0946

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

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

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## Hours of Operation

### Monday – Friday

8:30 a.m. – 4:30 p.m.

\*Centre is closed statutory holidays

### Winter Office Hours

#### January – April

8:30 a.m. – 4:00 p.m.

### Registration Desk Hours

**\*From Dec 7–16, all Winter 2021**

**registration will be completed online  
or over the telephone due to provincial  
prohibition on social gatherings.**

#### November 30 – December 16:

Monday – Wednesday 10 a.m. – 2 p.m.

#### Weekends & Stats: CLOSED

\*Registration Desk Closed Dec 17–Jan 1

#### Starting Monday, January 4:

Monday – Friday 10 a.m. – 2 p.m.

### Fitness Centre Hours

#### Monday–Friday

9:00 a.m. – 2:00 p.m.



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](mailto:susan.mann@CentralLions.org)

# Stay Safe & Active This New Year

Dear Members,

Season's greetings and warm wishes for a safe and healthy holidays and new year ahead! This program guide was created in November and follows the public health recommendations by AHS and the City of Edmonton at the time. Thank you for your participation in the COVID-19 'circuit breaker' as the facility remains temporarily closed until the end of the year. We look forward to seeing you soon and resuming activities in 2021!

Please know that the health and safety of our members, volunteers, instructors, and staff remain top priority. This, along with any updates to public health measures will continue to inform decisions made by our Board of Directors and Admin team. Be assured that when we reopen, we will continue to follow the most up-to-date provincial health recommendations. Limited class capacity, health screening upon entry, and frequent disinfecting of high-traffic areas are some of the safety procedures we will continue to practice in the new year (see Page 5 for more information).

Our Winter Catalogue will be emailed to members and posted on our website. The catalogue will be printed for members without email and sent via Canada Post. We strongly recommend that members view the catalogue online; only a limited number of printed catalogues will be available. The Catalogue will be available early-December. Winter programming is scheduled to resume for circles on **January 4th**, and classes start on **January 11th**. Please keep an eye out for upcoming email newsletters or check out our website for any new updates to programming in the new year.

Please note that you must have a 2021 CLSA Membership to register for Winter classes and circles. 2021 memberships are available online now. We encourage members to use online registration when possible, and you can register over the phone by calling 780-496-7369 starting **November 30th** (registration desk hours are Mon–Wed, 10 am –2 pm). The Centre remains closed to the public until **January 4th**; this may change based on AHS and City COVID restrictions.

**\*New\*** For all Circles and the Fitness Centre this Winter: Purchase a barcode to reserve a time slot until the end of the season. Timeslots are available on a first-come, first-served basis. Participants must be CLSA members. See Page 19 for the Fitness Centre and Page 50 for more information about Circles.

We thank you for your continued patience and cooperation with our COVID safety protocols and procedures. We are in this together, and we can't wait to see you all in the new year!

Be safe and be well,

CLSA Board & Admin Team

# Keeping You Healthy and Safe

**Be assured that we will continue to follow the most up-to-date provincial health recommendations into the new year. When you return to the centre, you will see the following safety procedures in place:**

- Upon entering the facility, we will ask members to wash hands or use hand sanitizer. There are several dispensers around the Centre to use as needed.
- Members will be asked some health screening questions each time they enter the building (or they may print and fill out the Attendance Consent Form from our website prior to their visit). A temperature check will be conducted before participants can proceed to their activity space.
- Anyone exhibiting COVID-like symptoms (dry cough, fever, sore throat, shortness of breath etc.) will be asked to self-isolate immediately.
- Once programs resume, only guests whose names appear on an attendance or reservation list will be admitted into the building. All other visitors must check in at reception via the south doors.
- As per the City Bylaw, all visitors are required to wear a face mask whenever they are not engaged in “high-aerobic” activities. This includes when participants are moving between equipment.
- Time slots for classes and activities will be spaced out to allow for physical distancing. Class capacity size may be adjusted to allow for distancing.
- We will be practicing ‘Safe Six’ at all times: Wash your hands, Wear a mask, Physical distancing, Cover your cough, Clean equipment and surfaces, and Isolate if you feel ill.
- There are directional and physical distancing reference markers around the building and in classrooms. Individual rooms will be set up to accommodate distancing. Sneeze guards have been set up at reception desks to minimize virus transmission.
- Our custodial team will frequently clean and disinfect high-traffic areas, surfaces and rooms.
- Lockers, showers and water fountains will not be available for use. Members must arrive in workout clothes. Bottled water will be available for purchase.
- To minimize indoor congregation, we encourage you not to linger in the building; please arrive no more than 10 minutes before your class and plan to leave soon after.
- COVID-19 safety training is mandatory for all staff and volunteers to ensure the team is educated and best practice measures are in place to keep everyone safe.
- Online registration will further reduce chances of exposure (see page 7 for registration desk days and times).
- Please note that only the south doors and foyer will be open.
- Need more information about our protocols? Please see our “Re-opening FAQ” page on our website at [www.CentralLions.org](http://www.CentralLions.org) for more information.

# 2021 CLSA Memberships

Type of Membership	Purchase	Eligibility	Prices, Available for Purchase Dates, and Valid Dates	Description
<b>55+ Membership</b>	Online, In Person	55+ years	\$35 Available Nov 1–Aug 31 '21  Valid Dates: January 1 –December 31, 2021	<ul style="list-style-type: none"> <li>• Full voting privileges at Annual General Meeting</li> <li>• Member rates on CLSA programs and activities</li> <li>• Reciprocal member rates at participating seniors centres</li> </ul>
<b>Under 55 Membership</b>	Online, In Person	35–54 years	\$65 Available Nov 1 – Aug 31 '21  Valid Dates: January 1 –December 31, 2021	<ul style="list-style-type: none"> <li>• No voting privileges at Annual General Meeting</li> <li>• Member rates on CLSA programs and activities</li> <li>• Restricted access to sports clubs</li> </ul>
<b>Community Membership</b>	In Person Only	<ul style="list-style-type: none"> <li>• Reciprocal Seniors Centres</li> <li>• Queen Anne &amp; Prince Rupert Community League Partners,</li> <li>• Minds in Motion Care Partners</li> </ul>	\$5 Available Jan 1 – Dec 31 '21  Valid Dates: January 1 –December 31, 2021	<ul style="list-style-type: none"> <li>• No voting privileges at Annual General Meeting</li> <li>• Member rates on CLSA programs and activities</li> <li>• Access to Drop-in activities &amp; non-sports clubs</li> <li>• Restricted access to sports clubs</li> </ul>
<b>Gold/ Lifetime Membership</b>	In Person Only	85+ years	\$0 Available Nov 1–Dec 31 '21 **Must be renewed every year  Valid Dates: January 1 –December 31, 2021	<ul style="list-style-type: none"> <li>• Full voting privileges at Annual General Meeting</li> <li>• Member rates on CLSA programs and activities</li> <li>• Reciprocal member rates at participating seniors centres</li> </ul>



## How to Register

Call 780–496–7369 or visit  
[www.CentralLions.org](http://www.CentralLions.org) to register

### In Person

In support of enhanced public health measures by AHS and the City, we encourage members to use online registration when possible. You can also register over the phone by calling 780–496–7369 starting **November 30th** (Registration hours are Mon–Wed 10 am –2 pm). The Centre remains closed to the public until **January 4th**; this may change based on AHS and City COVID restrictions.

### Telephone

Register by calling us at **780–496–7369** (Desk hours until Dec 16: Mon–Wed 10–2 p.m.) Telephone registrations **must be** completed before the program start date.

### Online Registration

Our new online registration system launched in Fall 2020. It is a safe and easy way to register for 2021 memberships, classes, and circles from the comfort of your home. If you’ve had a chance to use the registration system, you can visit the system through our website at [www.CentralLions.org](http://www.CentralLions.org) (click on “My Account” in the upper right corner). Instructions to log in for the first time can be found on our website. Click on “Membership” in the menu bar, then click on “Registration.”

**If you bought a membership in 2020, you are an Existing Active Member and your online registration account has already been created for you.** Visit the site through our homepage at [www.CentralLions.org](http://www.CentralLions.org) (click on “My Account” in the upper right corner). You can use our online system to confirm and update your account information, purchase or renew your membership, and register for Winter 2021 programs.

**Please Note:** You must purchase a 2021 Membership before you can register for 2021 classes and circles at the Member Rate. **If you have never purchased a membership before**, please call 780–496–7369 to have an account created for you (Desk hours Mon–Wed 10–2 p.m. until Dec 16).

If you have any trouble logging into the system, please let us know; sometimes it’s a simple typo on our end, or the name on the account is your birth name and not the name you use every day! It’s an easy fix. Please call 780–496–7369.

### 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 our main line 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 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](mailto: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 commencing for Winter Programming will temporarily 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.

**Session:** A program that has multiple offerings in a season.

**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.

**Drop-In Fee:** The nominal fee charged per visit to off set the cost of the programming expenses.

**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

## Tuesday Evening Activities for Winter 2021!

Starting **January 12th**, CLSA will have extended hours on **Tuesday evening only**. The centre will be open from **8:30 a.m. – 8:00 p.m.** The following Activities will be offered on Tuesday Nights:

- Fibre Art: Tapestry Weaving - Small Wall Hanging
- Fibre Art: Woven Coasters
- The Art of Redesigning Jewellery #1
- Co-Ed Keep Fit (M-V) Evening
- The World of Wines
- Chronic Pain Support

- Drum Journey #1: The Basics
- Watercolour & Pen: Whimsical Creatures

Tuesday Evening Activities are indicated with this sticker:



## New Programs!

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

- Barre Fitness (M)
- Cardio Rhythm (M-V)
- Dance Fit with Kathy (M)
- Hoop Dance (M)
- Hoop Fit & Stretch (M)
- Breathing & Relaxation 1.1
- Breathing & Relaxation 1.2
- Hand Drumming: Rhythms & Techniques
- Harmonica for Fun (Beginners Level 1)

- Acrylics: Capturing Seascapes (All Levels)
- Acrylics: Freestyle Painting for Beginners
- Cartooning for Fun!
- Drawing Facial Pictures in Perspective (Int)
- Painting with Gouache (All Levels)

New Programs are indicated with this sticker:



## Winter 2021 Town Hall Meeting and AGM

### Town Hall Meeting – Monday, January 25th at 1 p.m.

Meet the new Board at this year's first Town Hall meeting on **Jan 25th**. Bring your questions and concerns for discussion with Board members and administration staff **1 p.m. in the atrium**. **Please R.S.V.P. to info@CentralLions.org by Jan 18** with subject line: TOWNHALL, and please include your name, phone and membership number in the body or call 780-496-7369 and leave a message.

### AGM – Thursday, March 18th at 1–3 p.m.

The AGM date will be on Thursday, **March 18th at 1–3 p.m.** in the Auditorium. Safety protocols will be in place. We will not be offering refreshments. Documents (Agenda, Minutes, Audited Financial Statement, proposed bylaw changes) will be emailed for your review in advance; hard copies will not be handed out at the meeting but will be presented electronically.

To help us prepare for proper set-up, **please R.S.V.P. to info@CentralLions.org, by March 12th** with subject line: AGM, and please include your name, phone and membership number in the body. If you do not have an email address and wish to attend, leave a message with your full name, membership number and phone number at 780-496-7369.



# Computers and Devices

## Computer Tutorials: One-on-One

**Instructor: Shawn Gramiak**

**Member Fee per Session: \$48 | Non Member Fee per Session: \$83**

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 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). You can learn how to use Word, Excel or PowerPoint; organize files on your computer; use online services like the Google Drive, Kijiji or Pinterest; download movies, music or apps; or become a pro at email, text messaging and video calling? Let us know what help you need! Multiple concerns may require more than one instructional session. You are welcome to schedule back-to-back time slots or book another day. Please advise as to the type of device & concern when registering. **Note:** Should COVID-19 still present a risk, at the instructor’s discretion, virtual online tutorial services may be used.

Tuesday, January 12, 2021

- WCD-007** | 1:00 PM - 1:45 PM
- WCD-008** | 2:00 PM - 2:45 PM
- WCD-009** | 3:00 PM - 3:45 PM

Tuesday, March 9, 2021

- WCD-013** | 1:00 PM - 1:45 PM
- WCD-014** | 2:00 PM - 2:45 PM
- WCD-015** | 3:00 PM - 3:45 PM

Tuesday, January 26, 2021

- WCD-010** | 1:00 PM - 1:45 PM
- WCD-011** | 2:00 PM - 2:45 PM
- WCD-012** | 3:00 PM - 3:45 PM

Tuesday, March 23, 2021

- WCD-016** | 1:00 PM - 1:45 PM
- WCD-017** | 2:00 PM - 2:45 PM
- WCD-018** | 3:00 PM - 3:45 PM

Tuesday, February 9, 2021

- WCD-004** | 1:00 PM - 1:45 PM
- WCD-005** | 2:00 PM - 2:45 PM
- WCD-006** | 3:00 PM - 3:45 PM

Tuesday, April 6, 2021

- WCD-001** | 1:00 PM - 1:45 PM
- WCD-002** | 2:00 PM - 2:45 PM
- WCD-003** | 3:00 PM - 3:45 PM

## Stay Informed!

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our upcoming newsletters and program guides. Here are some ways you can get information from us: make sure you are on our email list (or provide a family member’s email address), friend us on Facebook, 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.



## Crafts

### Cards & Paper Crafts

**Instructor: Pam McLean**

**Member \$25 | Non Member \$60**

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. Come learn and have fun! All materials provided with cards pre-cut and ready for you to assemble, stamp and create. **Supplies (\$10) payable upon registration.**

**WC-002** Monday | January 18 | 9:30 AM - 12:30 PM | One Day Workshop

**WC-003** Monday | February 8 | 9:30 AM - 12:30 PM | One Day Workshop

**WC-004** Monday | March 15 | 9:30 AM - 12:30 PM | One Day Workshop

### De-Stress with Bath Bombs

**Instructor: Aura Morrison**

**Member \$25 | Non Member \$60**

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.**

**WC-001** Friday | January 15 | 1:00 PM - 4:00 PM | One Day Workshop

### Dragon Lanterns

**Instructor: Susan Mann**

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

Using concrete, paint and your imagination, create beautiful and practical works of art in this two-part crafting session. Candle holders, ring bowls 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, Apr 12 - lantern creation. Part #2: Thurs, Apr 15 - finishing your project. Basic materials supplied.

**WC-005** Monday, April 12 & Thursday, April 15 | 1:00 PM - 4:00 PM | Two Day Workshop

### Fibre Art: Tapestry Weaving - Small Wall Hanging

**Instructor: Danielle S. Fuechtmann**

**Member \$86 | Non Member \$121**

Walk back in time - weaving art is on the rise again! (Re)Discover your inner artist and create your own beautiful wall hanging for your home or as a gift. You will be hooked! You will learn how to set up a frame loom, basic weaving techniques, remove the weaving from the loom and prepare it for hanging. Simple, easy and fun! No experience required. All supplies and use of loom included in the fee. If interested, Looms available for purchase after program (\$65) plus weaving combs (\$18) and weaving needles (\$5).

**WC-006E** Tuesdays | February 2 – 16 | 6:00 PM - 8:00 PM | 3 Weeks



## Fibre Art: Woven Coasters

**Instructor: Danielle S. Fuechtmann**

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

Woven coasters are a great project for beginner weavers. They can be made in almost no time and can be embellished as you like. Instructor Danielle will bring all the supplies and show you how to get started weaving on a frame loom. Go home with a set of new coasters for yourself or for gift giving and the knowledge it takes to easily make more. No experience necessary. All supplies and use of loom included in the fee. If interested, looms available for purchase after program (\$65) plus weaving combs (\$18) and weaving needles (\$5).



**WC-007E** Tuesdays | March 16 – 23 | 6:00 PM - 8:00 PM | 2 Weeks

## Paint Pouring & Resin: Advanced

**Instructor: Susan Mann**

**Member \$60 | Non Member \$96**

Allowing your creative juice to flow in this advanced acrylic paint pour class. Day one you will create your masterpiece. On day two, apply resin to seal the piece and give it a beautiful finish. Day three (Mon Mar 1, 10 am - 12 pm) is project pick-up day when you will be able to ooh and awe the beautiful work of classmates. **NOTE:** Basic supplies provided include: paint, flow medium, items used to mix paint colours, resin. Canvases will not be supplied. Be sure to bring birch wood panels (available from art stores) in three assorted sizes (recommended: 5 x 7, 8 x 10, and 12 x 14). If you want specific paint colours bring your own craft paint to mix in class.

**WC-008** Monday, February 22 & Friday, February 26 | 1:00 PM - 4:00 PM | Two Workshops + One Pick-up Day

## Polymer Clay Jewellery

**Instructor: Wendy Hewitt**

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

Fido, Scullery, Primo- what are they? They are some of the brand names for polymer clay, a type of clay that can harden at lower temperatures, comes in a wide variety of colors, maintains its shape, and allows for exact and distinguished detail. With this also comes some fragility. In this homemade jewellery workshop, you will learn to apply various techniques such as marbling and imprinting, and add Natasha bead embellishments. No experience required. **Supplies kit cost (\$16) payable upon registration.** All other supplies and equipment will be provided.

**WC-009** Friday | March 12 | 10:00 AM - 3:00 PM | One Day Workshop

## Pressed Flower Art: 'Carnival' Masquerade Masks

**Instructor: Melanie Hsiao**

**Member \$25 | Non Member \$60**

Typically worn during the Carnival of Venice, venetian half masks are a centuries old tradition used to hide the wearer's identity and social status. Transform into the mysterious monsieur or belle of the ball (costume party or dress gala) with your own handmade paper mache mask. Once your masks (you will be making two) have been painted, you will design and paste flowers and leaves, applying sealer to secure. **Materials and flowers supplied for in-class use extra (\$20) payable upon registration.** Participants are welcome to bring own flowers and tools to add/use with the projects. Be sure to wear appropriate clothing for painting/sealing.

**WC-011** Thursday | February 4 | 1:00 PM - 4:00 PM | One Day Workshop



## 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"x10" 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.

**WC-010**

Thursday | January 14 | 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 - 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.**

**WC-012**

Thursday | March 11 | 1:00 PM - 4:00 PM | One Day Workshop

## The Art of Redesigning Jewellery #1

**Instructor: Shirley Zago**

**Member \$23 | Non Member \$58**

Redesigning jewellery is an inexpensive way to create fashion pieces. The options are endless. Using simple tools provided by the instructor, have fun taking apart your old jewellery to create something new ... and save money too! With instructor-led tips and techniques, you will learn how to incorporate a chain, clasps, posts and string beads to your existing pieces. Bring your old/broken/out of date pieces to class. **Supplies and tool use extra (\$10) payable upon registration.**

**WC-013**

Tuesday | March 30 | 1:00 PM - 4:00 PM | One Day Workshop

**WC-013E**

Tuesdays | March 30 – April 6 | 6:30 PM - 8:00 PM | 2 Weeks

**TUESDAY  
EVENING**

## The Art of Redesigning Jewellery #2

**Instructor: Shirley Zago**

**Member \$23 | Non Member \$58**

Redesigning Jewellery #2 will focus on design principles and possibilities. The forever changing jewellery trends can bring imagination to a whole new level. Rather than a simple chain, learn how to create more complex designs - bringing new life to existing pieces or heritage jewellery. Bring your old/broken/out of date pieces to class. **Supplies and tool use extra (\$10) payable upon registration.**

**WC-014**

Tuesday | April 6 | 1:00 PM - 4:00 PM | One Day Workshop



## 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.

**NOTE:** Due to the intimate nature of this dance style and it being necessary to travel around the room, masks must be worn for the duration of this class during COVID-19 measures.

**WD-007**      Fridays | January 15 – February 19 | 1:00 PM - 2:30 PM | 6 Weeks

**WD-008**      Fridays | March 5 – April 9 | 1:00 PM - 2:30 PM | 5 Weeks (No class on April 2)

### 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.

**WD-009**      Thursdays | January 14 – February 18 | 1:30 PM - 2:15 PM | 6 Weeks

**Member \$17 | Non Member \$52**

**WD-010**      Thursdays | March 4 – April 8 | 1:30 PM - 2:15 PM | 5 Weeks

#### Hibiscus Level (Choreography)

**Member \$33 | Non Member \$68**

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

**WD-011**      Thursdays | January 14 – February 18 | 1:30 PM - 3:00 PM | 6 Weeks

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

**WD-012**      Thursdays | March 4 – April 8 | 1:30 PM - 3:00 PM | 5 Weeks

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## Plumeria Level (Performance)

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

Performance class. Includes the preceding Coconut and Hibiscus levels.

**WD-013**      Thursdays | January 14 – February 18 | 1:30 PM - 3:45 PM | **6 Weeks**

**Member \$38 | Non Member \$73 (Includes the cost of a membership)**

**WD-014**      Thursdays | March 4 – April 8 | 1:30 PM - 3:45 PM | **5 Weeks**

## 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 reviewed. Tap shoes optional. Instructor will review on first day.

**WD-001**      Wednesdays | January 13 – February 17 | 11:30 AM - 12:30 PM | 6 Weeks

**WD-002**      Wednesdays | March 3 – April 7 | 11:30 AM - 12:30 PM | 6 Weeks

## Tap Dance (Intermediate)

**Instructor: Jeff Gatti**

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

Enjoy tap exercises throughout. 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. Tap shoes are suggested.

**WD-003**      Wednesdays | January 13 – February 17 | 9:10 AM - 10:10 AM | 6 Weeks

**WD-004**      Wednesdays | March 3 – April 7 | 9:10 AM - 10:10 AM | 6 Weeks

## Tap Dance : Performance (Advanced)

**Instructor: Jeff Gatti**

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

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

**WD-005**      Wednesdays | January 13 – February 17 | 10:20 AM - 11:20 AM | 6 Weeks

**WD-006**      Wednesdays | March 3 – April 7 | 10:20 AM - 11:20 AM | 6 Weeks

### 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!**



## 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)

**Instructor: Elise Seehagel**



Barre Fitness have 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.

### Barre Fitness: ‘High Five’ Tryout! (M-V)

**Member \$5 | Non Member \$40**



**WF-001** Thursday | January 14 | 1:35 PM - 2:35 PM | **Note: This is a One Day Tryout Event**

### Barre Fitness (M)

**Member \$39 | Non Member \$74**

**WF-002** Thursdays | January 21 – February 18 | 1:35 PM - 2:35 PM | **5 Weeks**

### Barre Fitness (M)

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

**WF-003** Thursdays | March 4 – April 8 | 1:35 PM - 2:35 PM | **6 Weeks**

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

**Instructor: Cathy Taskey**

**Member \$42 | Non Member \$77**

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

**WF-004** Thursdays | January 14 – February 18 | 1:30 PM - 2:30 PM | **6 Weeks**

**WF-005** Thursdays | March 4 – April 8 | 1:30 PM - 2:30 PM | **6 Weeks**

# Fitness Centre

Due to the pandemic, we have altered the way the Fitness Centre will be operated for the Winter season:

- **Hours: Monday – Friday 9:00 am – 2:00 pm (Time slots are 90 mins long).**
- Purchase a barcode to reserve your 90-minute time slot until the end of the season.
- In accordance with Provincial COVID-19 measures announced on November 24, 2020, no more than five members allowed into the Fitness Centre at any time.
- Under the friendly and qualified supervision of the fitness monitors, spend your 90 min appointment getting a full body workout through cardio, free weights and more.
- Come prepared in your workout clothes: due to COVID, the lockers, change rooms and showers are not available. Water fountains are also not available at this time. CLSA will have bottled water available for \$1.
- We encourage you to arrive no more than five minutes prior to your time slot, and please plan to leave as soon as possible following your workout.
- You will be required to complete the health screening process each time you enter the building.
- Masks will be required in the Fitness Centre whenever a participant is **not** engaged in high aerobic activity.

## Barcode Pricing is as follows:

<b>5 Weeks</b>	<b>Member \$20</b>	<b>Non Member \$55</b>
<b>6 Weeks</b>	<b>Member \$24</b>	<b>Non Member \$59</b>
<b>7 Weeks</b>	<b>Member \$28</b>	<b>Non Member \$63</b>

### Mondays | January 4 – February 8 | **6 Weeks**

**WFC-001** | 9:00 AM - 10:30 AM  
**WFC-002** | 10:45 AM - 12:15 PM  
**WFC-003** | 12:30 PM - 2:00 PM

### Tuesdays | January 5 – February 16 | **7 Weeks**

**WFC-004** | 9:00 AM - 10:30 AM  
**WFC-005** | 10:45 AM - 12:15 PM  
**WFC-006** | 12:30 PM - 2:00 PM

### Wednesdays | January 6–February 17 | **7 Weeks**

**WFC-007** | 9:00 AM - 10:30 AM  
**WFC-008** | 10:45 AM - 12:15 PM  
**WFC-009** | 12:30 PM - 2:00 PM

### Thursdays | January 7 – February 18 | **7 Weeks**

**WFC-010** | 9:00 AM - 10:30 AM  
**WFC-011** | 10:45 AM - 12:15 PM  
**WFC-012** | 12:30 PM - 2:00 PM

### Fridays | January 8 – February 19 | **7 Weeks**

**WFC-013** | 9:00 AM - 10:30 AM  
**WFC-014** | 10:45 AM - 12:15 PM  
**WFC-015** | 12:30 PM - 2:00 PM

### Mondays | March 1 – Mar 29 | **5 Weeks**

**WFC-016** | 9:00 AM - 10:30 AM  
**WFC-017** | 10:45 AM - 12:15 PM  
**WFC-018** | 12:30 PM - 2:00 PM

### Tuesdays | March 2 – April 6 | **6 Weeks**

**WFC-019** | 9:00 AM - 10:30 AM  
**WFC-020** | 10:45 AM - 12:15 PM  
**WFC-021** | 12:30 PM - 2:00 PM

### Wednesdays | March 3 – April 7 | **6 Weeks**

**WFC-022** | 9:00 AM - 10:30 AM  
**WFC-023** | 10:45 AM - 12:15 PM  
**WFC-024** | 12:30 PM - 2:00 PM

### Thursdays | March 4 – April 8 | **6 Weeks**

**WFC-025** | 9:00 AM - 10:30 AM  
**WFC-026** | 10:45 AM - 12:15 PM  
**WFC-027** | 12:30 PM - 2:00 PM

### Fridays | March 5 – April 9 | **5 Weeks** (No Class April 2)

**WFC-028** | 9:00 AM - 10:30 AM  
**WFC-029** | 10:45 AM - 12:15 PM  
**WFC-030** | 12:30 PM - 2:00 PM

## 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.

**WF-006** Wednesdays | January 13 – February 17 | 11:30 AM - 12:45 PM | 6 Weeks

**WF-007** Wednesdays | March 3 – April 7 | 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.

**WF-008** Tuesdays | January 12 – February 16 | 12:15 PM - 1:45 PM | 6 Weeks

**WF-009** Tuesdays | March 2 – April 6 | 12:15 PM - 1:45 PM | 6 Weeks

## Cardio Rhythm (M-V)

**Instructor: Elise Seehagel**



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.

## Cardio Rhythm: 'High Five' Tryout! (M-V)

**Member \$5 | Non Member \$40**



**WF-010** Thursday | January 14 | 12:20 PM - 1:20 PM | **Note: This is a One Day Tryout Event**

## Cardio Rhythm (M-V)

**Member \$39 | Non Member \$74**

**WF-011** Thursdays | January 21 – February 18 | 12:20 PM - 1:20 PM | **5 Weeks**

## Cardio Rhythm (M-V)

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

**WF-012** Thursdays | March 4 – April 8 | 12:20 PM - 1:20 PM | **6 Weeks**

### Please Note...

CLSA floor mats are not available for use during COVID restrictive times. Be sure to bring your own Yoga mat.



## Co-Ed Gentle Move & Groove (G)

This program is for individuals who may be unable to stand for exercise, suffer from chronic conditions, have developed balance issues, or who have been sedentary for awhile. Gentle exercises in standing and sitting positions include warm up, light cardio and gentle balance, plus strength work - finishing with gentle overall stretching. Work at your own pace to maintain and improve your fitness level.

**Instructor: Marlene Marvin**

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

**WF-013** Fridays | January 15 – February 19 | 11:30 AM - 12:30 PM | **6 Weeks**

**Instructor: Marlene Marvin**

**Member \$25 | Non Member \$60**

**WF-014** Fridays | March 5 – April 9 | 11:30 AM - 12:30 PM | **5 Weeks** (No Class April 2)

**Instructor: Marilee Barry**

**Member \$25 | Non Member \$60**

**WF-015** Mondays | January 11 – February 8 | 10:45 AM - 11:45 AM | **5 Weeks**

**Instructor: Marilee Barry**

**Member \$25 | Non Member \$60**

**WF-016** Mondays | March 1 – March 29 | 10:45 AM - 11:45 AM | **5 Weeks**

## Co-Ed Keep Fit (M)

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

**Instructor: Marlene Marvin**

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

**WF-018** Fridays | January 15 – February 19 | 10:15 AM - 11:15 AM | **6 Weeks**

**Instructor: Marlene Marvin**

**Member \$25 | Non Member \$60**

**WF-019** Fridays | March 5 – April 9 | 10:15 AM - 11:15 AM | **5 Weeks**

**Instructor: Cathy Taskey**

**Member \$25 | Non Member \$60**

**WF-020** Mondays | January 11 – February 8 | 10:15 AM - 11:15 AM | **5 Weeks**

**Instructor: Cathy Taskey**

**Member \$25 | Non Member \$60**

**WF-021** Mondays | March 1 – March 29 | 10:15 AM - 11:15 AM | **5 Weeks**

**Instructor: Marlene Marvin**

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

**WF-022** Wednesdays | January 13 – February 17 | 10:15 AM - 11:15 AM | **6 Weeks**

**Instructor: Marlene Marvin**

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

**WF-023** Wednesdays | March 3 – April 7 | 10:15 AM - 11:15 AM | **6 Weeks**

## Co-Ed Keep Fit (M-V) Evening

**Instructor: Alison McIntyre**

**Member \$22 | Non Member \$57**

Invite a friend, join the fun and tone up after Christmas in this short four-week program. Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility in this moderate to active fitness class. Alison will be sure to get you moving and laughing. Everyone is encouraged to workout at their own pace.

**WF-017**      Tuesdays | January 12 – February 2 | 7:15 PM - 8:15 PM | 4 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**

**WF-024**      Mondays | January 11 – February 8 | 9:00 AM - 10:00 AM | 5 Weeks

**Instructor: Cathy Taskey**

**Member \$25 | Non Member \$60**

**WF-025**      Mondays | March 1 – March 29 | 9:00 AM - 10:00 AM | 5 Weeks

**Instructor: Marlene Marvin**

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

**WF-026**      Wednesdays | January 13 – February 17 | 9:00 AM - 10:00 AM | 6 Weeks

**Instructor: Marlene Marvin**

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

**WF-027**      Wednesdays | March 3 – April 7 | 9:00 AM - 10:00 AM | 6 Weeks

## Dance Fit with Kathy (M)

**Instructor: Kathy Paterson**

Get fit and toned as you wiggle and jiggle to music from the roaring twenties to the techie 2000s. The program includes easy to follow dance moves from Latin America (Zumba), 20s Big Band, Hawaii, Greece, Mexico, Caribbean, 50s-60s Rock'n Roll, and 70s disco. No experience required; non-competitive - move and dance at your own pace. This is Westend Seniors most popular program and CLSA is pleased to welcome Kathy Paterson to their instructor team.

**Dance Fit with Kathy: 'High Five' Tryout! (M)**

**Member \$5 | Non Member \$40**

**WF-028**      Wednesday | January 13 | 1:00 PM - 2:00 PM | **Note: This is a One Day Tryout Event**

**Dance Fit with Kathy (M)**

**Member \$39 | Non Member \$74**

**WF-029**      Wednesdays | January 20 – February 17 | 1:00 PM - 2:00 PM | 5 Weeks

## **Essentrics for Pain Relief (M)**

**Instructor: Liz Olson**

**Member \$72 | Non Member \$107**

Chronic pain sufferers can discover lasting relief through the gentle, continuous, dynamic and simple movements of Essentrics. Referencing Essentrics founder Miranda Esmonde-White's book Forever Painless, exercises will focus on muscular-skeletal areas to help alleviate discomfort. A great way to end your day! A hardcopy of the book Forever Painless is available for purchase from the instructor (optional). Wear comfortable clothes and bring your yoga mat and water bottle.

**WF-030**      Fridays | January 15 – February 19 | 3:15 PM - 4:15 PM | 6 Weeks

## **Essentrics for Seniors (G)**

**Instructor: Lori Griffith**

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

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

**WF-031**      Tuesdays | January 12 – February 16 | 10:00 AM - 10:45 AM | 6 Weeks

**WF-032**      Tuesdays | March 2 – April 6 | 10:00 AM - 10:45 AM | 6 Weeks

## **Essentrics: Release, Rebalance, Restore (G-M)**

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. This is an Essentrics Level 2/gentle to moderate fitness program. It includes standing and floor work (back and side only).

**Instructor: Meaghan Hipkins**

**Member \$72 | Non Member \$107**

**WF-033**      Wednesdays | January 13 – February 17 | 2:15 PM - 3:15 PM | 6 Weeks

**Instructor: Meaghan Hipkins**

**Member \$72 | Non Member \$107**

**WF-034**      Wednesdays | March 3 – April 7 | 2:15 PM - 3:15 PM | 6 Weeks

**Instructor: Lori Griffith**

**Member \$72 | Non Member \$107**

**WF-035**      Thursdays | January 14 – February 18 | 9:45 AM - 10:45 AM | 6 Weeks

**Instructor: Lori Griffith**

**Member \$72 | Non Member \$107**

**WF-036**      Thursdays | March 4 – April 8 | 9:45 AM - 10:45 AM | 6 Weeks

## **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 today!**

## Essentrics: Stretch & Tone (M)

**Instructor: Lori Griffith**

**Member \$72 | Non Member \$107**

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. This is an Essentrics Level 3/moderate fitness program. It includes standing and floor work (back and side only).

**WF-037**      Tuesdays | January 12 – February 16 | 11:00 AM - 12:00 PM | 6 Weeks

**WF-038**      Tuesdays | March 2 – April 6 | 11:00 AM - 12:00 PM | 6 Weeks

**WF-039**      Thursdays | January 14 – February 18 | 11:00 AM - 12:00 PM | 6 Weeks

**WF-040**      Thursdays | March 4 – April 8 | 11:00 AM - 12:00 PM | 6 Weeks

## Golden Gloves Fitness (M-V)

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

Uppercut. Lower cut, Jab, jab, jab! What better way to weave cardio into your life than pulling 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 provided for one-day Tryout Event only. Equipment rental fee extra (\$10) for course; payable upon registration.**

### Golden Gloves Fitness: 'High Five' Tryout! (M-V)

**Member \$5 | Non Member \$40**

**WF-041**      Friday | January 15 | 11:30 PM - 12:30 PM | **Note: This is a One Day Tryout Event**

## Golden Gloves Fitness (M-V)

**Member \$34 | Non Member \$70**

**WF-042**      Fridays | January 22 – February 19 | 11:30 AM - 12:30 PM | 5 Weeks

## Golden Gloves Fitness (M-V)

**Member \$34 | Non Member \$70**

**WF-043**      Fridays | March 5 – April 9 | 11:30 AM - 12:30 PM | 5 Weeks (No Class April 2)

## Hoop Dance (M)

**Instructor: Stephanie Tostowaryk**



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. We will explore the beginner dance moves with hula hoops and teach weekly choreography. Have fun building 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.

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**Hoop Dance: 'High Five' Tryout! (M) New!**

**Member \$5 | Non Member \$40**

**WF-044** Tuesday | January 12 | 1:30 PM - 2:30 PM | **Note: This is a One Day Tryout Event. Hoops Provided.**

**Hoop Dance (M)**

**Member \$39 | Non Member \$74**

**WF-045** Tuesdays | January 19 – February 9 | 1:30 PM - 2:30 PM | **4 Weeks**

**Hoop Dance (M)**

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

**WF-046** Tuesdays | March 2 – March 30 | 1:30 PM - 2:30 PM | **5 Weeks**

**Hoop Fit & Stretch (M)**

**Instructor: Stephanie Tostowaryk**



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.

**Hoop Fit & Stretch: 'High Five' Tryout! (M)**

**Member \$5 | Non Member \$40**



**WF-047** Monday | January 11 | 1:00 PM - 2:00 PM | **Note: This is a One Day Tryout Event. Hoops Provided.**

**Hoop Fit & Stretch (M)**

**Member \$39 | Non Member \$74**

**WF-048** Mondays | January 18 – February 8 | 1:00 PM - 2:00 PM | **4 Weeks**

**Hoop Fit & Stretch (M)**

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

**WF-049** Mondays | March 1 – March 29 | 1:00 PM - 2:00 PM | **5 Weeks**

**Minds In Motion\***

**Cognitive Facilitator: Saif Rehman, Fitness Facilitator: Marlene Marvin**

Minds in Motion is a fitness and social program for people living with Alzheimer's disease (or another form of dementia) plus their care partner, family or friend. It helps people live well, break through stigma and improve mental health while building a stronger social network. CLSA is please to partner with the Alzheimer Society Canada - Alberta Division which oversees this program. All participants require \$35 CLSA membership plus course fee. Care partners require \$5 CLSA membership only (for insurance purposes). **\*This is a Specialty Course and registration is offered only by phone at 780-496-7369 or in person at the CLSA front desk.**

**Minds in Motion\***

**Member \$89 | Non Member \$124**

**WF-050** Tuesdays | January 12 – February 16 | 2:00 PM - 4:00 PM | **6 Weeks**

**Minds in Motion\***

**Member \$89 | Non Member \$124**

**WF-051** Tuesdays | March 2 – April 6 | 2:00 PM - 4:00 PM | **6 Weeks**

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## Minds in Motion Continued From Previous Page...

### Minds in Motion-Care Partner\*

Care partners attend the course for free but are required to purchase a \$5 CLSA membership (for insurance purposes). **\*This is a Specialty Course and registration is only offered by phone at 780-496-7369 or in person at the CLSA front desk.**

**WF-050\*** Tuesdays | January 12 – February 16 | 2:00 PM - 4:00 PM | 6 Weeks

**WF-051\*** Tuesdays | March 2 – April 6 | 2:00 PM - 4:00 PM | 6 Weeks

### Pilates: Mat Work (G-M) Multi-level

**Instructor: Catherine Wirt**

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

Pilates, a mindful body conditioning program, uses slow, controlled movements to strengthen back, abdominals and the body overall. It puts minimal impact on joints; its exercises can be easily modified to meet differing fitness levels. With detailed instruction and individual attention, learn a sequence of classical mat exercises to help improve overall flexibility in this multi-level program. Work at your own pace. You must be able to get down and up from the floor. Bring your own mat.

**WF-056** Wednesdays | March 3 – April 7 | 1:30 PM - 2:30 PM | 6 Weeks

**WF-052E** Tuesdays | January 12 – February 16 | 6:00 PM - 7:00 PM | 6 Weeks



**WF-053E** Tuesdays | March 2 – April 6 | 6:00 PM - 7:00 PM | 6 Weeks

### Pilates: Seated/Standing (G)

**Instructor: Catherine Wirt**

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

The graceful movements of Pilates helps to develop core strength, flexibility, awareness and breath control. Building the core and focusing on mindfulness also helps to improve balance. This program is excellent for those getting started in fitness who desire a slower and/or seated workout.

**WF-054** Wednesdays | January 13 – February 17 | 12:15 PM - 1:15 PM | 6 Weeks

**WF-055** Wednesdays | March 3 – April 7 | 12:15 PM - 1:15 PM | 6 Weeks

### Ski Conditioning (M-V)

**Instructor: Cathy Taskey**

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

Get ready for the slopes by improving your core strength, leg strength, balance, agility and reactivity. Avoid injuries and maximize enjoyment by getting stronger for the upcoming season. Your muscles and joints will thank you.

**WF-057** Mondays | January 11 – February 8 | 11:30 AM - 12:30 PM | 5 Weeks

### Please Note...

CLSA floor mats are not available for use during COVID restrictive times. Be sure to bring your own Yoga mat.



## Step & Strength Cardio for Active Agers (V)

**Instructor: Lisa Doyle**

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

This cardio step class, designed for 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.

**WF-065**      Tuesdays | January 12 – February 16 | 12:15 PM - 1:15 PM | 6 Weeks

**WF-066**      Tuesdays | March 2 – April 6 | 12:15 PM - 1:15 PM | 6 Weeks

## Strength Training (M-V)

**Instructor: Cathy Taskey**

**Member \$42 | Non Member \$77**

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

**WF-068**      Thursdays | January 14 – February 18 | 12:20 PM - 1:20 PM | 6 Weeks

**WF-069**      Thursdays | March 4 – April 8 | 12:20 PM - 1:20 PM | 6 Weeks

## 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 active non-cardio workout focuses on the whole body (including the back) using weights and other portable equipment. Floor exercises are part of this program.

**WF-067**      Tuesdays | January 12 – April 6 | 12:20 PM - 1:20 PM | 12 Weeks

## Tabata Fit for Active Agers (V)

**Instructor: Cathy Taskey**

Tabata is a form of High Intensity Interval Training (HIIT) that alternates short periods of intense exercise with a 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. Participants need stamina for 30-40 minutes of intense aerobic activity.

**Member \$42 | Non Member \$77**

**WF-070**      Fridays | January 15 – February 19 | 9:00 AM - 10:00 AM | 6 Weeks

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

**WF-071**      Fridays | March 5 – April 9 | 9:00 AM - 10:00 AM | 5 Weeks

## Tai Chi: Yang Style

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

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**

Participants must be able to stand for 30 continuous minutes.

**WF-072** Mondays | January 11 – March 29 | 1:15 PM - 2:15 PM | 10 Weeks

### Tai Chi: Yang Style - Level 2 (M)

**Instructor: Andrew Switzer**

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

**WF-074** Tuesdays | January 12 – March 23 | 11:00 AM - 12:00 PM | 10 Weeks

### Tai Chi: Yang Style - Level 3 (M)

**Instructor: Leslie Sarabin**

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

**WF-073** Mondays | January 11 – March 29 | 2:30 PM - 3:30 PM | 10 Weeks

### Tai Chi: Yang Style - Sabre (M)

**Instructor: Andrew Switzer**

**Member \$77 | Non Member \$112**

Good understanding of complete Yang style movements series plus completion of Level 3.

**WF-075** Tuesdays | January 12 – March 2 | 9:45 AM - 10:45 AM | 7 Weeks

## Total Fitness for Active Agers (M-V)

**Instructor: Lisa Doyle**

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.

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

**WF-076** Thursdays | January 14 – February 18 | 12:15 PM - 1:15 PM | 6 Weeks

**Member \$34 | Non Member \$69**

**WF-077** Thursdays | March 4 – April 8 | 12:15 PM - 1:15 PM | 5 Weeks

## Register Today!

You can register for a program 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](http://www.CentralLions.org) to access our online registration system.

## Sleeping Yoga for Insomnia & Stress Relief (G)

**Instructor: Marthe Murphy**

**Member \$52 | Non Member \$87**

Come and explore your ability to sleep soundly during the night and rest deeply during the day. Based on the ancient yoga meditation, Yoga Nidra (sleep of the yogis) takes a non-secular approach with this 10-step process of resting with yourself-- including troubling thoughts and emotions. This practice is best experienced lying down and then sitting as the series progresses. Dress in layers; bring yoga mat, water, pillow and blanket. Yes, you may fall asleep!

**WF-088** Mondays | January 11 – February 8 | 12:45 PM - 2:00 PM | 5 Weeks

**WF-089** Mondays | March 1 – March 29 | 12:45 PM - 2:00 PM | 5 Weeks

## Yoga: Gentle Hatha (G)

**Instructor: Sylvia Galbraith**

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

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

**WF-078** Mondays | January 11 – February 8 | 11:15 AM - 12:15 PM | 5 Weeks

**WF-079** Mondays | March 1 – March 29 | 11:15 AM - 12:15 PM | 5 Weeks

## Yoga: Hatha (M)

**Instructor: Sylvia Galbraith**

Improve your physical and mental wellbeing 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.

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

**WF-080** Mondays | January 11 – February 8 | 9:30 AM - 11:00 AM | 5 Weeks

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

**WF-081** Mondays | March 1 – March 29 | 9:30 AM - 11:00 AM | 5 Weeks

**Member \$66 | Non Member \$101**

**WF-082** Thursdays | January 14 – February 18 | 9:30 AM - 11:00 AM | 6 Weeks

**Member \$66 | Non Member \$101**

**WF-083** Thursdays | March 4 – April 8 | 9:30 AM - 11:00 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.

## **Yoga: Iyengar Stretch & Relax**

**Instructor: Barb Deneka**

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

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

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

**WF-084**      Fridays | January 15 – February 19 | 11:00 AM - 12:00 PM | **6 Weeks**

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

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

**WF-085**      Fridays | March 5 – April 9 | 11:00 AM - 12:00 PM | **5 Weeks**

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

**Member \$66 | Non Member \$101**

**WF-086**      Fridays | January 15 – February 19 | 9:15 AM - 10:45 AM | **6 Weeks**

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

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

**WF-087**      Fridays | March 5 – April 9 | 9:15 AM - 10:45 AM | **5 Weeks**

## **Yoga: Structural**

**Instructor: Marthe Murphy**

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

Structural yoga is very specific regarding which groups of muscles and joints are stretched and strengthened, and in what sequence. This program meets each person where they are, using props and finding the position to work in best, whether seated on a chair, lying down on the floor or standing/kneeling. Experience the part of you that is straight, strong, healthy and whole as you gently unravel stress, strain and pain from your body and mind. Dress in layers; bring your own yoga mat and water

### **Yoga: Structural - Beginners (G)**

**WF-090**      Wednesdays | January 13 – February 17 | 10:45 AM - 12:00 PM | **6 Weeks**

### **Yoga: Structural - Beginners (G)**

**WF-091**      Wednesdays | March 3 – April 7 | 10:45 AM - 12:00 PM | **6 Weeks**

### **Yoga: Structural - Intermediate (M)**

Completion of Yoga: Structural Beginners and/or previous yoga experience.

**WF-092**      Wednesdays | January 13 – February 17 | 9:15 AM - 10:30 AM | **6 Weeks**

### **Yoga: Structural - Intermediate (M)**

Completion of Yoga: Structural Beginners and/or previous yoga experience.

**WF-093**      Wednesdays | March 3 – April 7 | 9:15 AM - 10:30 AM | **6 Weeks**



## General Interest & Languages

### **Cooking: Crazy for Cupcakes**

**Instructor: Aura Morrison**

**Member \$25 | Non Member \$60**

Cupcakes are all the craze! Under the guidance of professional cake decorator Aura Morrison, learn how to turn iced cupcakes into simple works of art using flowers, stars, piping and new techniques. Impress your family with your decorating talents. **Participants will need to bring 6 regular sized cupcakes (any flavour) and container to carry them in plus pen and paper for notetaking. Decorating supply kit and utensil use extra (\$20) payable upon registration.**

**WGI-002** Friday | March 5 | 1:00 PM - 4:00 PM | One Day Workshop

### **Cooking: Creative Cakes Fondant**

**Instructor: Aura Morrison**

**Member \$25 | Non Member \$60**

Save money for those special occasions by designing and decorating your own creative cakes. In this workshop, you will learn how to cover a 6" cake with smooth fondant, and then add a simple rose, textures and play with molds to decorate. You will leave with a cake to showcase and enjoy, and the skills to create more. **Participants will need to bring their own small (6") cake and container to carry their decorated masterpiece home. Decorating supply kit and utensil use extra (\$20) payable upon registration.**

**WGI-003** Friday | March 19 | 1:00 PM - 4:00 PM | One Day Workshop

### **Exchange Traded Funds in Retirement Portfolios**

**Presenter: Wei Woo - Investment Advisor & Retirement Income Specialist**

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

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

Like mutual funds, ETFs allow investors to spread risk over a series of investments versus individual stocks or bonds. However, ETFs typically charge lower management fees than mutual funds. They have also been gaining in popularity among retirees for the past eight years, and vary in how they operate. Like all investments, there are benefits and risks. Join Wei to discuss the pros and cons of using this general category of investments in your retirement portfolio. This is a community service presentation.

**WGI-006** Tuesday | March 23 | 1:30 PM - 3:00 PM | One Day Presentation

### **Finances: COVID-19 & Your Retirement Income**

**Presenter: Wei Woo - Investment Advisor & Retirement Income Specialist**

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

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

Since March, we have witnessed unprecedented times which have challenged our country's health, social and financial systems. Retirement portfolios in current financial markets and their impact on direct cash flow are a concern for many seniors. Join Wei to discuss these concerns, and review financial strategies on how to navigate within the system as it waits for an eventual recovery.

**WGI-005** Tuesday | January 26 | 1:30 PM - 3:00 PM | One Day Presentation

## Financial Well-Being for Women in Retirement

**Presenter: Wei Woo - Investment Advisor & Retirement Income Specialist**

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

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

Women are an increasingly important demographic in retiree financial decision making. By 2026, it's estimated that women will control nearly half of all accumulated financial wealth in Canada. Come learn the basics of how to get started on important strategies, mindset, and facts for navigating the financial and investment landscape as a woman in retirement.

**WGI-007** Tuesday | February 16 | 1:30 PM - 3:00 PM | One Day Presentation

## Genealogy: An Intro to DNA Testing

**Instructor: Kathleen Rae**

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

Join instructor Kathleen as she shares with you her personal odyssey in Genetic DNA testing, her ethnic estimates (along with few other examples), and her comparison results to other DNA sites. Learn about the different types of DNA tests available, which companies are recommended, and important terms for you to know and understand before you commit to your own DNA research. DNA testing is not new, but coupled with genealogy, it has created a brand new and ever changing science and with it, some inherent risks. Says Kathleen, "For me, DNA genealogy has been a living gift, and I'm really excited to show you what you can do with it!" **Manual extra (\$10) payable upon registration.**

**WGI-010** Monday | March 8 | 9:00 AM - 12:00 PM | One Day Workshop

## Genealogy: An Introduction

**Instructor: Kathleen Rae**

**Member \$25 | Non Member \$60**

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

**WGI-008** Wednesday | March 17 | 10:00 PM - 12:00 PM | One Day Workshop

## Genealogy: On the Internet

**Instructor: Kathleen Rae**

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

Come learn about the mega online databases available for searching, which ones are free and how to post a query to get the best information. This workshop includes discussion about the Privacy Laws in Canada and what you will or will not find compared to other countries. Information for this presentation will be displayed on the large screen with accompanying handouts. Please bring a list of family names, dates and birthplaces to class. The instructor will be available to assist with locating your family on the web. **Manual extra (\$10) payable upon registration.**

**WGI-009** Monday | March 1 | 9:00 AM - 12:00 PM | One Day Workshop

## Need more Information?

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

## Housing: Buying a Condo

**Presenter: Melissa Stappler of Willis Law**

**Member \$4 | Non Member \$4**

**Day of Rate \$9 (Subject to availability. Can only be purchased in-person at front desk)**

Are you considering buying a condo? Learn about the legal aspects of condo living, and what questions to ask when making an offer. This workshop will include both presentation and question and answer time. It is not meant to provide legal advice. Bring your questions.

**WGI-012** Tuesday | March 16 | 1:00 PM - 3:30 PM | One Day Presentation

## 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.

**WGI-011** Thursdays | January 21–28 | 9:30 AM - 11:30 AM | 2 Weeks

## Legal Documents - Going Deeper

**Presenter: Colleen Feehan of Feehan Law Office**

**Member \$15 | Non Member \$15**

**Day of Rate \$20 (Subject to availability. Can only be purchased in-person at front desk)**

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.

**WGI-020** Wednesday | February 10 | 1:30 PM - 3:30 PM | One Day Workshop

## Legal Documents - Protecting Your Legacy

**Presenter: Colleen Feehan of Feehan Law Office**

**Member \$15 | Non Member \$15**

**Day of Rate \$20 (Subject to availability. Can only be purchased in-person at front desk)**

Is your will up to date? Do you have a designated Executor? Although not always favorite 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.

**WGI-019** Wednesday | February 3 | 1:30 PM - 3:30 PM | One Day Presentation

### 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!**



## **Legalities of Living Together**

**Presenter: Colleen Feehan of Feehan Law Office**

**Member \$15 | Non Member \$15**

**Day of Rate \$20 (Subject to availability. Can only be purchased in-person at front desk)**

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.

**WGI-021**    Wednesday | February 17 | 1:30 PM - 3:30 PM | One Day Workshop

## **Nature: Winter Birds of Edmonton**

**Presenter: Don Delaney**

**Member \$9 | Non Member \$9**

**Day of Rate \$14 (Subject to availability. Can only be purchased in-person at front desk)**

Many of our common birds such as Chickadees, Nuthatches and Downy Woodpeckers live here all year long. Winter brings in other species that we don't see in the summer. This presentation will feature our regular winter birds as well as winter visitors such as: Pine Grosbeaks, Common Redpolls, Crossbills, Townsend's Solitaires, Bohemian Waxwings, Black-backed Woodpeckers, American Three-toed Woodpeckers and others. Come see how many you can identify!

**WGI-022**    Monday | February 1 | 1:30 PM - 3:30 PM | One Day Presentation

## **Philosopher's Cafe**

**Presenter: Dr. David J. Goa**

**Member \$7 | Non Member \$7**

**Day of Rate \$12 (Subject to availability. Can only be purchased in-person at front desk)**

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

## **Café #1: Religion & The American Election**

What role did religion play in the American election? Are there implications for Canada? Have evangelicals thought twice about their political support and its implications for how others think about their moral commitments? Where are liberal religious people in this picture?

**WGI-023**    Thursday | January 21 | 1:30 PM - 3:00 PM | One Day Presentation

## **Café #2: Atheism to Religious Perspective**

Atheism to Religious Perspectives: The Gift & Challenge. What really is an atheist perspective? Does it have roots similar to those of religion? Is a conversation possible?

**WGI-024**    Thursday | February 18 | 1:30 PM - 3:00 PM | One Day Presentation

## **Café #3: Evil & The Question of Truth**

Evil & the Question of Truth. The question of evil has haunted the human imagination. How does it capture the mind and heart, the person and societies? And, likewise truth? A preliminary conversation on two great questions.

**WGI-025**    Thursday | March 25 | 1:30 PM - 3:00 PM | One Day Presentation

## Languages: Spanish

### Instructors: Tania & Jorge Oyarzun

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

### Spanish: Conversation Practice (Beg/Int)

#### Member \$26 | Non Member \$61

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.

**WGI-013**      Fridays | March 5 – April 9 | 12:30 PM - 1:30 PM | 5 Weeks (No class on April 2)

### Spanish - Beginner (Level 1)

#### Member \$50 | Non Member \$85

Students need to have a basic knowledge of Spanish. **Recommended textbooks: Spanish Vocabulary plus Spanish Verb Tenses by Dorothy Richmond.**

**WGI-014**      Fridays | March 5 – April 9 | 10:00 AM - 12:00 PM | 5 Weeks (No class on April 2)

### Spanish - Intermediate

#### Member \$60 | Non Member \$95

Completion of Spanish: Beginners 1-3 and/or some experience and comfort with the Spanish language

**WGI-015**      Fridays | January 15 – February 19 | 12:30 PM - 2:30 PM | **6 Weeks**

#### Member \$50 | Non Member \$85

Completion of Spanish: Beginners 1-3 and/or some experience and comfort with the Spanish language

**WGI-016**      Fridays | March 5 – April 9 | 12:30 PM - 2:30 PM | **5 Weeks** (No class on April 2)

### Spanish - Advanced

#### Member \$60 | Non Member \$95

Completion of Spanish Intermediate and/or fluency in Spanish. Will include some textbook lessons plus handouts.

**WGI-017**      Fridays | January 15 – February 19 | 10:00 AM - 12:00 PM | **6 Weeks**

#### Member \$50 | Non Member \$85

Completion of Spanish Intermediate and/or fluency in Spanish. Will include some textbook lessons plus handouts.

**WGI-018**      Fridays | March 5 – April 9 | 10:00 AM - 12:00 PM | **5 Weeks** (No class on April 2)

## 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.

## Taking Transit Again! New Routes, Tech & More

**Presenter:** Vicki Gudelj, Accessible Transit Coordinator, City of Edmonton

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

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

The new Edmonton Bus Network Redesign is scheduled to be launched this year. Learn about the new routes and how they may affect your transportation needs. Be updated on what Transit is doing to make sure that riding transit is safe and clean, and what you can do to follow COVID-19 best practices. ETS trip planning tools will be demonstrated. There will be a Q & A period to follow; bring your questions, and get ready to travel again!

**WGI-026** Tuesday | February 9 | 1:30 PM - 3:30 PM | One Day Presentation

## Vehicle Maintenance 101: Your Vehicle Winter Ready

**Presenter:** Rick Engel, Manager of Trail Tire Auto Centre (Kingsway Ave)

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

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

When it is cold, you want to be sure your vehicle is winter-ready! However, when it comes to repairing and tuning up your vehicle, it is sometimes difficult to know what really needs to be done. Rick will address what is important to stay on top of when it comes to your car plus tune-up tips. Go home with the knowledge and confidence to ask right things and not be taken advantage. Bring your questions. This is a community service presentation.

**WGI-027** Friday | January 15 | 10:30 AM - 12:00 PM | One Day Presentation

## The World of Wines

**Instructor:** Stephen Richmond

**Member \$47 | Non Member \$82**



White, red, sweet, dry, Australian, Californian, French ... Canadian! The selection of wines is endless and can be overwhelming. Learn from an expert sommelier (pronounced: suh•muhl•yei) about wine quality, how to navigate store selections, and how to choose the perfect wine for your occasion. Major red and white grape varieties in our markets will be discussed with a focus on some popular wines to try. **Note:** A selection of 6-7 wines is included in the fee. We take your safety seriously! We recommend and ask that you arrange for a ride to and from this course.

**WGI-029** Tuesday | March 9 | 6:30 PM - 8:00 PM | One Day Workshop

## Writing My Memories

**Instructor:** Sharon McMullan-Baron

**Member \$42 | Non Member \$77**

You're 'one of a kind' so tell your tale; no one else can. Using a Memories workbook to provide prompts and memory triggers, have fun discovering how to write your own unique stories. Your pen will 'take flight' as you recall and describe your various personal journeys. Discover how to share what you have done and learned as you leave a gift (a legacy - about yourself) for others to enjoy. **Note: Memories workbook extra (\$15) payable upon registration.**

**WGI-028** Tuesdays | February 2–16 | 10:00 AM - 12:00 PM | 3 Weeks

## Low Registration Policy

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

### **Afraid & Anxious No More!**

**Presenter: Dr. Anne Mageau**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

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

**WHW-001** Wednesday | January 27 | 10:30 AM - 12:00 PM | One Day Presentation

### **Aging Well: Your Life Legacy Checklist**

**Presenter: Gina Vliet - Change Specialist, Charon Consulting**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

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!

**WHW-002** Thursday | January 14 | 1:30 PM - 3:30 PM | One Day Presentation

### **Ask the Pharmacist: Medication Overload is Real!**

**Presenters: Pharmacists from iCare Pharmacy (North Edmonton Location)**

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

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

Also known as polypharmacy, medication overload among older adults is a real and devastating public health issue. Normal aging leads to changes in some vital organs, resulting in an older person's body metabolizing medication less effectively, putting them at greater risks for side effects. The more medications the higher the risk of drugs interacting adversely with each other. Join the pharmacists from iCare Pharmacy as they discuss the importance of identifying and understanding your medications, give examples of common interactions to avoid, and tips for medication organization to help prevent unwanted side-effects. They will also touch on Opioid misuse and how habituation can lead to addiction. Bring your questions.

**WHW-003** Monday | March 15 | 1:00 PM - 2:30 PM | One Day Presentation

### **Need more Information?**

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

## Breathing & Relaxation

**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. This is a progressive exercise. Participants can join at any time. No experience required.

### **Breathing & Relaxation 1.1 (for Beginners)**

**WHW-004** Mondays | January 11 – February 8 | 11:15 AM - 12:15 PM | 5 Weeks

### **Breathing & Relaxation 1.2 (for Beginners +)**

**WHW-005** Mondays | March 1 – 29 | 11:15 AM - 12:15 PM | 5 Weeks

## **Build, Bathe and Feed the Brain**

**Presenter: Dr. Anne Mageau**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

Our brains are starving and waiting to be nourished with good Healthy fat and nutrients. Our ancestors maintained memory and diets that captured clean thinking and vision. Learn how to 'save your brain' from deterioration and early aging with a healthy diet and simple supplement changes.

**WHW-006** Wednesday | March 10 | 10:30 AM - 12:00 PM | One Day Presentation

## **Building Resilience: To Handle Life Challenges**

**Facilitator: Gina Vliet - Change Specialist, Charon Consulting**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

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 and enjoy life as the adventure it can be!

**WHW-007** Thursday | February 4 | 1:30 PM - 3:30 PM | One Day Workshop

## **Caring for the Caregiver**

**Facilitator: Gina Vliet - Change Specialist, Charon Consulting**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

Before you can support others, you must support yourself. In this workshop we will discuss what caregiver self-care looks like. We will delve into resources, stress management, and other areas of control that will allow for respite, helping you avoid caregiver burnout so you can enjoy being with those you care about.

**WHW-008** Thursday | February 11 | 1:30 PM - 3:30 PM | One Day Workshop

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

Did you know it is program policy to cancel classes one week prior to the start date if there are not enough registrants? **Don't delay – register today!**

## Chronic Pain Support

**Presenter: Dr. Anne Mageau**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

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



**WHW-009E** Tuesday | March 2 | 6:30 PM - 8:00 PM | One Day Workshop

## Food Wise Joy of Eating - Become a Competent Eater

**Presenter: Jessica Hess**

**Member \$21 | Non Member \$21**

**Day of Rate \$26 (Subject to availability. Can only be purchased in-person at front desk)**

At the heart of a positive relationship with food is the principle of eating competence. For many of us, the current pandemic has resulted in the 'COVID 20' - extra unwanted weight from inactivity and isolation. Learn how to modify your eating attitudes and behaviours so you can feel good about your eating and work to achieve your health goals.

**WHW-010** Friday | February 19 | 12:30 PM - 1:30 PM | One Day Workshop

## Food Wise: Healthy Food Choices into Perspective

**Presenter: Jessica Hess**

**Member \$21 | Non Member \$21**

**Day of Rate \$26 (Subject to availability. Can only be purchased in-person at front desk)**

In this time where nutrition and lifestyle news is so easily accessible, we are often overwhelmed with conflicting information on the right foods, the best diets, and the most effective ways to exercise in order to achieve optimal health. In this session, take a step back and come explore the many different ways in which healthy habits can be adopted to enhance long-term health in a practical and sustainable manner.

**WHW-011** Friday | April 9 | 12:30 PM - 1:30 PM | One Day Workshop

## Mental Health & You!

**Facilitator: Dixie Estrin**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

We all have mental health; it is a matter of where we are on the spectrum. Whether it is COVID isolation, the onset of winter blues, 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 interactive 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.

**WHW-012** Monday | February 1 | 9:30 AM - 12:00 PM | One Day Workshop

## Setting Healthy Boundaries

**Facilitator: Gina Vliet - Change Specialist, Charon Consulting**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

We all want to do the right thing- to be helpful, useful, and productive. But saying yes to everything can be exhausting! In this workshop we will explore how to make authentic, nurturing decisions and how to banish the 'shoulds' from our lives without feeling guilty about saying no.

**WHW-014** Thursday | January 28 | 1:30 PM - 3:30 PM | One Day Workshop



## Suicide Awareness

**Facilitator: Dixie Estrin**

**Member \$20 | Non Member \$20**

**Day of Rate \$25 (Subject to availability. Can only be purchased in-person at front desk)**

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 amongst seniors? What is helpful/harmful when listening to someone in pain. Join Dixie for an interactive discussion about this sensitive topic. Become 'aware' so you can be there when needed.

**WHW-015** Tuesday | January 12 | 9:30 AM - 12:30 PM | One Day Workshop



## Drum Journey #1: The Basics

**Instructor: Deborah Bortscher**

**Member \$25 | Non Member \$60**

Cannot make a daytime class? Then this is for you! Discover and experience the beauty of the drum! In this workshop, you will learn fundamental techniques and patterns, plus gain an understanding of tempo, dynamics and different rhythms. Come join the fun. . .relax a little. . .and learn to feel the beat! All skill levels welcome.

**Drums provided for in-class use extra (\$10 for the two weeks) payable upon registration.** If you have a full size djembe drum (not a small novelty/toy), you may use that. **When registering, please confirm if you have a drum you are bringing or if you require a drum. Please note:** Rental drums will need to be cleaned after each use.



**WM-038E** Tuesdays | March 9–16 | 6:30 PM - 8:00 PM | 2 Weeks

**WM-039E** Tuesdays | March 23–30 | 6:30 PM - 8:00 PM | 2 Weeks

## Hand Drumming: Rhythms & Techniques

**Instructor: Mike Chenoweth**

**Member \$46 | Non Member \$81**

Hand drumming is the most ancient form of percussion. Anyone can learn to drum! Discover how you can use your hands to create different sounds on your African Djembe (JEM-bay). Once you have been introduced to some simple techniques, the world of drum circles awaits you. Come feel the beat and laugh in this fun, group-oriented course. **If you have a drum, bring it. CLSA does not provide instruments. Rentals from Long & McQuade (780-423-4488) range between \$15-25/month.**



**WM-005** Mondays | January 11 – February 8 | 10:00 AM - 11:00 AM | 5 Weeks

**WM-006** Mondays | March 1–29 | 10:00 AM - 11:00 AM | 5 Weeks



## A Guitar Star is Born! (Basic Experience Required)

**Instructor: Daron Panko**

Looking to refresh your guitar basics? This course is for you! From one string 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, and even improvise before you know it. Some basic guitar experience required; not suitable for absolute beginners. Guitars not provided; bring your own instrument. Some basic guitar experience required; not suitable for Absolute Beginners.

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

**WM-001** Fridays | January 15 – February 19 | 10:00 AM - 11:00 AM | **6 Weeks**

**Member \$46 | Non Member \$81**

**WM-002** Fridays | March 5 – April 9 | 10:00 AM - 11:00 AM | **5 Weeks** (No Class April 2)

## Guitar Heroes (Int/Adv)

**Instructor: Daron Panko**

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

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

**WM-003** Fridays | January 15 – February 19 | 11:15 AM - 12:15 PM | **6 Weeks**

**Member \$46 | Non Member \$81**

**WM-004** Fridays | March 5 – April 9 | 11:15 AM - 12:15 PM | **5 Weeks** (No Class April 2)

## Harmonica for Fun (Beginners Level 1)

**Instructor: Mike Chenoweth**

**Member \$46 | Non Member \$81**

It's never too late to learn to play music. Join new CLSA instructor Mike Chenoweth for a morning of fun. 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. CLSA does not provide instruments. Participants must bring their own "C" harmonica to class.

**WM-036** Mondays | January 11 – February 8 | 11:30 AM - 12:30 PM | **5 Weeks**

**WM-037** Mondays | March 1–29 | 11:30 AM - 12:30 PM | **5 Weeks**



## Music Appreciation: The Early Romantics

**Lecturer: Judith Richardson**

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

Schubert, Schumann, Beethoven - The music of the early romantic period is one of the most innovative in music history. It is known for its energy and passion and is characterized by lyrical melodies, rich harmonies, and emotive expression. Expect to be surprised and intrigued by the unexpected twist and turns of Romantic period music. There will be plenty of listening opportunities including symphony, vocal, and chamber music. Come questioning; leave enlightened.

**WM-007** Thursdays | March 11 – April 1 | 10:30 AM - 11:30 AM | **4 Weeks**

## Soul Singers

### Instructor: Martin Doyle

Feed your spirit and sing for joy during this fun Friday afternoon sing-a-long! Under the leadership of Martin Doyle, the group will enjoy a number of musical styles ranging from folk to soul. Singing tonight...or a least in the afternoon! No experience needed. Everyone is welcome. **Note:** This course is dependent on AHS COVID recommendations.

**Member \$24 | Non Member \$43**

**WM-040** Fridays | January 12 – February 16 | 1:30 PM - 3:00 PM | **6 Weeks**

**Member \$20 | Non Member \$36**

**WM-041** Fridays | March 5 – April 9 | 1:30 PM - 3:00PM | **5 Weeks** (No Class April 2)

## 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! This program is divided into three progressive levels. Each level will involve theory instruction, and we will play songs to match those skills. Beginner 1 players (new to the instrument) register in Fun and Easy only. More advanced students are encouraged to enrol in The Next Step and/or Advancing Along. Handouts included; you must bring your own instrument.

### Ukulele: 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.

**WM-028** Tuesdays | January 12 – February 16 | 12:15 PM - 1:00 PM | **6 Weeks**

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

**WM-029** Tuesdays | March 2 – April 6 | 12:15 PM - 1:00 PM | **5 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 to intermediate/advanced players to review and warm-up. Sign up early as space is limited. Some playing experience is required.

**WM-030** Tuesdays | January 12 – February 16 | 1:10 PM - 1:55 PM | **6 Weeks**

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

**WM-031** Tuesdays | March 2 – April 6 | 1:10 PM - 1:55 PM | **5 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.

**WM-032** Tuesdays | January 12 – February 16 | 2:00 PM - 2:45 PM | **6 Weeks**

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

**WM-033** Tuesdays | March 2 – April 6 | 2:00 PM - 2:45 PM | **5 Weeks**

## Ukulele with a touch of Steel Guitar

**Instructor: Ihor Nedoshytko**

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

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. Off site performances with Hawaiian Treasures are on hold. This program is not suitable for beginner ukulele students; some experience is required. Beginner students are encouraged to take lessons first. Steel guitar players require experience.

**WM-034**    Thursdays | January 14 – February 18 | 9:30 AM - 12:00 PM | 6 Weeks

**WM-035**    Thursdays | March 4 – April 8 | 9:30 AM - 12:00 PM | 6 Weeks

## One-on-One Lessons: Guitar & Ukulele

**Instructor: Daron Panko**

**6 Week Course: Member \$158 | Non Member \$193**

**5 Week Course: Member \$130 | Non Member \$165**

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. Please list your instrument and level of play when registering. Instruments not provided.

Fridays | January 15 – February 19 | **6 Weeks**

**WM-008** | 12:30 PM - 1:00 PM

**WM-009** | 1:05 PM - 1:35 PM

**WM-010** | 1:40 PM - 2:10 PM

Fridays | March 5 – April 9 | **5 Weeks** (No Class April 2)

**WM-011** | 12:30 PM - 1:00 PM

**WM-012** | 1:05 PM - 1:35 PM

**WM-013** | 1:40 PM - 2:10 PM

## One-on-One lessons: Piano

**Instructor: Glenda Murphy**

**6 Week Course: Member \$156 | Non Member \$191**

**5 Week Course: Member \$130 | Non Member \$165**

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 | January 15 – February 19 | **6 Weeks**

**WM-014** | 8:50 AM - 9:20 AM

**WM-015** | 9:30 AM - 10:00 AM

**WM-016** | 10:10 AM - 10:40 AM

**WM-017** | 10:50 AM - 11:20 AM

**WM-018** | 11:30 AM - 12:00 PM

**WM-019** | 12:10 PM - 12:40 PM

**WM-020** | 12:50 PM - 1:20 PM

Fridays | March 5 – April 9 | **5 Weeks** (No Class April 2)

**WM-021** | 8:50 AM - 9:20 AM

**WM-022** | 9:30 AM - 10:00 AM

**WM-023** | 10:10 AM - 10:40 AM

**WM-024** | 10:50 AM - 11:20 AM

**WM-025** | 11:30 AM - 12:00 PM

**WM-026** | 12:10 PM - 12:40 PM

**WM-027** | 12:50 PM - 1:20 PM



## Offsite Adventures

**Due to COVID-19 all Offsite Adventures are cancelled for the Winter 2021 Season.**



## Painting & Drawing

### **Acrylics: Brushwork Painterly Style (All Levels)**

**Instructor: Muhammed Salayi**

**Member \$82 | Non Member \$117**

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 welcome.) Supplies are extra, list available.

**WDP-001** Fridays | January 15 – February 12 | 1:00 PM - 4:00 PM | 5 Weeks

### **Acrylics: Freestyle Painting for Beginners**

**Instructor: Fain Chase**

**Member \$64 | Non Member \$100**

Have you always wanted to paint but had a stumbling block as to how to get started? It is never too late to learn a new skill. In this fun, no pressure course, self-taught artist Fain Chase will take you on a guided journey of loose, expressive speed painting. Sketches on canvas will be provided so that all you have to do is explore the use of the paint itself. You will complete two pictures, one each week. Guided support and tips throughout. All supplies (including artist quality brushes) are provided by the instructor for in-class use, and included in the price of this program. **Want to know what you will be painting? Join Fain Tue Jan 12, 12:30 - 2 pm in the atrium where he will be demonstrating his art form/style.**



**WDP-005** Tuesdays | January 19–26 | 1:00 PM - 4:00 PM | 2 Weeks (Demonstration on Jan 12 in atrium)

## Acrylics: Capturing Seascapes (All Levels) New!

**Instructor: Doug Downey**

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



The seascape, with water's translucent and reflective qualities, can be both an easy yet challenging subject to paint. Recently returned from Newfoundland, artist Doug Downey has lots of seascape experience to share. Discover the anatomy of waves; colour and composition of seascapes; how to create foam, spray, sunlight, shadows and atmosphere; and the importance of rocks, headlands and beaches to provide an overall balanced effect. Each one-day workshop will focus on a different scene, will include demonstrations, and are suitable for all level artists from beginner to advanced. You will complete a finished painting, and gain knowledge to create scenic waves in varied settings. There will be a 1/2 hour lunch break: bring your own (cafeteria may not be open yet). Supplies per workshop extra; list available.

### Workshop #1: Moonlight Magic Seascape

**WDP-002** Thursday | January 28 | 9:30 AM - 4:00 PM | One Day Workshop

### Workshop #2: Sunset on the Horizon

**WDP-003** Thursday | March 4 | 9:30 AM - 4:00 PM | One Day Workshop

### Workshop #3: Stormy Seas

**WDP-004** Thursday | April 1 | 9:30 AM - 4:00 PM | One Day Workshop

## Acrylics: New Night Scenes (Beg/Int)

**Instructor: Frank Haddock**

**Member \$100 | Non Member \$135**

Enjoy the fellowship of other participants as you explore six new night scenes in six weeks in this exciting painting course. Exploration of different subjects in a night time setting will give your paintings an unusual and unique sense of mystery. Step-by-step guidance from the instructor provided. Don't miss this opportunity to try something different. Both beginner artists and those with experience welcome. Supplies extra, list available.

**WDP-006** Wednesdays | March 3 – April 7 | 1:00 PM - 4:00 PM | 6 Weeks

## Acrylics: The Beauty of Winter (Beg/Int)

**Instructor: Frank Haddock**

**Member \$100 | Non Member \$135**

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.

**WDP-007** Wednesdays | January 13 – February 17 | 1:00 PM - 4:00 PM | 6 Weeks

## 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.

## Cartooning for Fun!

**Instructor: Valdis Gislason**

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

Want to laugh while you enhance your ability to draw and think creatively? Anyone can do it. Try cartooning and you will learn to overcome artistic inertia and fear of failure. You will also learn to draw without hesitation and have fun while creating cartoons that will both surprise and amuse. The instructor will systematically introduce cartooning techniques, exercises and projects that will unleash creativity and make drawing fun! No rulers allowed. Supplies (minimal) extra, list available.

**WDP-008** Tuesdays & Thursdays | February 9, 11, 16, 18 | 1:00 PM - 4:00 PM | 4 Classes

## Drawing - Intermediate

**Instructor: Muhammed Salayi**

**Member \$82 | Non Member \$117**

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

**WDP-009** Mondays | January 11 – February 8 | 1:00 PM - 4:00 PM | 5 Weeks

## Drawing Facial Pictures in Perspective (Int)

**Instructor: Muhammed Salayi**

**Member \$82 | Non Member \$117**

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.

**WDP-010** Mondays | March 1–29 | 1:00 PM - 4:00 PM | 5 Weeks



## How to Prepare Canvas for Painting

**Instructor: Frank Haddock**

**Member \$10 | Non Member \$45**

Why is canvas used for painting instead of other material? Have painters ever used other surfaces to paint on? Find out the answers to these and many more questions in this exciting seminar/demonstration. The seminar discusses the history of oil painting along with a demonstration of attaching canvas to a frame. There will be many tidbits of information throughout that will provide interesting insights into the whole process of painting. Don't miss this fun and entertaining presentation.

**WDP-011** Monday | March 29 | 1:00 PM - 3:00 PM | One Day Presentation

## Introduction to Pen & Ink

**Instructor: Susan Casault**

**Member \$91 | Non Member \$126**

Be amazed at what you can achieve with the simple medium of pen and ink. You will learn the basics of creating an image using lines as well as creating textures and values using different techniques. See the beauty in a loose expressive style of sketching as well as a more detailed, precise approach. Several small drawings will be completed. Photo reference material will be provided by the instructor. Supplies extra, list available.

**WDP-012** Fridays | March 5 – April 9 | 9:30 AM - 12:30 PM | 5 Weeks



## Mixed Media: Explore, Experiment, Express!

**Instructor: Janice Galarneau**

**Member \$63 | Non Member \$98**

Mixed media art techniques are those that combine two or more mediums (art materials) to make a work of art. Fill your morning with artist Jani's energy and passion for painting in this fun, interactive program suitable for all participant levels! Explore, experiment and express yourself with acrylic paint colours, textures, and different materials. Learn how to enliven your art with collage using stencils, gel, crackle, and moulding paste. The course includes completion of three projects plus discussion and opportunities to ask your questions. **Project supplies and mediums to complete your projects (\$20) payable upon program registration.** List available for additional participant supplies.

**WDP-014** Wednesdays | January 13 – February 3 | 9:30 AM - 12:30 PM | 4 Weeks

## Painting with Gouache (All Levels)

**Instructor: Muhammed Salayi**

**Member \$82 | Non Member \$117**

Gouache (goo...wash) is an opaque water-based medium that is often described somewhere between watercolours and acrylics. It dries quickly, can be corrected and layered, and creates rich, vibrant, luminous colours of work. It's use is centuries old, popular in pre-Renaissance paintings. Come explore this wonderful medium, taught by a professional artist who uses it in many of his paintings. All level artists welcome. Supplies are extra, list available.

**WDP-013** Fridays | March 5 – April 9 | 1:00 PM - 4:00 PM | 5 Weeks



## Watercolours: Country Snow Scenes (Beg/Int)

**Instructor: Frank Haddock**

**Member \$68 | Non Member \$103**

Create beautiful winter scenes in watercolours using special colour mixing and techniques to showcase textures. Each week a new project will be explored in this paint-a-long style class. Each scene features a photograph accompanied with a drawing, followed by expert guidance to help you achieve art work for which you can be proud. Beginner and intermediate artists welcome. Supplies extra, list available.

**WDP-015** Mondays | January 18 – February 8 | 1:00 PM - 4:00 PM | 4 Weeks

## Watercolours: Early Spring Landscapes (Beg/Int)

**Instructor: Frank Haddock**

**Member \$68 | Non Member \$103**

Develop your knowledge of watercolors as you learn more about colour mixing and other techniques to create attractive paintings to show your friends. With step-by-step instruction you will learn how to create drawings on watercolour paper, and how to figure out the sequential steps towards the completion of your masterpiece. Both beginner artists and those with painting experience welcome. Supplies extra, list available.

**WDP-016** Mondays | March 1 – 22 | 1:00 PM - 4:00 PM | 4 Weeks

## Watercolour & Pen: Whimsical Creatures

**Instructor: Valdis Gislason**

Learn to use watercolours and a 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.

### Monday & Thursday Morning Classes

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

**WDP-017** Mondays & Thursdays | February 1, 4, 8, 11 | 9:30 AM - 12:30 PM | 2 Weeks (4 Classes)

**Watercolour & Pen: Whimsical Creatures Continued on Next Page...**





## Watercolour & Pen: Whimsical Creatures - Tuesday Evening Classes

Member \$50 | Non Member \$85 .

**WDP-018E** Tuesdays | February 2–23 | 6:15 PM - 8:15 PM | 4 Weeks



### Special Events

#### **CLSA Town Hall: Monday, January 25 (1 – 3 PM)**

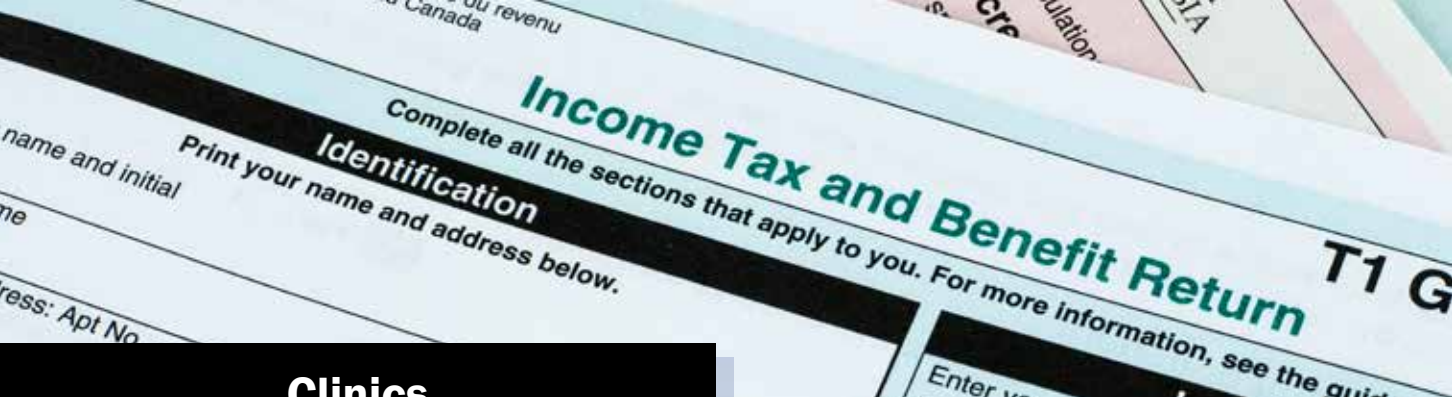
Meet the new Board at this year's first Town Hall meeting on Jan 25th. Bring your questions and concerns for discussion with Board members and administration staff 1 p.m. in the atrium. **RSVP** by emailing [info@CentralLions.org](mailto:info@CentralLions.org) with the subject line: TOWNHALL. Please include your name, phone and membership number in the body. If you do not have an email address and wish to attend, leave a message with your full name, membership number and phone number at 780-442-0934.

#### **Annual General Meeting: Thursday, March 18 (1 – 3 PM)**

**RSVP** by emailing [info@CentralLions.org](mailto:info@CentralLions.org) with the subject line: AGM. Please include your name, phone and membership number in the body. If you do not have an email address and wish to attend, leave a message with your full name, membership number and phone number at 780-442-0934. **See Page 11 for more information.**

#### **Please note...**

At the time of writing, due to COVID-19 measures for indoor gathering introduced in November 2020, we have postposted our 2020 Christmas and 2021 Volunteer Appreciation Event until further notice. Please visit our website and sign up for our newsletter for updates on special events.



## Clinics

### 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 - Jan 27, Feb 24, Mar 24

**Time:** Flexible between 8:30 a.m. and 2 p.m.

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

**Fee:** ½ hour Chair Massage -- Members \$30 | Non members \$35; Fees payable to Julie Leblanc  
1 hour Reflexology -- Members \$50 | Non 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 - Jan 19, Feb 16, Mar 16

**Time:** By appointment (20 minutes each) between 9 a.m. and 3 p.m. (**Note:** Pending waitlist, optional clinic on 1st Tues of the month - afternoons).

**How:** Call 780-488-5878

**Fee:** Per visit -- Members \$30 | Non members \$35; Fees payable to Edmonton Foot Care.

**Note:** Clinic dates, time and fees subject to change.

### CPA Income Tax Clinic

CLSA is pleased to work with Chartered Accountants of Alberta this year to provide free income tax service to our low-income members: Income earnings categories: One person - under \$35,000 or a couple - \$45,000. Call our volunteers at 780-496-7369 to confirm your qualifications, required documents, appointment date and time (scheduled for April 13 & 14) no later than April 9th, 2021.

**Note:** Tax returns are completed online. Participants will be contacted once a copy of their return is ready for pick up.

**When:** Half-hour appointments to be scheduled by volunteers in advance of April 9th.

**Fee:** CPA free service



## Circles

### COVID-19 Policy for Circles

We have made adjustments to times, days, and participant capacity as recommended by provincial public health measures at the time of writing (November 2020). Fees have been adjusted to reflect the changes made. Similar to the Fall 2020 season, policies will be evaluated after a few weeks and adjustments may be made based on permissions from AHS and the City, and feedback from players.

Any club that is moving forward for Winter Programming will be called a 'Circle.' Drama, Card-Playing, and most Music Clubs are temporarily suspended until further notice.

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

- **\*NEW\* Now applicable to ALL Circles -- Purchase a barcode to reserve your time slot until the end of the season.** Timeslots are available on a first-come, first-served basis.
- Participants must be CLSA members.
- **Please bring your own equipment for your activity.** CLSA will not be supplying equipment for the Winter term.
- Everyone is required to wear a face mask as per the City Bylaw. Please bring your own: initially, we will have a small supply to share if you forget yours.

### Sports Circles

Our policies are based on provincial health recommendations for indoor distancing of high-aerobic activities at the time of writing (November 2020) and were created to ensure the health and safety of all sport-playing members. The policies were issued as a means of allowing sports to be relaunched safely at CLSA.

- Due to the popularity of sports, please exercise good sportsmanship and share the limited spaces.
- Doubles are allowed for sports; four players allowed per court (4 courts – 16 players total) per time slot for Badminton and Pickleball; 10 tables for Table Tennis). We encourage picking a cohort to play with for the season.

**Sports Circles Policy Continued on Next Page...**

- AHS considers pickleball, badminton, and table tennis to be **high-aerobic activities**. **Face coverings can be removed while exercising once in designated areas but must be worn when moving between equipment. Therefore, a face mask is not required while on the court. Players must wear face masks in all common areas.**
- All players must have a CLSA 55+ membership to participate.
- Players must arrive no more than 5 minutes before play time and must not linger in the building after play.
- Players will be required to submit to a quick wellness check.
- Players must come in their workout clothing as the locker room/shower/lockers will not be available.
- Players must bring their own racket and ball.
- Bring your water or purchase a bottle (\$1) from the Fitness Centre. Water fountains will be closed.

**Due to COVID-19, Card-Playing, Walking, Drama Club, and most Bands are suspended for the Winter 2021 Season.**

### **Badminton Circle – Session 1**

**Member \$30 | Non Member \$65 | Club Dues: \$0**

Need a little practice? Come and join us. This activity is loads of fun and a great workout at the same time. Each barcode as room for 16 players. Pick your cohort - First come, first serve.

**WSCircle-001** Mondays | January 4 – February 8 | 8:45 AM - 11:45 AM | **6 Weeks**

### **Badminton Circle – Session 2**

**Member \$25 | Non Member \$60 | Club Dues: \$0**

**WSCircle-002** Mondays | March 1 – 29 | 8:45 AM - 11:45 AM | **5 Weeks**

### **Investors Circle**

**Member \$8 | Non Member \$43 | Club Dues: \$0**

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. Participants must have a current CLSA membership.

**WSCircle-003** Wednesdays | January 6 – February 17 | 1:00 PM - 3:00 PM | **4 Weeks**

### **Investors Circle**

**Member \$6 | Non Member \$41 | Club Dues: \$0**

**WSCircle-004** Wednesdays | March 3 – April 7 | 1:00 PM - 3:00 PM | **3 Weeks**

## Knitting & Crochet Circle – Session 1

**Member \$14 | Non Member \$49 | Club Dues: \$0**

This is a social group of members who knit or do other handcrafts. We visit and give each other help with our projects. Some instruction is available. Must have a current CLSA membership.

**WSCircle-005** Wednesdays | January 6 – February 17 | 10:00 AM - 12:00 PM | **7 Weeks**

## Knitting & Crochet Circle – Session 2

**Member \$12 | Non Member \$47 | Club Dues: \$0**

**WSCircle-006** Wednesdays | March 3 – April 7 | 10:00 AM - 12:00 PM | **6 Weeks**

## Lapidary Circle – Session 1

**Member \$18 | Non Member \$53 | Club Dues: \$0**

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

**WCircle-007pm** Mondays | January 4 – February 8 | 12:30 PM - 3:00 PM | **6 Weeks**

## Lapidary Circle – Session 1

**Member \$21 | Non Member \$56 | Club Dues: \$0**

**WCircle-008am** Tuesdays | January 5 – February 16 | 9:00 AM - 11:30 AM | **7 Weeks**

**WCircle-008pm** Tuesdays | January 5 – February 16 | 12:30 PM - 3:00 PM | **7 Weeks**

## Lapidary Circle – Session 2

**Member \$15 | Non Member \$50 | Club Dues: \$0**

**WCircle-009pm** Mondays | March 1–29 | 12:30 PM - 3:00 PM | **5 Weeks**

## Lapidary Circle – Session 2

**Member \$18 | Non Member \$53 | Club Dues: \$0**

**WCircle-010am** Tuesdays | March 2 – April 6 | 9:00 AM - 11:30 AM | **6 Weeks**

**WCircle-010pm** Tuesdays | March 2 – April 6 | 12:30 PM - 3:00 PM | **6 Weeks**

## Photography Circle

**Member \$4 | Non Member \$39**

An opportunity to meet other photo enthusiasts, 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. Participants must have a valid CLSA membership to register.

**WCircle-001** Thursdays | January 7 & February 4 | 1:00 PM - 3:00 PM | **2 Workshops**

**WCircle-002** Thursdays | March 4 & April 1 | 1:00 PM - 3:00 PM | **2 Workshops**

## Register Today!

You can register for a program 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](http://www.CentralLions.org) to access our online registration system.

## Pickleball Circle – Session 1

**Member \$35 | Non Member \$70 | Club Dues: \$0**

Want to play for fun, meet new people and get a little exercise? Each barcode has room for 16 players. Pick your cohort and enjoy a pleasant workout. First come, first serve.

**WSCircle-003am** Tuesdays | January 5 – February 16 | 8:45 AM - 11:45 AM | **7 Weeks**

**WSCircle-003pm** Tuesdays | January 5 – February 16 | 12:15 PM - 3:15 PM | **7 Weeks**

**WSCircle-004am** Wednesdays | January 6 – February 17 | 8:45 AM - 11:45 AM | **7 Weeks**

**WSCircle-004pm** Wednesdays | January 6 – February 17 | 12:15 PM - 3:15 PM | **7 Weeks**

**WSCircle-005am** Thursdays | January 7 – February 18 | 8:45 AM - 11:45 AM | **7 Weeks**

**WSCircle-005pm** Thursdays | January 7 – February 18 | 12:15 PM - 3:15 PM | **7 Weeks**

## Pickleball Circle – Session 2

**Member \$30 | Non Member \$65 | Club Dues: \$0**

Each barcode has room for 16 players. Pick your cohort and enjoy a pleasant workout. First come, first serve.

**WSCircle-006am** Tuesdays | March 2 – April 6 | 8:45 AM - 11:45 AM | **6 Weeks**

**WSCircle-006pm** Tuesdays | March 2 – April 6 | 12:15 PM - 3:15 PM | **6 Weeks**

**WSCircle-007am** Wednesdays | March 3 – April 7 | 8:45 AM - 11:45 AM | **6 Weeks**

**WSCircle-007pm** Wednesdays | March 3 – April 7 | 12:15 PM - 3:15 PM | **6 Weeks**

**WSCircle-008am** Thursdays | March 4 – April 8 | 8:45 AM - 11:45 AM | **6 Weeks**

**WSCircle-008pm** Thursdays | March 4 – April 8 | 12:15 PM - 3:15 PM | **6 Weeks**

## Snooker Circle – Session 1

**Member \$40 | Non Member \$75 | Club Dues: \$0**

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred. Must have a current CLSA membership.

**WCircle-019am** Mon–Fri | January 4 – February 19 | 8:45 AM - 11:45 AM | **7 Weeks** (Excluding Holidays)

**WCircle-019pm** Mon–Fri | January 4 – February 19 | 12:15 PM - 3:15 PM | **7 Weeks** (Excluding Holidays)

## Snooker Circle – Session 2

**Member \$35 | Non Member \$70 | Club Dues: \$0**

**WCircle-020am** Mon–Fri | March 1 – April 9 | 8:45 AM - 11:45 AM | **6 Weeks** (Excluding Holidays)

**WCircle-020pm** Mon–Fri | March 1 – April 9 | 12:15 PM - 3:15 PM | **6 Weeks** (Excluding Holidays)



## Stained Glass Circle – Session 1

**Member \$21 | Non Member \$56 | Club Dues: \$0**

This club meets in our well-equipped studio space to work on projects in a supportive and friendly environment. Club members are expected to have a working knowledge of stained glass processes. Must have a current CLSA membership.

**WCircle-011am** Wednesdays | January 6 – February 17 | 9:00 AM - 11:30 AM | **7 Weeks**

**WCircle-011pm** Wednesdays | January 6 – February 17 | 12:30 PM - 3:00 PM | **7 Weeks**

**WCircle-012am** Thursdays | January 7 – February 18 | 9:00 AM - 11:30 AM | **7 Weeks**

**WCircle-012pm** Thursdays | January 7 – February 18 | 12:30 PM - 3:00 PM | **7 Weeks**

## Stained Glass Circle – Session 2

**Member \$18 | Non Member \$53 | Club Dues: \$0**

**WCircle-013am** Wednesdays | March 3 – April 7 | 9:00 AM - 11:30 AM | **6 Weeks**

**WCircle-013pm** Wednesdays | March 3 – April 7 | 12:30 PM - 3:00 PM | **6 Weeks**

**WCircle-014am** Thursdays | March 4 – April 8 | 9:00 AM - 11:30 AM | **6 Weeks**

**WCircle-014pm** Thursdays | March 4 – April 8 | 12:30 PM - 3:00 PM | **6 Weeks**

## Table Tennis Circle – Session 1

**Member \$35 | Non Member \$70 | Club Dues: \$0**

Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! 10 tables (of 4 players each) First come, first serve- Pick your cohort and enjoy a pleasant workout.

**WSCircle-009** Fridays | January 8 – February 5 | 8:45 AM - 11:45 AM | **5 Weeks**

## Table Tennis Circle – Session 2

**Member \$25 | Non Member \$60 | Club Dues: \$0**

**WSCircle-010** Fridays | March 5 – April 9 | 8:45 AM - 11:45 AM | **5 Weeks** (No session on April 2)

## Tai Chi Practice Circle

**Member \$12 | Non Member \$47**

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is led by a peer; two complete Yang styles are practiced weekly. Practice Sabre form follows. Come and improve your technique in this friendly & supportive atmosphere. Participants must have a valid CLSA membership to register.

**WCircle-025** Fridays | January 8 – February 12 | 1:15 PM - 2:30 PM | **6 Weeks**

## Tai Chi Practice Circle

**Member \$10 | Non Member \$45 | Club Dues: \$0**

**WCircle-026** Fridays | March 5 – April 9 | 1:15 PM - 2:30 PM | **5 Weeks** (No session on April 2)



## Trivia Pursuit Circle

**Member \$14 | Non Member \$49**

The purpose of this circle will be to boost our brain power & provoke curiosity as we take the opportunity to check truths and realities. We will gather in a circle of chairs, without any direct physical contact between participants, keeping in mind the social distancing protocol. Everyone is to bring trivia questions and answers to stimulate discussion and be fact finders, on an unlimited variety of topic. Any topic can be on the table. It all depends on what the participants bring forward. This is an opportunity to share topics and truths to stimulate our brain power.

**WCircle-021**      Tuesdays | January 5 – February 16 | 3:00 PM - 4:00 PM | **7 Weeks**

**WCircle-022**      Fridays | January 8 – February 19 | 3:00 PM - 4:00 PM | **7 Weeks**

## Trivia Pursuit Circle

**Member \$12 | Non Member \$47**

**WCircle-023**      Tuesdays | March 2 – April 6 | 3:00 PM - 4:00 PM | **6 Weeks**

## Trivia Pursuit Circle

**Member \$10 | Non Member \$45**

**WCircle-024**      Fridays | March 5 – April 9 | 3:00 PM - 4:00 PM | **5 Weeks** (No session on April 2)

## Wonder of Writing Circle

**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, and short story enthusiasts, as well as eager novices. Listeners comment on ideas presented, resulting in spirited discussions. Subjects range through travel, personal experience, social mores, science, politics and philosophy. Call CLSA front desk: 780–496–7369 for further information. Must have a current CLSA membership.

**WCircle-015**      Tuesdays | January 5 – February 16 | 10:00 AM - 12:00 PM | **7 Weeks**

## Wonder of Writing Circle

**Member \$12 | Non Member \$47**

**WCircle-016**      Tuesdays | March 2 – April 6 | 10:00 AM - 12:00 PM | **6 Weeks**

## Young @ Heart Band

**Member \$12 | Non Member \$47**

Join us for fun and fellowship. This group plays songs from past eras. Beginners welcome. Must read music. **No wind instruments or singing allowed.**

**WCircle-017**      Mondays | January 4 – February 8 | 1:00 PM - 3:00 PM | **6 Weeks**

## Young @ Heart Band

**Member \$10 | Non Member \$45**

**WCircle-018**      Mondays | March 1–29 | 1:00 PM - 3:00 PM | **5 Weeks**



**Central Lions Recreation Centre | 11113 - 113 Street | 780-496-7369 | [CentralLions.org](http://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**

