

Fall PROGRAMS 2010

Great people! Great programs! Great place!



Central Lions Seniors Association

at Central Lions Seniors Recreation Centre

11113 - 113 Street, Edmonton, Alberta T5G 2V1

(780) 496-7369 (Office) - (780) 442-0946 (Fax)

Web Page: www.clsa2.com

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ALL ABOUT US!

Central Lions Seniors **Association** (CLSA) is an independent, non-profit society formed in 1979 *"to encourage, promote and provide opportunities for recreation, education and socializing, and to improve and enhance the well-being of adults 55 years of age and older"*. Funded through program and club fees, donations and fundraising, CLSA is responsible for providing all daytime recreational and social programs at Central Lions Seniors Recreation Centre.

Central Lions Seniors Recreation **Centre** is owned and operated by the City of Edmonton, Community Services Department. Since 1979, the City of Edmonton has partnered with CLSA to provide quality recreation and social activities for older adults in a warm, senior-friendly atmosphere. Opportunities exist 'all in one place' for social connection, volunteer involvement, and participation in a huge variety of programs, services and clubs.

Our **renovated facility** features a Fitness and Wellness Centre (weight room, fitness studio, change rooms and sports gym), over 17 general and specialized classrooms, an auditorium, atrium, cafeteria and meeting areas. Our building is fully accessible and parking is free. **For more information on renting our facilities**, contact 780-496-1627.

For more great
Fall program opportunities,
flip guide over for
Northgate Lions Centre.



Central Lions Seniors Association Membership Form

Welcome to Central Lions Seniors Centre. We're glad you've chosen to join us!

SURNAME:	FIRST :	Please make <u>Cheque</u> payable to CENTRAL LIONS SENIORS ASSOCIATION and mail to 11113 - 113 St Edmonton, AB T5G 2V1 780 496-7369
ADDRESS:		
CITY, PROVINCE:	POSTAL CODE:	
EMAIL ADDRESS(ES):		
PHONE:	DATE OF APPLICATION:	
DATE OF BIRTH: DAY MONTH YEAR M/F:		
EMERGENCY CONTACT:		
WOULD YOU LIKE TO VOLUNTEER: YES NO		
HOW DID YOU LEARN ABOUT OUR CENTRE AND PROGRAMS?		

CENTRAL LIONS SENIORS ASSOCIATION—PROGRAM WAIVER

I _____ recognize that the activities of the club/program
(please print name)

I will be participating in may have some inherent risks. I knowingly and voluntarily assume the risks of engaging in this activity. I acknowledge that it is my responsibility to be aware of the risks associated with the activity and to safeguard my person by ensuring:

1. That I am physically able/capable of the activity
2. That I exercise safety measures appropriate to the activity, and
3. That I do not participate beyond my capabilities.

I understand that Central Lions Seniors Association endeavors to provide the best possible leadership and instruction, and to provide a safe environment for the club/program I am joining. I acknowledge that the Association only organizes activities, and does not necessarily possess any special skill or knowledge in relation to the activity itself.

I hereby release Central Lions Seniors Association from any liability arising out of my participation.

Signed: _____ Date: _____

PERSONAL INFORMATION AND PROTECTION ACT (2004)

"The personal information collected from you is protected under the Personal Information and Protection Act of Alberta (2004).

The information will be used to administer registrations and memberships, to provide information to members and may be used for satisfaction surveys. Data will also be used for program planning and evaluation. If you have any concerns

about the collection of personal information they should be directed in writing to the Chairman,

Central Lions Seniors Association 11113-113 Street, Edmonton, AB T5G 2V1

=====

OFFICE USE ONLY

Card Issue Date _____ Card # _____ Computer Entry Date _____

New _____ Renew _____ Associate _____ Life _____

Add life to Your Years



FALL PROGRAMS 2010

CLSA Member Fall Program Registration begins August 3 (on-going), 10 - 2 pm.

Non CLSA Member Program Registration begins September 7.

Office Hours: Monday – Friday 8:30 am – 4:30 pm

PROGRAMS

- All programs are organized and operated by Central Lions Seniors Association.
- Fall Programs will begin the week of September 14 unless otherwise noted.
- Times and dates are subject to change.
- Registration is 1st come 1st served.
- You are not registered until you pay.
- Classes may be cancelled or altered if there is not sufficient registration.
- Program updates are published monthly in the Central Lions Seniors newsletter.
- Cost of supplies are extra for most programs and payable to the instructor.
- Dates and times are subject to change.

MEMBERSHIPS

- CLSA Memberships are available to adults 55+.
- 2010/2011 memberships (Sept. 1/10 - Dec. 31/11) for New members only - on sale September 1st. Fee: \$40.

Note: Membership fees are not pro-rated.

NON-SENIOR SEASONAL PASS

- A seasonal pass for \$30 (2010) permits adults not yet 55 to take classes at member rates (pending availability).

REFUNDS

- No refunds are given for programs or presentations unless cancelled by CLSA.
- Any concerns may be brought to the CLSA Program Committee for review.

REGISTRATION

- You may register for programs by mail (see form pg. 3) or in-person. We cannot take phone registrations at this time.
- Membership from other Senior Centres will be honored for instructional classes, however CLSA members will be given priority. You will be placed on a wait list until non-CLSA Member program registration begins. (You will be asked to show your "membership" card).

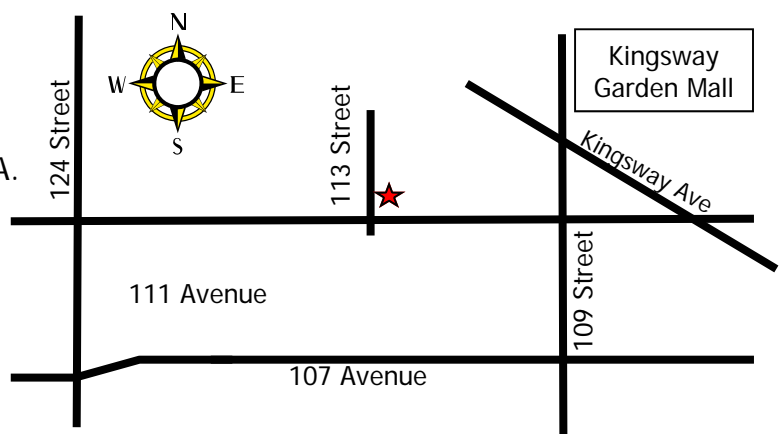
DISCLAIMERS

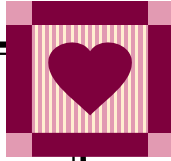
- Opinions expressed by presenters do not necessarily reflect the view of the CLSA Program Committee or the Board of Directors.
- CLSA is not responsible for any injuries incurred during any program.
- All participants (member/non-member) must sign a waiver before being permitted to take any CLSA programs.



Indicates program supported by provincial ECALA grant.

How to Get Here! Bus Routes – 125, 127





CLSA Fall 2010 Social & Special Events

Fall Registration

CLSA Member registration begins
Tuesday, August 3rd
10 am - 12 pm
Non-Member registration begins
Tuesday, September 7th

Welcome Back Pancake Breakfast & Open House

Sponsored by Edmonton Host Lions Club

Wednesday, September 8
9 - 11 am

Tickets: \$3 - on sale until Sept. 3rd
Includes: 2 pancakes, 2 sausages, choice
of orange or apple juice, coffee or tea.

Come meet our instructors! Ask questions
about classes! Register for programs!

A great opportunity to meet some old
friends and welcome the new!

Welcome Back Special Event

Friday evening, October 1

*Look for more details in
the September newsletter.*



COMPUTERS & DIGITAL CAMERAS

Monday Instructor:
Shawn Gramiuk

NEW

COMPUTER SKILLS TUTORIALS:

One-on-One **CF-001**

Mon., Nov. 22

9 am - 12 pm/12:30 - 3:30 pm (1hr session)

Fee: \$52 (\$82 non-members)

Are you....Having troubles with some of the
computer programs? Looking for some
one-on-one assistance? Sign up for a one
hour tutorial with Shawn. When registering,
be sure to state what program you would
like some assistance with. Note: Tutorials
are *not* meant for technical computer
problems or for absolute beginners.

COMPUTER TUNE UPS & **NEW**
WIRELESS SECURITY **CF-002**

Mon., Nov 1 & 8, 9 am - 12 pm

Fee: \$54 (\$84 non-members)

Every day we hear about new computer
viruses. Learn how to protect your computer
using your virus checker, ad-ware removers,
Windows updates, file back-ups, wireless
connections and more! Learn how to safely
use the wireless connection at Central Lions.
Stay "up to date".

GETTING COMFORTABLE WITH
THE INTERNET **CF-003**

Mon., Sept. 20 & 27, 9 am - 12 pm

Fee: \$54 (\$84 non-members)

You Tube, Search engines, World Wide Web
- what's this all about? In this class, learn
what the Internet has to offer. Use search
engines like Google to find information, and
check out online videos. Learn how to surf
the web safely, and have fun while doing it.

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GETTING MORE OUT OF GOOGLE

Mon., Nov. 1, 12:30 - 2:30 pm **CF-004**

Fee: \$30 (\$60 non-members)

You may already know that Google is great for searching the Internet. However, did you also know: you can use it for finding maps and driving directions, or that it has its own word processor and spreadsheet? This course takes a look at the multitude of other programs/services that Google has to offer.

HELLO KIJIJI! - Clear Up Clutter with this Online Garage Sale! *NEW*

Mon., Oct. 4, 12:30 - 2:30 pm **CF-005**

Fee: \$30 (\$60 non-members)

Kijiji is a website that thousands of people use to sell what they don't need, and to find a bargain. Like the Bargain Finder newspaper or online garage sale, it is easy to place an ad. The final sale is done face-to-face. There is no need to worry about things like credit card numbers, or sending money through the mail. In this presentation learn how to create an ad, look for items, and respond to a sale. It's fun and it's easy.

MANAGING EMAIL USING WINDOWS MAIL **CF-006**

Mon., Nov. 8 & 15

12:30 - 3:30 pm

Fee: \$54 (\$84 non-members)

It used to be that you used Outlook Express to handle the email on your computer. The email program in Windows 7 is called Windows Mail. Although it behaves like Outlook Express, it has a few quirks that you may need to get used to. In this course, you will learn to use the Contacts and Calendar features within Windows Mail.

MS OFFICE 2007: Where, Oh Where Did All the Buttons Go?

Mon., Oct. 4

CF-007

9 am - 12 pm

Fee: \$30 (\$60 non-members)

If you have worked with Microsoft Office for a number of years, the first time you look at Microsoft 2007, it will cause your heart to skip a beat. Microsoft has re-arranged everything into "logical and intuitive groups". This introduction will get you comfortable with the new way Office works. By the end of the class you'll see that, although it looks different, it works the same as always.

POWERPOINT TRAVELS: *NEW* **An Introduction**

Mon., Sept. 20 & 27

CF-008

12:30 - 3:30 pm

Fee: \$54 (\$84 non-members)

Remember when you took that big trip, then had slides made so you could show others. Nowadays, PowerPoint is the program people use to create slideshows. In this course, learn how you how to compose your own PowerPoint presentation. Bring photographs, or pictures on a compact disk or digital camera. Add the story of your trip, and you've got a presentation your can show friends, or send to them through email.

Spelling and grammatical errors are sprinkled throughout the brochure for your entertainment.



Add life to Your Years

STAY IN TOUCH WITH WEBCAMS AND CHAT

NEW

Mon., Oct. 18 or

Mon., Nov. 15

9 am - 12 pm

Fee: \$30 (\$60 non-members)

Skype is a program that allows you to use your computer like a telephone, or better yet, a video phone. Learn how to sign into a Skype account, use the chat feature and talk via headset and webcam. Cut down on those long distance bills, by using your computer to communicate!

CF-009a

CF-009b

WHERE DID I PUT THAT FILE?

Mon., Oct. 18

CF-010

12:30 - 3:30 pm

Fee: \$30 (\$60 non-members)

File management is an essential computing skill. Learn how to create, name, organize and manage files and folders. "Clear the clutter" and turn your computer's hard drive into a well organized and efficient machine.

Tuesday Instructor:
Floyd Derkat

E-MAIL BASICS

NEW

Tues., Oct. 12 - 26

CF-011

1 - 4 pm

Fee: \$55 (\$85 non-members)

Want a fun and easy way to keep in touch with family and friends anywhere in the world? Try Email! In this completely revised course, learn how to do attachments, filter incoming mail, maintain email files, establish a contact list, and keep an updated calendar of important dates. All popular email programs and setting up an email account will also be covered. If you have an email address (and password), bring it to class.

Pre-requisite: Some computer experience.

FILE MANAGEMENT BACK-UP

Tues., Sept. 21 & 28

CF-012

1 - 4 pm

Fee: \$37 (\$67 non-members)

The key to organizing files is creating folders for your various topics. Learn how to move files where you want including photo images from your digital camera. Practice how to "back-up" what you want so you do not lose it. Pre-requisite: Some computer experience.

THE INTERNET

CF-013

Tues., Nov. 16 & 23

1 - 4 pm

Fee: \$37 (\$67 non-members)

The course covers both "what it is" and "how to use it". The worldwide web is waiting for you to explore (surf and search) in a safe and user-friendly manner using Internet Explorer. This is how many people now bank, shop, do research, take on-line courses, and get the latest news.

Pre-requisite: Some computer experience.

Wednesday Instructor:
Nathan Burge

ARCHIVING OLD PHOTOGRAPHS

Wed., Nov. 17 - 24

CF-014

9 am - 12 pm

Fee: \$52 (\$82 non-members)

Learn to use the computer to archive your old photographs into digital formats. Using a basic scanner or digital camera, learn how to capture, organize, store and share your memories easily with family and friends over the Internet.

Pre-requisite: A basic understanding of using the computer is recommended.

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BLOGGING 101

NEW

CF-015

Wed, Dec. 8

9 am - 12 pm

Fee: \$26 (\$56 non-members)

Join the millions of people worldwide who enjoy blogging on the Internet. Learn not only what it's all about, but how to set up your own blog, and what to do to make it a great place for family and friends to visit or keep up with your current activities.

Pre-requisite: Basic typing skills and Internet experience.

DIGITAL CAMERAS: HOW TO USE

Wed., Sept. 22 - Oct. 6

9 am - 12 pm

CF-016

Fee: \$71 (\$101 non-members)

Still can't figure out that new digital camera? Take the stress away. Program includes: camera features, point and shoot, manual controls, flash, scene models, resolution, connecting to the computer, photo editing and making prints.

EDITING PHOTOS: The Easy Way

Wed., Oct. 13 - 27

9 am - 12 pm

CF-017

Fee: \$71 (\$101 non-members)

Learn to edit and improve your digital photographs with Google's free and easy-to-use Picasa software. Improve colour and sharpness, fix red-eye, add special effects and more. Learn how to store your photos electronically so they are easy to retrieve. Discover how to share photos online with your free web album. *Be sure to bring your digital camera and cables.*

MAC INTRODUCTION

CF-018

Wed, Dec. 1, 9 am - 12 pm

Fee: \$26 (\$56 non-members)

Explore the wonderful world of using a Mac! Bring your Mac laptop to class and learn to navigate the Mac, check email, surf the web, organize files, install applications and more! *Bring your laptop.*

***Thursday Instructor:
Marg Vogel***

"COMPUTERS FOR YOU"

Thurs., Sept. 16 – Dec. 9

Fee: \$90 (\$120 non-members)

Handouts: \$10.00 payable to instructor

Stop, take a break! Come have fun building or developing your computer skills in a friendly atmosphere. Lots of review and gradual learning of the Microsoft Office 2007 programs and the Windows 7 operating system. *All participants are interviewed by the instructor and placed in a suitable class.*

Entry Level One: 1 - 2 pm

CF-019

This introduction to computers includes practice using the mouse, examining and using buttons on a toolbar or ribbon, and typing tips.

Level Two: 10:15 - 11:15 am

CF-020

Learn how to create folders and files, and use typing and formatting hints to make the files attractive. These tips can also be applied to your E-mails.

Level Four: 9 - 10 am

CF-021

Print Preview is a miniature picture of an entire document. It enables a person to see what the document looks like before is printed. Learn how to mark four different websites as favorites in your personal folder, use Print Preview to change the print size, and print only one page from each website.

Add Life to Your Years

Level Six: 11:30 am - 12:30 pm **CF-022**

Learn how to: download or upload documents to and from a Memory Stick and different websites into a folder on the computer; use the spell checker and thesaurus; insert numbers, bullets and ClipArt; and use the F5 function key.

Excel Level One: 2:15 - 3:15 pm **CF-023**

Create a mini household and a fictitious condo budget. Using simple formulas, learn how to examine and correct formula errors in worksheets. Use toolbar buttons to perform tasks such as: sorting data alphabetically; centre and merge a heading; insert a comma; make rows and columns; fill features; and word wrap in a cell.

Thursday Instructor:

Matthew Holoway -

Security Advisor, City of Edmonton

NEW

CYBER SAFETY PRESENTATION:

Internet & Social Networking

Thurs., Oct. 7

CF-024

1:30 - 3 pm

Fee: \$2 (you must pre-register)

The Internet and social networking sites provide wonderful opportunities to learn, do business, & stay connected. With increased use, however, computer users need to be aware and diligent that personal privacy is protected. Young people are especially at risk. Learn more about Cyber Safety and how you and/or your grandkids can enjoy the benefits using the Internet.

Friday Instructor:

Liz Ackerman

NEW

COMPUTER CRAFTING: **CF-025**

Your Personal Electronic Cutter

Fri., Nov. 5

1 - 4 pm

Fee: \$19 (\$49 non-members) + *supplies*

It is the latest craze and a lot of fun!

Discover how you can use your personal computer to take paper design to the next level using Cricut Expression. Learn how to manipulate graphics, images and fonts to make beautiful scrapbooking pages & more.

EBAY BUYING & SELLING **CF-026**

Fri., Oct. 22

1 - 4 pm

Fee: \$19 (\$49 non-members) + *supplies*

Want to know how to shop and sell in eBay?

This workshop is for you. Learn how to set up eBay and PayPal accounts, and tips to look for when using the eBay service. Have fun shopping and selling with people all over the world - safely.

NEW

ONLINE BANKING & SHOPPING

Fri., Sept. 17

1 - 4 pm

CF-027

Fee: \$19 (\$49 non-members) + *supplies*

Shopping and banking online is easy, safe and convenient if you have the right information. You can avoid long lines and expensive mailing charges by just a push of a button. Find out how at this informative session.

Central Lions – Great people! Great programs! Great place!

Friday Instructor:
Diane Marshall

DIGITAL CALENDARS **CF-028**

Fri., Oct 29 **NEW**
9:30 am – 12:30 pm
Fee: \$22 (\$55 non-members) + *supplies*
Perfect for Christmas gifts! Learn how to create and personalize your own 12"x18" calendar for 2011. Highlight special occasions, birthdays and anniversaries with personal photos. *Note: Bring 30 digital photos on a CD/memory stick to the class.*

DIGITAL CARDS & GIFT TAGS

Fri., Nov. 19 **CF-029**
9:30 am – 12:30 pm **NEW**
Fee: \$25 (\$55 non-members) + *supplies*
Using Creative Memories Storybook Creator, discover how easy it is to make personalized Christmas cards, tags, invitations, and much more. Take some of the stress out of Christmas - the electronic way! *Note: Bring ten digital photos to class.*

DIGITAL PHOTO GIFTS **CF-030**

Fri., Nov. 12 **NEW**
9:30 am – 12:30 pm
Fee: \$25 (\$55 non-members) + *supplies*
Need more gift ideas for Christmas? How about a customized photo mouse pad or coffee/tea mug for that special someone. Gift package includes a 3 minute Chocolate Mug Cake recipe. *Note: Bring four digital photos to class. Supplies range from \$15 - \$25 +GST.*

DIGITAL STORYBOOKS **CF-031**

Fri., Oct 1 - 15
9:30 am – 12:30 pm
Fee: \$68 (\$98 non-members) + *supplies*
A bound book is a great way to showcase your digital photos. With Storybook Creator Plus software, create your own pages using a dazzling array of pre-designed templates or, design your own. Choose a theme, template, and cover. Create your pages. Then place your order. Simple! Bring memory stick or disk of 100 – 150 photos. *Note: Fee includes basic Storybook Creator CD. Advanced software available for \$75. Prerequisite: Basic/Inter. computer skills.*

MEMORY MANAGER

Fri., Sept. 24 **or** **CF-032a**
Fri., Oct. 22 **CF-032b**
9:30 am – 12:30 pm
Fee: \$25 (\$55 non-members) + *supplies*
The good thing about digital photography is taking lots of pictures. The bad thing is figuring out what to do with them. Use software to easily organize, cross-reference, edit, crop and 'spot colour' your photos so they're ready for your next project. Great for 'non-techies'. *Bring photos on your memory stick or CD. *Note: Software demo CD included. Advanced Memory Manager software available for \$50.*

Oh no! You cancelled the program!

Did you know it is program policy to cancel classes one week prior to the start date, if there are not enough registrations?

Don't delay - sign up today!

Add Life to Your Years

CRAFTS, HOBBIES & CARDS

ANTIQUE CLOCK REPAIR **CF-033**

Thurs., Oct. 21 - Nov. 4, 1 - 3:30 pm

Fee: \$34 (\$64 non-members)

Instructor: Bernard deMan

Has your beautiful cherished clock stopped working? Learn how to repair many problems encountered with antique mechanical clocks as well as how to clean and service the movement to keep them 'tick-tocking'. Bernard is a member of the National Association of Watch & Clock Collectors.

BOOK CONSERVATION: **CF-034**

Cleaning, Repair & Restoration

Fri., Sept. 17 - Nov. 5, 9 am - 12 pm

Fee: \$76 (\$106 non-members) + *supplies*

Instructor: Lew Houle **NEW**

This course will introduce methods and techniques used in preserving old or damaged books using environmentally safe materials. Learn how to: test old papers for acid content; remove old adhesives; repair broken stitching, spines, covers and boards; and re-attach loose papers. Breathe new life into Grandma's old Bible, a favorite cook book, or perhaps a cherished book of poetry. No experience required. Minimal supply list. *Materials (\$30) payable to the instructor.*

BRIDGE - Basic Beginners

Tues., Sept. 21 - Nov. 23

CF-035

9 am - 12 pm

Fee: \$60 (\$90 non-members)

Instructor: Eric Bjorklind

Learn basic bidding and play of hand and how to bid in an organized and orderly fashion so your partner will know what your 'hand' holds. Ideal for beginners or players with some experience.

BRIDGE - Advanced Beginners

Mon., Sept. 20 - Nov. 29

CF-036

9 am - 12 pm

Fee: \$60 (\$90 non-members)

Instructor: Eric Bjorklind

Expand your bridge knowledge for greater enjoyment of the game. This program will include completion of basic bidding in the 21st century. *Pre-requisite: Basic Beginners or Bridge experience. For more information call Eric @ 780-244-1672.*

FINISHED IN FIVE -

A Photo Memory Album

CF-037

Thurs., Sept. 23 - Oct. 21

9:30 am - 12:30 pm

Fee: \$68 (\$98 non-members) + *supplies*

Do you have a photo project you've always been meaning to complete? Or heritage photos that need to have their story told? The goal of a Creative Memory album is "to preserve the past, enrich the present, and inspire hope for the future". In this class, you will go away with a completed 32 page creative album full of preserved memories. Tips will also be provided for organizing your digital photos. Come join the fun. Cost of a project can range from \$38 to \$175 depending on supplies chosen.

HAND-CARVED WINE STOPPER

Fri., Nov. 19 & 26

CF-038

1 - 4 pm

NEW

Fee: \$20 (\$50 non-members) + *supplies*

Instructor: Lew Houle

This project is ideal for your favourite wine lover or connoisseur! Using rotary tools, participants will learn how to carve simple wildlife designs into bone. The course will conclude with finishing and mounting your project on a cork stopper. Materials required: tools needed will be available from the instructor.

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MANUSCRIPT ILLUMINATIONS

Mon., Oct. 18 - Dec. 6 **CF-039**
6:30 - 9:30 pm **NEW**

Fee: \$84 (\$114 non-members) + *supplies*

Instructor: Lew Houle

This intermediate class is designed for the 'serious' student. Discover the beautiful and ornate art of Book Ornamentations using manuscript techniques found in 15th and 16th century Italian, French and German Renaissance periods. Supplies (\$65) payable to the instructor on day one include: pigment, ink, paper, gilding material, colour manuscript photo copies, instructional hand outs and translated recipes.

Pre-requisite: Basic knowledge of inks, pigments and materials required.

PAPER CRAFTS & CARDS

Mon., Sept. 27, 1 – 4 pm
CF-040a

Mon., Oct. 25, 1 – 4 pm
CF-040b

Mon., Nov. 29, 9:30 am - 12:30 pm
CF-040c

Mon., Dec. 6, 1 – 4 pm
CF-040d

Fee: \$7 (\$37 non-members) + *supplies*

Instructor: Pat Arsenault

Rediscover your creative self! Enjoy a fun, social time with Pat making greeting cards and paper crafts using ribbon, stamps & more. Bring your scissors and ruler.

Take home 3 or 4 per class projects for yourself or as gifts. *Note: Supply costs are \$3 per person for each class, payable to the instructor.*

SILVERSMITHING

with **Lew Houle, Master Goldsmith**

FOLD FORMING - Level 1 **CF-041**

Wed., Sept. 15 - Oct. 20, 9 am - 12 pm **NEW**

Fee: \$62 (\$92 non-members) + *supplies*

An excellent introduction to silversmithing and metal arts, fold forming is a technique of folding, hammering and opening metal to achieve a naturalistic appearance. This session is a continuation of the highly successful Spring "fold forming" workshop. Students can expect to take away two different hollow form projects. *Materials cost (\$35) are payable to the instructor at the first class.*

FOLD FORMING - Level 2 **CF-042**

Wed., Oct. 27 - Dec. 1, 9 am - 12 pm **NEW**

Fee: \$62 (\$92 non-members) + *supplies*

Participants will continue to explore making unique "hollow forms" using the fold form technique. Students may expect to take away two completed hollow vessels. *Materials cost (\$35) are payable to the instructor at the first class.*

LOST WAX CASTING:

Mould Making **CF-043**

Mon., Oct. 18 - Dec. 6, 9 am - 12 pm

Fee: \$81 (\$111 non-members) + *supplies*

Learn to vulcanize "rubber moulds" for the purpose of "multiple copy" casting. From this mould, participants will be shown how to cure and then cast "molten" silver. Each participant can expect to take away from this course "one rubber mould" and "one complete casting". *Materials cost (\$75) are payable to the instructor at the first class.*

Add Life to Your Years

STAINED GLASS ANGELS CF-044

Thurs., Nov. 18 & 25

NEW

1 - 4 pm

Fee: \$18 (\$48 non-members) + *supplies*

Instructor: Bernard deMan

Discover stained glass and go home with an angel to decorate your window. Try your hand at grinding, soldering & cutting. Tools to complete project tasks will be supplied.

Supplies (minimal cost) available for purchase from the instructor.

STAINED GLASS ART CF-045

Mon., Sept. 20 - Oct. 18 (*no class Oct. 11*)

1 - 4 pm

Fee: \$51 (\$81 non-members) + *supplies*

Instructor: Lori Boutestein

A class for beginners or anyone interested in exploring their creative side. Discover the textures and colours of stained glass. Learn how to use tools and patterns to score, break, grind and shape glass to create an 8" x 10" glass panel. It's fun! It's easy! It's beautiful! Learn basic techniques to move to bigger projects—fast! *Materials (\$50) available from the instructor.*

STAINED GLASS: LEAD CANE

Thurs., Sept. 30

CF-046

9 am - 1 pm

NEW

Fee: \$20 (\$50 non-members) + *supplies*

Instructor: Lori Boutestein

In this intermediate class, students will learn how to cut glass for lead cane, putty and then polish their finished project. The difference between the foil method and lead cane method will be discussed. Safety precautions will be taken for handling lead cane. *Pre-requisite: Stained Glass Art - Beginners or previous experience working with glass and knowledge of cutting procedures. Materials (\$25) available from the instructor.*

DRAWING & PAINTING

CARICATURE CREATIONS

Thurs., Sept. 16 - Oct. 7

CF-047

1 - 3:30 pm

Fee: \$42 (\$72 non-members) + *supplies*

Instructor: Gordon Love

Caricature means to overload, distort and exaggerate features for satirical effect.

Caricature drawing is light-hearted and fun, and brings a smile to just about everyone.

In this class, learn tips and techniques from an artist who loves to draw a caricature of just about anyone and anything.

No experience required. *Supply list available.*

DRAWING FOR PAINTERS CF-048

Tues., Sept. 14 - Nov. 2

NEW

9:30 am - 12 pm

Fee: \$84 (\$114 non-members) + *supplies*

Instructor: Frances Alty-Arscott

"To be a successful painter, an artist needs to have a plan before beginning to paint. This course emphasizes the basic skills, methods, and techniques in drawing and planning a painting including: information, composition and value sketches; value contrasts; and order of colour. Designed for painters wanting a refresher course in drawing and for those new to drawing, demonstration and discussions will provide opportunity to create sketches for 'future paintings'. *Supply list available.*

Central Lions – Great people! Great programs! Great place!

DRAWING MADE EASY - Level 1

Wed., Sept. 15 - Oct. 20 **CF-049**

1 - 4 pm

Fee: \$68 (\$98 non-members) + *supplies*

Instructor: Susanne Lamoureux

Interested in drawing but believe you are the greatest stick figure artist? This course will take you beyond your expectations. Step-by-step demonstration will show methods that will help you achieve realism in all your work with just a pencil. *Nominal fee for photo reference material.*

DRAWING MADE EASY - Level 2

Wed., Oct. 27 - Dec. 1 **CF-050**

1 - 4 pm

Fee: \$68 (\$98 non-members) + *supplies*

Instructor: Susanne Lamoureux

This course continues from Level 1 and will reinforce your skills allowing you to explore charcoal, conte & ink mediums to create amazing drawings. Step-by-step demonstrations will teach techniques and tips on using these mediums. Learn how to create incredible realism that will awe you. *Pre-requisite: Beginner Drawing Made Easy. Nominal fee for photo reference material.*

EXPLORING WATERCOLOURS -

Intermediate **CF-051**

Tues., Sept. 14 - Nov. 2

1 - 3:30 pm

Fee: \$84 (\$114 non-members) + *supplies*

Instructor: Frances Alty-Arcott

Enhance freshness in your art by experimenting with new ideas and alternative painting techniques. Students will be encouraged to explore their own personal direction through individualized instruction, demo's and discussion. *Pre-requisite: Watercolours for Beginners or experience in watercolour required. Supply list available.*

HOW TO PAINT COUNTRY HOMES USING WATERCOLOURS

Wed., Nov. 24 & Dec. 1 **CF-052**

1 - 4 pm

Fee: \$40 (\$70 non-members)

NEW

Instructor: Frank Haddock

Enjoy two lovely afternoons learning how to mix colours, create textures, and paint a country home in each session. Using demonstrations, participants will be guided through a series of steps to help develop a beautiful watercolour painting of a house on the prairies. Learn how to use a brush to create clouds in the sky, grass in a field and dainty blue blossoms. Beginners or experienced welcome to join! Now, all you have to do is sign up! *All supplies included.*

PAINTING WITH OILS **CF-053**

Fri., Oct. 15 - Nov. 19

12:30 - 3:30 pm

Fee: \$68 (\$98 non-members) + *supplies*

NEW

Instructor: Muhammed Salayi

Under the guidance of an exceptional artist and teacher learn how to transfer a simple drawing into a beautiful oil painting. Enjoy exploring a range of oil painting techniques, tools, and brush strokes. Lots of demonstrations. This program is ideal for both the absolute beginner and as a refresher for the experienced painter. *Supply list available.*

Refunds ...

Participants will be called if a program is cancelled. All refunds must be picked up within 30 days of the call.

Add Life to Your Years

PAINTING YOUR MASTERPIECE

Wed., Oct. 27 - Nov. 17 **CF-054**

1 - 4 pm **NEW**

Fee: \$48 (\$78 non-members) + *supplies*

Instructor: Frank Haddock

Create a copy of an old master painting! Choose one or two paintings by any of the masters from the eighteenth and nineteenth century and learn how to reproduce the image in acrylic or oil. Demonstrations and handouts will help you select the right colours and the perfect techniques for making copies of masterpieces you've always admired. You will also learn a little biographical history of the artists you have chosen! Sign up and surprise yourself.

SOFT PASTELS - An Introduction

Thurs., Sept. 16 - Oct. 21 **CF-055**

9 am - 12 pm **NEW**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: David Shkolny

Explore a new medium! In this introductory course to soft pastels, students will be taught through demonstrations and one-on-one guidance. The focus will be on still life and landscape and exploring various techniques. Some drawing experience is preferred, however, fundamentals of drawing will be covered as part of this class. A material list is available for pick up prior to the class.

YOUR GUIDE TO IMPRESSIONISTIC LANDSCAPES USING OILS/ACRYLICS

Wed., Sept. 15 - Oct. 20 **CF-056**

1 - 4 pm

Fee: \$74 (\$104 non-members)

Instructor: Frank Haddock

Get a great start painting landscapes using the techniques of impressionists such as Monet, Sisley and Seurat. Plenty of demonstrations and instruction will teach you how to: Start your own paintings, mix colours, and complete the finished project. With professional guidance, landscapes will never be easier. Sign up today!

WATERCOLOURS - For Beginners

Mon., Sept. 13 - Nov. 8 **CF-057**

1 - 3 pm

Fee: \$75 (\$105 non-members) + *supplies*

Instructor: Frances Alty-Arscott

This course emphasizes the basic skills, methods, and techniques in painting in the watercolour medium. Demos will provide an opportunity for individual experimentation and discovery. *Pre-Requisite: Some drawing/painting experience although concentration in the watercolour medium is not required. Supply list available.*

Something to consider....

We want to create an environment where everyone can participate and enjoy themselves. To respect individuals who may have severe allergies or chemical sensitivities, we ask that you refrain from wearing excessive amounts of fragrances or scented personal care products while at the Centre. From those affected, Thank You for your cooperation.



What fitness program is right for you?

Step 1:

It is advisable to check with your doctor prior to taking any exercise program

Step 2:

Determine your ability level

Gentle: A person who has been sedentary for the last few months; gets breathless easily; lacks joint flexibility; and lacks muscle tone. This individual doesn't feel ready for vigorous physical activity. Look for Gentle exercise programs.

Moderate: A person who has been participating in physical activities of a moderate nature over the past few months. Look for Moderate exercise programs.

Active: A person who has been active for months and who can do vigorous activity for 30 minutes or more at a time. Look for Active exercise programs.

Step 3:

Decide what it is you enjoy doing

Step 4:

Check chart to see if activity is offered and on what day

Step 5:

Courses are listed alphabetically. Check for times and fees

Step 6:

Register...and you are on your way to an improved and healthy lifestyle.

Congratulations! It is that easy!

Gentle	M	T	W	Th	F
Gentle Move & Groove	AM		AM		AM
Roaring Lions Walking Group		AM		AM	
Tai Chi - Yang Style	PM				
Yoga - Gentle	AM			AM	

Moderate	M	T	W	Th	F
Cardio Salsa/Tango		AM		AM	
Co-Ed Keep Fit	AM		AM		AM
Core Strength	PM				
Fun with Rhythmic Gymnastics				PM	
Renew: Back & Shoulder Rehab					PM
Strength Training for Life		PM		PM	
Tai Chi -Yang Style	PM				
Yoga for You	AM				
Yoga Stretch & Relax					AM
Zumba Gold				PM	

Active	M	T	W	Th	F
Core Strength	PM				
Muscle Up	Eve		Eve		
Lower Body Workout		AM			
Total Fitness					AM

Sports Clubs	M	T	W	Th	F
Badminton	PM		PM		
Lawn Bowling		PM		PM	
Pickleball		AM		AM	PM
Shuffleboard				PM	
Snooker	AM PM	AM PM	AM PM	AM	AM PM
Table Tennis	AM		AM		AM

GET ACTIVE! FITNESS FUN FOR EVERYONE!

NOTE: *It is advisable to check with your doctor prior to taking any exercise program.*

JOIN OUR FITNESS CENTRE!

- Senior Friendly
- Non-intimidating atmosphere
- Knowledgeable staff
- No contracts or sign up fees

Even if you have never been to a Fitness Centre before, *getting started is easy.*
For more information drop by fitness centre or call 780 442-0949

Take a FREE Orientation -- This "Fit Machines" orientation will provide you with information about Centre operations, introduce you to the equipment, and provide some tips on exercising safely.

Sign up for a Personalized Program – One-on-one time with a Certified Fitness Instructor. Based on your needs and fitness goals, a fitness program is developed just for you!

Join a Group Fitness Class – Looking for more motivation and socialization? Join a group fitness class like Muscle Up or Core Strength for a variety of exercises.

Note: Must be a member of CLSA prior to joining the Fitness Centre

Fees:

Drop-in Fee	\$ 3.50
10 Visit Pass	\$30.00
Monthly Pass	\$35.00

prices are subject to change

Want to learn more about our fabulous Fitness Centre?

Our fitness leaders are available to come out to your organization to speak.

For outreach information call
780-442-0949

Other Programs and Activities to consider for a Healthy Lifestyle

- Ballroom Dance
 - Hula Dance
 - Line Dancing
- Tango Romantica
- Tap Dancing

For more information see
Fitness & Sports and Dance section.

Or join one of our Active Clubs
For more information see Activities and Clubs section.



Add Life to Your Years

FITNESS, YOGA & SPORTS

CARDIO SALSA **CF-117**

Tues., Sept. 21 - Nov. 23, 10:30 - 11:30 am
See page 30 or more information.

CO-ED KEEP FIT

Moderate to Active

Fee: \$35 (\$65 non-members) each

Mon., Sept. 13 - Dec. 6 **CF-058a**
9 - 10 am

Instructor: Alison McIntyre

Wed., Sept. 15 - Dec. 1 **CF-058b**
9 - 10 am

Instructor: Wendy Davies

Fri., Sept. 17 - Dec. 3 **CF-058c**
9:30 - 10:30 am

Instructor: TBC

'For those who like a high energy workout.'
Improve your heart health and stamina as the classes progress from **30 - 40** minutes of aerobic movement and exercise. Work on mobility and joint flexibility, muscle strength, balance & agility through active movement.

Gentle to Moderate

Fee: \$35 (\$65 non-members) each

Instructor: Alison McIntyre **CF-058d**

Mon., Sept. 13 - Dec. 6
10:10 - 11:10 am

Instructor: Wendy Davies

Wed., Sept. 15 - Dec. 1 **CF-058e**
10:10 - 11:10 am

Join us for a fun-filled, 'active' aerobic class. Walk, stretch and exercise your way to improved balance, strength, endurance, and flexibility. This class builds from **20 - 30 min.** of active aerobics followed by balance, chair and/or resistance exercises. Everyone is encouraged to work out at their own pace.

CORE STRENGTH

CF-059

Mon., Sept. 13 - Dec. 6

12:45 - 1:45 pm

Fee: \$58 (\$88 non-members)

Instructor: Wendy Davies

Focusing on lower back and abdominals, this program emphasizes strength development, balance and flexibility. Resistant balls, light hand weights and therabands will be used. *Note: Floor exercises are part of this class.*

DROP-IN AQUASIZE

FOR SENIORS

CF-060

Location: Grand Trunk Leisure Centre
13025 112 Street

Starting Wednesday in September, ongoing
10 - 11 am

Fee: \$5.40 drop-in or purchase monthly pass at pool for \$39.50 or 10 visit pass for \$54

Instructor: City of Edmonton Staff

This gentle aquasize class will incorporate shallow water moves to build cardiovascular fitness, muscular strength, and endurance. Great for joint or muscle problems.

FUN WITH

RHYTHMIC GYMNASTICS **CF-061**

Thurs., Sept. 16 - Nov. 25, 1:40 - 2:40 pm

Fee: \$48 (\$78 non-members)

NEW

Instructor:

Kristi Shebo, Certified Coach

Rhythmic gymnastics uses hand-held apparatus and total body movement to build fitness, balance and coordination all while moving to music. Learn how to let the apparatus become an extension of your body and find creative ways to move. Includes: individual and group work. Whatever your age, rhythmic gymnastics is a great body/mind workout for the young at heart!

Central Lions - Great people! Great programs! Great place!

GENTLE MOVE & GROOVE

Mon., Sept. 13 - Dec. 6 **CF-062a**

Instructor: Alison McIntyre or

Wed., Sept. 15 - Dec. 1 **CF-062b**

Instructor: Wendy Davies

Fri., Sept. 17 - Dec. 3 **NEW**
Instructor: Marilee Barry **CF-062c**

11:30 am - 12:30 pm
 Fee: \$43 (\$73 non-members) each
 Do conditions and concerns such as arthritis, osteoporosis, and/or mobility issues keep you from exercising? Integrating gentle exercises from both standing and sitting positions, the aim of this program is to promote functional fitness. Stay independent with exercises that improve heart health, strength, balance and joint range of motion.

LOWER BODY WORKOUT

Tues., Sept. 14 - Oct. 19 **or** **CF-063a**

Tues., Oct. 26 - Nov. 30 **CF-063b**

11:30 am - 12:30 pm **NEW**

Fee: \$29 (\$59 non-members)

Instructor: Wendy Davies

For those who want a bit more attention spent "toning the tush and legs", this program is for you! Standing, sitting and floor exercises will be included to help tighten those glutes and firm those thighs. Have fun working your way to a firmer, newer you.

MUSCLE UP

Mon., Sept. 13 - Dec. 6 **or** **CF-064a**

Wed., Sept. 15 - Dec. 1 **CF-064b**

5 - 6 pm
 Fee: \$64 (\$94 non-member)

Instructor: Chris Ha

This popular class is a group fitness program that adapts to your own personal needs and goals. Several fitness assessments will be used to determine your fitness level and capability. Learn proper training techniques, improve your bone strength, muscle tone, posture and overall fitness level.

**RENEW -
 BACK & SHOULDER REHAB**

Fri., Sept. 17 - Oct. 22 **or** **CF-065a**

Fri., Oct. 29 - Dec. 3 **CF-065b**

1 - 2 pm
 Fee: \$29 (\$59 non-members)

Instructor: Susan Redl

Designed for those recovering from injuries (i.e. chronic back pain), this program consists of progressive rehab exercises focusing on the upper body and core (abs and lower back). A gentle to moderate program, this class involves some floor exercises/mat work. Come develop a better you with ReNew!

Add Life to Your Years

ROARING LIONS WALKING GROUP

Tues. & Thurs., 10 - 11 am

\$1 CLSA Member/ \$2 Non-Member per visit

Facilitators: Rita Suter

Participate in a regular walking program at your own level. All you need is an interest and the ability to walk independently. Join our certified fitness staff to help you start & maintain a regular healthy walking program that is safe, interactive and fun. Bring a friend. Come meet others. *Note: Change of day 2 from Friday to Thursday.*

STRENGTH TRAINING FOR LIFE

Tues., Sept. 14 - Nov. 30

Instructor: Wendy Davies or

Thurs., Sept. 16 - Dec. 9

Instructor: Alison McIntyre

Fee: \$58 (\$88 non-members) **each**

Level 1/2 Tues. 1 – 2 pm **CF-066a**

Level 1/2 Thurs. 1 – 2 pm **CF-066b**

Level 2/3 Tues. 2:15 - 3:15 pm **CF-066c**

Improve your balance, strengthen your bones, tone your muscles and give your body better shape. Various arm and leg movements using weights will be taught. Includes occasional use of the new Fitness Centre. *Exercise ball will be used in L 2/3.*

Register Early!

Registering for a program at the last minute can lead to class cancellation due to insufficient registration.

780 496-7369 www.clsa2.com.

TAI CHI - YANG STYLE

Mon., Sept. 20 - Nov. 29

Level 1 (Beg.) - 1 – 2 pm or **CF-067a**

Level 2 (Int.) - 2:05 - 3:05 pm **CF-067b**

Fee: \$67 (\$97 non-members)

Instructor: Leslie Sarabin

Tai Chi is a gentle exercise that stretches, tones, and relaxes the muscles. It also exercises our ability to focus and concentrate. Using slow movements to change from one position to the next, the body and mind work as a whole. Join Leslie and discover a new 'passion' on your journey to wellness.

TOTAL FITNESS

Fri., Sept. 17 - Oct. 22 or **CF-068a**

Fri., Oct. 29 - Dec. 3 **CF-068b**

11:30 am - 12:30 pm

Fee: \$32 (\$62 non-members)

Instructor: Susan Redl

This cardio sculpting class combines core conditioning, strength training exercises, balance, and stretching to achieve an all around total body workout. Listen to the old time tunes while becoming fit.

YOGA FOR YOU

Mon., Sept. 13 - Dec. 6 **CF-069**

9:30 - 11 am

Fee: \$75 (\$105 non-members)

Instructor: Sylvia Galbraith

Yoga focuses on improving your physical and mental well being using a combination of poses, breathing & meditation exercises. It is an effective tool for increasing strength and flexibility, relieving stress, calming the mind and achieving complete physical and mental relaxation. Please bring your own yoga mat.

Central Lions – Great people! Great programs! Great place!

YOGA GENTLE

Mon., Sept. 13 - Nov. 29 **CF-070a**
Thurs., Sept. 16 - Dec. 2 **CF-070b**

11:15 am - 12:15 pm
Fee: \$55 (\$85 non-members)

Instructor: Sylvia Galbraith

Includes gentle yoga exercises to increase flexibility, balance, breathing and body awareness. These exercises are done seated using equipment supplied. Everyone is encouraged to work at their own pace and comfort level. No floor exercises. Let Gentle Yoga lead you to a sense of well being!

YOGA: STRETCH & RELAX

Fri., Sept. 17 - Dec. 3 **CF-071**
9:30 - 11 am


Fee: \$82 (\$112 non-member)

Instructor: Maxine Cowan

This class is a combination of active yoga and total relaxation. Dress in layers - light to stretch and warm to relax. Bring a yoga mat, a small fleece blanket and wool socks - the extra warmth facilitates relaxation. Come to enjoy a total body experience.

ZUMBA - GOLD

Thurs., Sept. 16 - Dec. 2 **CF-072**
12:30 - 1:30 pm

Fee: \$44 (\$74 non-member) 

Instructor:

Maria Yakula, Zumba certified

Ditch the workout and join the party! This Latin inspired dance fitness class is so much fun you don't even know you're exercising. Move to Latin & International based rhythms including: Merengue, Cumbia, Belly dance, Samba and more. Technique is not important. Enjoy the music and get moving!

GENERAL INTEREST

“As We Age” Series

Matters of 'aging' are a concern to everyone. Become informed. For more age-related talks see Health and Wellness, Pages 25-27.

CANADA PENSION PLAN & OLD AGE SECURITY **CF-073**

Wed., Oct. 27
1:30 - 2:30 pm
Fee: \$2 (you must pre-register)

Presenter: Service Canada

This presentation, provided by Service Canada representatives, will highlight services available for the Older Adult. Obtain updates on the Canada Pension Plan and Old Age Security. Service assistance will be available.

COPING WITH CAREGIVING

Wed., Nov. 17 **CF-074**
1:30 - 3 pm

Fee: \$2 (you must pre-register)

Presenter: Sylvia Krough, AHS and Guest from Alzheimer's Society

"I didn't ask to be a caregiver to a loved one and my loved one did not asked to be cared for." One often finds this mission in life filled with liveliness and loneliness, grace and grit. Come take a breathe and discuss tips on how to take care of yourself while continuing to care for the one you love. Caring for the physically or dementia—challenged will be covered. Remember—you are not alone!

Check out our website for all
Your information needs!
www.clsa2.com

Add Life to Your Years

DRIVER 55 PLUS: Introduction

Date/Time/Fee - TBC **CF-075**

Instructor: Caroline Gee, AMA

Changes in vision, reaction time, flexibility & physical fitness can all influence driving. This informative session is geared to helping mature drivers maintain their independence and driver mobility while also providing tips for limiting driving risks.

END OF LIFE MATTERS

Options are numerous and sometimes it is hard to make decisions regarding these difficult topics. The following sessions are meant to provide choices, help regain a 'sense' of control and assist your loved ones when the time comes.

Funeral Planning from the Consumer Point of View **CF-076**

Date/Time/Fee - TBC

The Memorial Society of Edmonton

Edmonton Municipal Cemeteries & Alternative Funeral Services **CF-077**

Tues., Nov. 16, 1 - 2:30 pm

Fee: \$2 (you must pre-register)

PERSONAL DIRECTIVES & POWER OF ATTORNEY **CF-078**

Tues., Oct. 5, 10 am - 12 pm

Fee: \$2 (you must pre-register)

Presenter: Sandra Hall, Office of the Public Guardian; Lincoln Mar, Office of the Public Trustee

This informative session will provide information about the processes and documents required to ensure that your financial, legal and personal matters are managed in accordance with your wishes, if you no longer have the capacity to make decision.

PROVINCIAL SENIORS SUPPORTS

CF-079

Wed., Oct. 13, 1:30 - 2:30 pm

Fee: \$2 (you must pre-register)

Presenter: Marj Buerger

Keep up to date on the most current information regarding provincial seniors programs. Make sure that you are receiving all that you are entitled. Includes: Alberta Seniors Benefit, Dental & optical Assistance for Seniors, Education Property Tax, and Special Needs Assistance.

SENIORS HOUSING FORUM

Sat., Sept. 29

9 am - 3 pm

Fee: FREE

An opportunity to learn about various housing options available to older adults. Displays, discussion-panel and more. For more information call SAGE at 780-423-5510.

WORKING WITH WILLS

Tues., Oct. 5, 2 - 4 pm **or**

Thurs., Oct. 7, 9:30 - 11:30 am

Fee: FREE

Presenter: Volunteer Lawyers

Wills Week is a free public service designed to help people understand the importance of having an updated & valid will. It is coordinated through the Edmonton Community Foundation with volunteer lawyers. Topics will include: What happens if you die without a will; Factors to consider in choosing an Executor/Trustee; and Enduring Power of Attorney/Personal Directives.

Note: Look for TBC (to be confirmed) updates in the September issue of Central Lions Seniors News.

Central Lions – Great people! Great programs! Great place!

Creative Writing

PLAYING WITH WORDS: The Poet Within

Instructor: Jade O'Riley

Workshop #1

Thurs., Oct. 14, 1 - 4 pm **CF-080**

Fee: \$16 (\$46 non-member)

Words can describe, teach, inform and evoke emotion. In this workshop, discover the wonder of poetry as you explore rhythm and writing of a ballad, lyric, villanelle, and analyzed rhyme. No experience required.

Workshop #2

Thurs., Oct. 28, 1 - 4 pm **CF-081**

Fee: \$16 (\$46 non-member)

The Poet Within, everyone has one! In workshop #2, the cadence and creativity of the kyrielle, sonnet, rondelle and ode will be explored. It's easy; it's fun; it's for everyone. Let your mind soar!

PUT YOUR PAST ON PAPER

Tues., Sept. 14 - Oct. 19 **CS-082**

9:30 - 11:30 am

Fee: \$90 (\$120 non-member)

Instructor: Shirley Serviss

Learn how to focus your writing on significant life incidents; the people who made a difference, and the insights you gained. In this safe, friendly environment, participants will be encouraged to share their stories with others. Prompts and techniques to help focus on material will be part of this class. The program will be tailored to meet the needs of the Participants and has been extended 1/2 hour per week for additional writing & discussion.

CYBER SAFETY PRESENTATION: Internet & Social Networking

Thurs., Oct. 6

CF-024

1:30 - 3 pm

See page 9 for more information.

Genealogy Series with Kathleen Rae, The Family Tree

INTRODUCTORY GENEALOGY

Mon., Sept. 27

CF-083

9 am - 12 pm

Fee: \$23 (\$53 non-members) + \$10 manual

This introductory hands-on workshop covers the basic rules of genealogy: pedigree charts; Family Group sheets; where to look for information from all over the world.

Discussion will include related books, and viewing of actual genealogical records.

INTERNET GENEALOGY

Mon., Oct. 25

CF-084

9 am - 12 pm

Fee: \$23 (\$53 non-members) + \$10 manual
No computer experience required!

Information will be presented on a large screen. Topics will include: where to find good research sites and mailing lists; how to post proper queries; discussion about the Privacy Laws in Canada; and what you will or will not find compared to other countries. Participants may bring a list of family names, dates and places to class for the instructor to research.

Add Life to Your Years

ADVANCED GENEALOGY

Mon., Nov. 29 **CF-085**
9 am - 12 pm
Fee: \$23 (\$53 non-members) + \$10 manual
For the advanced researcher with genealogical experience who has the basics of a family tree in place. Participants will have an opportunity to collect in-depth information from land title records, census records and vital statistics documents to add finer details to their personal family history.

MILITARY GENEALOGY

Mon., Nov. 5 **CF-086**
9 am - 12 pm
Fee: \$23 (\$53 non-members) + \$10 manual
Canadian Military Records are the most under-utilized set of genealogical information available to researchers. Find out what kind of information is in these records; where to find them (Federal, Provincial, International) as well as various Military websites that may provide new information for your family tree.

"TRACING YOUR ROOTS" - Genealogical Bus Outing with Friends from NESAs

Wed., Oct. 6, 9 am - 3 pm **CF-087**
Fee: \$29 (\$59 non-members)
Take a tour with Kathleen to the Mormon Church Family History Library and the Edmonton Public Library's Heritage Room. A great opportunity to view new collections and ask staff questions. Bring note pad and pen. Limited seating. Lunch will be at a local restaurant.

THE ECOLOGICAL FOOTPRINT

Wed., Nov. 3 **CF-088**
1:30 - 3 pm
Fee: \$5 (you must pre-register)
**Presenter: Frank Weichman,
Physics Dept, University of Alberta**
The Ecological Footprint - what is it and does it make sense? Popular literature says we are using up our fossil fuels at a rate that cannot be replaced. Unless we decide to go the nuclear route, we will eventually have to bring our energy use in balance with the renewable energy supply. Join Frank for a lively discussion on energy and what our future may hold.

THE CLUTTER HELPER:

Senior Move Specialist **CF-089**
Fri., Oct. 1
1:30 - 3 pm
Fee: \$2 (you must pre-register)
Presenter: Anita Beil, Organizer
Are you or someone you know downsizing, relocating or modifying their home? Join professional organizer Anita for an informative session on how she can help: develop an overall move or "age in place" plan; organize and sort; arrange for disposal of unwanted items; customize floor plans; unpack and set up the new home; and assist with related services.

THE CLUTTER "CHRISTMAS ELF"

Fri., Dec. 3 **CF-090**
1:30 - 3 pm
Fee: \$2 (you must pre-register)
Presenter: Anita Beil, Organizer
Join Anita as she shows many different ways to make use of your unwanted Christmas and household items. There will be plenty of examples at this fun and informative session. Invite a friend.

Central Lions – Great people! Great programs! Great place!

TRAVEL TALK:

Adventures Down Under

Fri., Oct. 1

CF-091

11 am - 12:30 pm

Fee: \$5 (you must pre-register)

Presenter: Chris Fisher

Take a trip down under with Chris without getting jet lag. Australia and New Zealand are two of the most accessible places to visit. From natural beauty and exotic wildlife to the cultural fascinations of modern cities and aboriginal cultures, these countries have it all.

HEALTH & WELLNESS

Note: The courses listed do not necessarily reflect the philosophy of CLSA.

ACUPRESSURE USING EFT

Thurs., Sept. 30

CF-092

1 - 2:30 pm

Fee: \$13 (\$43 non-member)

Presenter: Marlaina Eykelbeysh

Emotional Freedom Technique or EFT is a form of psychological acupressure in which tapping is used instead of needles to stimulate the Chinese acupuncture points. With this amazing technique negative emotions are released along with associated symptoms expressed in the body. EFT can be used for just about everything, from eliminating pain to changing beliefs!

BOOSTING YOUR MEMORY CF-093

Thurs., Oct. 14 – Nov. 25 (*no class Nov. 11*)

2 - 4 pm

Fee: \$20 (includes manual)

Presenter: Sylvia Koreen & Bev Theroux, AHS

This memory enhancement program is for adults 55 and over who are interested in improving memory and keeping the brain in good running condition. Learn methods to maintain what you have learned.

CONFLICT CONVERSATIONS

Mon., Nov. 1, 15 or 29

1:30 - 3:30 pm

Fee: \$10 (\$40 non-member) each

Presenter: Trudianne Dolman

Nov. 1

CF-094a

Conflict Styles: What's Yours

Explore different ways of dealing with conflict, and our choices when we're in conflict with someone who is not like us. (Note: there will be an additional \$5 fee for the Kraybill Conflict Styles Inventory, which participants will complete in class).

Nov. 15

CF-094b

How Can I Speak So You Will Listen to Me?

Discussion will include options on how to say 'what needs to be said' in a way that helps the other person listen without being defensive.

Nov. 29

CF-094c

Christmas Conflict, Christmas Cheer?

Do you experience unique or recurring conflicts at holiday times? This workshop will look at the what's and why's of holiday challenges, and options for doing things differently.

Add Life to Your Years

EATING FOR A HEALTHY HEART

Thurs., Oct. 28

CF-095

1:30 - 3 pm

Fee: \$8 (you must pre-register)

**Presenter: Ruth West,
Registered Dietician**

How do you measure up when it comes to eating well? Join Ruth for a lovely discussion on how to make healthy food choices inside and outside the home. Learn about heart healthy fats, what to look for on the nutrition facts label, and which foods to limit to lower your blood cholesterol. Be ready for the Christmas season.

INTRO TO NATURAL MEDICINE

Wed., Sept. 29

CF-096

1 - 2:30 pm

Fee: \$5 (you must pre-register)

Presenter: Dr. Anne Majeau

Natural Medicine has been around since the beginning of time. It is built on the understanding that nature heals. Our bodies are best designed to respond, regulate and balance through the use of whole food, herbs, homeopathic and natural vitamins, minerals and nutraceuticals. Natural medicine treats the disease and illness, and a Doctor of Natural Medicine treats the whole person and focuses on prevention as your best cure.

LIVING WITH LOSS

CF-097

Tues., Sept. 7

10 am - 12 pm

Fee: \$2 (you must pre-register)

Presenter: Linda Aris

This two hour presentation is an introduction to bereavement, grief, and mourning. Are you or someone you know in need of help? Linda is a registered social worker with the Edmonton Bereavement Centre who cares! For more information; call 780-454-1231. Note: this session is followed by a seven week support series for those interested.

REHABILITATION FOR DIZZINESS & BALANCE DISORDERS

CF-098

Tues., Sept. 28, 2 - 3 pm

Fee: \$2 (you must pre-register)

**Presenter: Gerry Toller - Lobe
Coordinator & Vestibular Rehabilitation**

Balance and dizziness problems are not imaginary or inevitable with age, though they are common. The good news is that there are effective treatments for imbalance and dizziness. This talk by a vestibular rehabilitation physical therapist will introduce the normal balance control process, inner ear disorders causing dizziness and imbalance (including Benign Paroxysmal Positional Vertigo) and treatments that are available.

CONNECTIONS

CF-099

Thurs., Sept. 16 - Dec. 2, 10 am - 12 pm

Fee: \$24



Instructors: Maureen Hanic & Pat Kiernan

Are you 65+ looking for fun, friendship, and social interaction? Do you want to laugh and exercise in a safe setting? Are you feeling lonely and isolated? Join Connections for coffee time, exercise, & creative activities.

For more information call Maureen at 780-496-7369 and leave a message.

Add Life to Your Years

SETTING GOALS FOR HEALTH & WELLNESS

CF-100

Fri., Oct. 15, 2 - 3:30 pm
Fee: \$5 (you must pre-register)

Presenter: Chris Ha

One of the best things to do when trying to feel better, get healthy and lose weight is to use goal setting. Unfortunately, many people do not use goal setting properly and end up failing or not achieving the end results they seek. Join fitness guru Chris Ha for an informative workshop on how to set goals that count and results in desired outcomes.

STAND STRONG:

CF-101

Your Home - A Falls Free Zone

Tues., Sept. 28
11 am - 12 pm

Fee: \$2 (you must pre-register)

Presenter: Alberta Health Services

Anyone can fall, but as we age the risk increases. Falls are the leading cause of serious injuries in older adults. Thousands of older adults fall at home. These falls are often due to hazards that are easy to overlook but are also easy to fix. Making changes in your home to prevent falls is good for you and for your friends when they come to visit.

WALKING WITH GRIEF

CF-102

Tues., Sept. 14 - Oct. 26
10 am - 12 pm

Fee: \$5 (you must pre-register)

Presenter: Linda Aris

This support group meets weekly. Its structure includes general sharing, grief process review, understanding emotions, self-esteem, needs, transformation and where to go from here. Participants are asked to commit to the entire series and be willing to discuss their own loss within the group setting.

WELLNESS SCREENING

CF-103

Wed., Oct. 20, 1:30 - 2:30 pm
Fee: \$2 (you must pre-register)

**Presenter: Kelly Voisey,
The Nurse Next Door**

This Wellness Screening workshop includes educational materials and personalized recommendations for improving your health. A qualified nurse will help you: know your health numbers' with individualized blood pressure, body mass index, fat percentage, diabetes & cholesterol screening. Home healthcare services offered by the Nurse Next Door program will also be discussed.

CLINICS

NEIGHBOURHOOD CHAT

Wed., Sept. 15 - Dec. 15, 9 am - 12 pm

This program helps stroke survivors improve communication skills and confidence, increase overall well-being and foster public awareness. Supervised by speech-language pathologists, activities include discussions of events, structured language and games. For information call 780-413-7655.

FOOTCARE CLINIC

Every 2nd & 4th Tuesday, 9 - 3 pm
\$35 per treatment, payable to VON.
Appointment needed; call 780 496-7369.

PROFESSIONAL FRIEND & COUNSELLOR

Dr. Joyce Kryswaty, PhD

Every 1st & 3rd Tuesday, Sept. 14 - Dec. 7
9:30, 10:30 or 11:30 am

If you have a personal concern you need to discuss, call 780-496-7369 to book an appointment. Home consultations are available for seniors unable to come to the centre. Consultations are free, private and confidential.

Central Lions - Great people! Great programs! Great place!

LANGUAGES

FRENCH

Instructor: Graham Cooke

Level 1

CF-104

Mon., Sept. 20 - Nov. 29
9 - 10:30 am

Fee: \$39 (\$69 non-members)

New to French? Want to review long ago learned French lessons? Emphasis on vocabulary, grammar and verbal pronunciation skills.

Level 2

CF-105

Mon., Sept. 20 - Nov. 29
10:30 am - 12:30 pm

Fee: \$45 (\$75 non-members)

Taking a trip to Montreal soon or looking to brush up on our second language? Learn grammar and verbal pronunciation skills. This course is for those who have some experience with the French language.

MUSIC, SONG & DANCE

CENTRAL SINGERS

CF-106

Thurs., Sept. 16 - Dec. 9
1 - 3 pm

Fee: \$59 (\$89 non-members)

Director: Kristine Reid

This enthusiastic, social group welcomes everyone from beginners to the experienced to join in an afternoon of fun, laughter, learning and song. No auditions required, Various music styles will be explored using two and four part harmonies. Some performance outings. Come sing-a-long with us. *Note : no class Oct. 28*

CLASSICAL GUITAR

CF-107

Date/Time/Fee: TBC

Instructor: Andrew Switzer

In this six week course learn to play entirely with both the left and right hand. Reading basic music will also be taught. By the end of the course students should be able to read and play simple classical guitar music by composers Bach, Sor, and Giuliani. Note: students must come with a classical (nylon string) guitar.

ELECTRIC GUITAR

CF-108

Date/Time/Fee: TBC

Instructor: Andrew Switzer

For the 'rocker' in you! Develop a foundation by learning to read basic notes and chords on the electric guitar. Learn basic melodies, accompanying chords, bass lines and basic improvising skills in a comfortable environment. Note: students are required to bring an electric guitar and a portable guitar amplifier, and guitar cable.

GUITAR – Campfire Music

Level 1

CF-109

Fri., Sept. 17 - Dec. 3
2 - 3 pm

Fee: \$41 (\$71 non-members)

Instructor: Gilles Benoiton

No musical experience necessary - just a desire to have some fun! You will learn how to play simple one and two-finger chords as you sing along. Join us for some campfire style pickin'. Some guitars are available for class use - notify the office if you need one.

Note: There will be no class Oct. 12.

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GUITAR : Campfire Music

Level 2

CF-110

Fri., Sept. 17 - Dec. 3

12:30 - 2 pm

Fee: \$55 (\$85 non-members)

Instructor: Gilles Benoiton

Learn additional chords, strumming methods and more in a fun social environment. Note: Students must have experience with open chords such as D and E, and feel comfortable using them. *Note: There will be no class Oct. 12.*

HAWAIIAN STEEL GUITAR **CF-111**

Mon., Sept. 13 - Dec. 6

9 am – 12 pm

Fee: \$67 (\$97 non-members)

Instructor: George Lake

Discover the joys of creating beautiful music on the Hawaiian Steel Guitar. This exiting group is part of the "Hawaiian Treasures" performing ensemble. Some experience required. Bring your electric guitar.

PIANO LESSONS

(1/2 Hour slots)

Fri., Sept. 17 - Oct. 22

CF-112

9 am - 1 pm

Fee: \$108 (\$138 non-member)

Instructor: Gloria Jones, A.R.C.T.

One-on-one instruction from beginners to advanced levels. New students learn how to read music & play simple, well-known tunes within a few weeks. Advanced students may continue with their education in classical piano, or play chord style and old favorites. No classes available after Oct. 25.

UKULELE PICKIN'

CF-113

Thurs., Sept. 16 - Dec. 9, 9 am – 12 pm

Fee: \$67 (\$97 non-members)

Instructor: George Lake

Ukulele students accepted year round.

Ukulele required along with lots of enthusiasm! Enjoy opportunities to perform with the "Hawaiian Treasures".

DANCE

BALLROOM DANCE - Intermediate

Tues., Sept. 14 - Oct. 19 or

CF-114a

Tues., Oct. 26 - Nov. 30

CF-114b

10:15 - 11:45 am

Fee: \$62 (\$92 non-member)

Instructor: Richard Tan

Ballroom dancing is fun, easy and great exercise. Refine your dance techniques and enjoy adding more finesse to your dancing style. Learn how to dance "like the stars" and "wow" the crowd. Classes will focus on the following dances: Foxtrot & Swing (session 1) and Waltz & Cha Cha (session 2)

BALLROOM 'FIT' LINE DANCE

Tues., Sept. 14 - Oct. 19 or

CF-115a

Tues., Oct. 26 - Nov. 30

CF-115b

9:15 - 10:15 am

Fee: \$43 (\$73 non-members)

Instructor: Richard Tan

Move and stretch in these line dancing classes with an 'active' twist. Have fun keeping rhythm to various ballroom steps. A partner is not required. Join the fun! It's only a 'step' away.

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FOLK DANCING FUN

Tues., Sept. 14 - Oct. 19 or

Tues., Oct. 26 - Nov. 30

2 - 3 PM

Fee: \$24 (\$54 non-member)

Instructor: Nancy Lee

Learn a from a peer and former Phys. Ed. teacher. Discover the joy of international folk dancing. From Israel to Russia to Japan and beyond, enjoy the music and movement of other cultures. It is fun, easy, and no partner is required. A great opportunity to meet new members and socialize.

CF-116a

CF-116b

CARDIO SALSA

CF-117

Tues., Sept. 21 - Nov. 23

10:30 - 11:30 am

Fee: \$60 (\$90 non-members)

Instructor: Maria Yakula

Cardio Salsa is a solo or line dance workout that is easy & fun. It is excellent for building a foundation for learning other Latin Rhythm dances. *"Why dance if you can Salsa!"*

HULA DANCE

Beginner

CF-118

Tues., Sept. 14 - Dec. 2

12:30 - 1:30 pm

Fee: \$32 (\$52 non-members)

Intermediate

CF-119

Thurs. Sept. 16 - Dec. 9

12:30 - 1:30 pm

Fee: \$32 (\$52 non-members)

Instructor: Donna "Kona" Legault

Aloha! Welcome to Hula, a low impact form of exercise. Great for memory too! Enjoy the music and learn the meanings of steps and the unique history of the Hawaiian culture.

LINE DANCING - Beg/Inter

Wed., Sept. 15 - Dec. 1

CF-120

12 - 1:30 pm

Fee: \$65 (\$95 non-members)

Instructor: Dwayne Tulik

Kick up your heels and join us for some fun while toning muscles, and strengthening your heart! You will learn the basic steps to a variety of popular line dances. Bring comfortable flat or lowheeled indoor shoes. No partner required.

LINE DANCING - Inter/Adv

Wed., Sept. 15 - Dec. 1

CF-121

1:30 - 3 pm

Fee: \$65 (\$95 non-members)

Instructor: Dwayne Tulik

At the intermediate level, the pace is a little faster and a little more challenging with more turns, and longer routines! An excellent mental and physical exercise alternative. Great music! Great fun!

SOCIAL BALLROOM DANCING

Tues., Sept. 14 - Oct. 19

CF-122a

Tues., Oct. 26 - Nov. 30

CF-122b

12 - 1 pm - Instruction

1 - 1:45 pm - Social/Fun time

Fee: \$42 (\$72 non-members)

Instructor: Manoj Gandhi

The joy of ballroom dancing. This program will concentrate on building a foundation of partnership skills for most social dance events. Suitable for dancers of any level who want to have fun, participants will learn the 'basics' of the Cha Cha/Rumba, Waltz and Tango in the six weeks. Instruction will be one hour, followed by 45 minutes for class participants to socialize and practice. Registration in partners is preferred but not mandatory. Please bring dance shoes.

Add Life to Your Years

TANGO GOLD - Tango Romantica

Thurs., Sept. 16 - Oct. 21 **CS-123a**
Thurs., Oct. 28 - Dec. 3 **CS-123b**
10:30 - 11:30 am

Instructor: Maria Yakula

Fee: \$30 (\$60 non-members)

No other dance brings to mind glitter, glamour and sex appeal than the Tango. In this class, participants will learn the style of Argentine Tango performed in the Tango dance halls of Buenos Aires. This is a partner dance but singles can register and match up in class. Come enjoy the music, the movement and the fun. *Note: five week session, no classes Oct. 7 or Nov. 11.*

TAP DANCE - Beginners

Wed., Sept. 22 - Oct. 27 **CF-124**
9:15 - 10:15 am

Instructor: Mary Anne Kuebler

Fee: \$34 (\$74 non-members)

If you want exercise, fun and laughter, this class is for you! Dance instructor Mary Anne will teach the basics of tap using Al Gilbert Tap Techniques. Everyone welcome.

TAP DANCE - Level 4

Wed., Sept. 15 - Dec. 8 **CF-125**
10:15 - 11:15 am

Instructor: Mary Anne Kuebler

Fee: \$68 (\$98 non-members)

Expand your dance repertoire following Al Gilbert Tap techniques. Excellent exercise and lots of toe-tapping fun! Performance opportunities included.

Pre-requisite: Beginners Tap or previous tap experience.

SOCIAL OUTINGS

Shared with Friends from NESAs

BETH SHALOM SYNAGOGUE

Thurs., Nov. 4 **CF-126**

Depart: 9:30 am; Return: 11:45 am

Fee: \$13 (\$43 non-members)

Join Cantor David Mannes as he takes us on a tour of the Beth Shalom Synagogue which was founded in 1928 and formally organized in 1832 under its first spiritual leader, Rabbi J. Eisen. The congregation moved to its current home on Jasper Avenue in 1951. We will be visiting the Sanctuary with its beautiful stained glass windows depicting the Jewish Holidays and the tribes of Israel. Learn about Jewish religious customs, and how all members of the congregation (men, women and youth) take on active roles in all services.

CRAFTS AT THE BUTTERDOME

Fri., Dec. 10 **CF-127**

Depart: 10:30 am; Return: 2:15 pm

Fee: \$17 (\$47 non-members)

The Butterdome Craft Sale is Western Canada's favourite craft sale, attracting visitors from all over Alberta & neighbouring provinces. If you are looking for some uniquely special handmade gifts for Christmas this is the place to find them. Lunch is extra so feel free to visit the food court on the 2nd floor or bring your own bagged lunch.

"TRACING YOUR ROOTS" - Genealogical Bus Outing with Friends from NESAs

Mon., Oct. 6, 9 am - 3 pm **CF-068**

See page 24 For more information.

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ACTIVITIES & GAMES

These informal, activities are provided at low cost. All participants must be CLSA members. No instruction is provided and participants pay a \$1 drop-in fee collected by the group coordinator.

BRIDGE - CONTRACT

Tuesdays
12:30 - 3:30 pm
\$1 per/visit
Fun, social, casual bridge play.
Coordinator: Elsie @ 780 454-0525

BRIDGE - PRACTICE

Mondays
1 - 4 pm
\$1 drop-in fee
Need a little practice trying different hands of play? Experienced in Audrey Grant Series Bridge lessons preferred.

CRIBBAGE

Thursdays
1 - 3 pm
\$1 drop-in fee
Join us for a game or two.

HERITAGE/DIGITAL DROP-IN GROUP

Thurs., Sept. 23 - Oct. 21
9:30 am - 12:30 pm
\$1 drop-in fee + \$2.50 to club
The focus of this social/support group is to complete keepsake memory albums and storybooks - traditional or digital. Bring your photos and/or laptop. Instruction and tool table available. For more info contact Diane @ 780 466-0834.

SCRABBLE

Mondays
12:30 pm
\$1 drop-in fee
Drop by and put your brain to work in this fun, social game. Denise @ 780 455-1494

MAH JONG

Tuesdays
12:30 - 3 pm
\$1 drop-in fee
Join this drop in group for a game of Mah Jong and socializing. No experience required; guidance and instruction available from activity members.

WHIST

Wednesdays
1 - 3 pm
\$1 drop-in fee
Join us for an afternoon card game of socializing and bidding.

Add Life to Your Years

Welcome to CLSA CLUBS & BANDS

Clubs are organized to provide an opportunity to get together on a regular basis with others who share a similar interest. They are self directed and operated. Any instruction provided is coordinated by the group.

You must be a current member of CLSA to join a club. User fees are due at the start of each season.

Most clubs also have additional club dues to help defray the cost of their specific activity – i.e. new equipment, supplies etc. Club dues are collected by each club directly. For more information please contact the club coordinator or visit on club days.

ART CLUB STUDIO TIME

Mon., Sept. 13 - Dec. 20, 1 - 3:30 pm
Fee: \$14

Share the opportunity to finish or start a work of art by joining this creative, social club. The space is well-ventilated with good light.

BADMINTON CLUB

Monday & Wednesday
Sept. 1 - Dec. 29, 1 - 4 pm
Fee: \$23

Club dues: new \$30, renewal \$25
Coordinator: John Victor 780-418-5959
Need a little practice? Come and join us!

BRIDGE - CENTENNIAL

Wednesdays, Meet year round
12 - 3 pm
Fee: \$4/week
Coordinator: Mel Jackson
Knowledge of bridge play is required.
For more info call Mel @ 780 473-0185.

EDMONTON SCHOOL BOYS ALUMNI BAND

Thurs., Sept. 2 - Dec. 16, 9 am - 12 pm
Fee: \$15 + band fee \$40
Auditions are required. Great music!
For more info call Armand @ 780 432-7914.

JOY OF WRITING CLUB

Tues., Sept. 14 - Dec. 21
10:30 am - 12:30 pm
Fee: \$15
This group is a social group who enjoy a friendly gathering. Share your "past" or let your imagination fly - fiction is fun.
Coordinator: Coral @ 780 452-1684

KNIT & CROCHET FOR FUN

Wed., Sept. 8 - Dec. 22, 10 am - 12 noon
Fee: \$16
Share your knitting and crocheting talent, learn new techniques, and hear a tale or two at the meetings of this fun, social group. Want to learn how to knit or crochet, teaching available. Just let the club know!
Coordinator: Shirley @ 780 454-4917

LAPIDARY ARTS

Tues., Sept. 7 - Dec. 21, 9 am - 4 pm
Fee: \$24 for daytime use
Lapidary is the art of cutting, shaping and polishing rocks and fine gem stones. Learn basic techniques from club members.
Note: Tuesday evenings (7 - 9 pm) drop-in available. If interested, see office.

Central Lions – Great people! Great programs! Great place!

LAWN BOWLING

Tues. & Thurs., Oct. 5 - Dec. 30
12:30 – 3:30 pm
Fees: \$18, club dues \$5 (Oct. - May)
New members welcome! No experience needed. Meet new friends and have fun!
Coordinator: Bert @ 780 487-5762

LIONS SENIORS BIG BAND

Tues., Sept. 7 - Dec. 21, 1 - 3 pm
Fee: \$16
Remember the styling of those great Big Bands for dancing in the 30's, 40's and 50's? Well, we have one right here! For more info. call Aidan @ 780 460-9238.

ONE O'CLOCK JUMPERS

Wed., Sept. 1 - Dec. 22, 1 - 4 pm
Fee: \$17
For fun, friends and Big Band sounds from Basie to the Beatles. Join the "Jumpers". Must be able to read music but we help.
Coordinator: Leith @ 780 929-7359.

PICKLEBALL

Tues., & Thurs., Sept. 2 - Dec. 30
8:30 am - 12 pm
Fri., 12:15 - 3:30 pm
Fee: \$42, club dues \$10
Discover this new sport. A combination of Badminton & Tennis. Join the fun.
Coordinator: Linda 780-436-0502

SENIORS INVESTING CLUB

1st & 3rd Wednesday
Sept., 1 - Dec. 15, 1:30 - 3:30 pm
Fee: \$8
Discover how your investment can earn income. Save your money by not paying commissions, fees and charges.
Coordinator: Don @ 780 424-3477

SHUFFLEBOARD CLUB

Thursdays, Sept. 9 - Dec. 16, 1 – 4 pm
Fee: \$14
Join us for an afternoon of fun and exercise. Beginners are welcome.
Coordinator: Lil @ 780 455-4447

SNOOKER CLUB

Mon., Tues., Wed., & Fri., 8:30 am- 4:30 pm
Fee: \$30 for 3 months
Join this drop-in group for a game of pool or snooker. Everyone welcome!

STAINED GLASS CLUB

Thurs., Sept. 2 - Dec. 23, 9 am - 1 pm
Fee: \$15, club dues \$10 (Jan. - Dec.)
This group meets to share ideas & assist with projects. It's fun! It's beautiful!
Coordinator: Cliff @ 780 440-2353.
Note: Not available Sept. 30.

TABLE TENNIS CLUB

Mon., Wed., & Fri., Sept. 1 - Dec. 31
8:30 am – 12 noon
Fee: \$41, club dues \$40 (Jan. - Dec.)
Join the fastest growing sport in the City. Meet new friends.
Coordinator: Keith @ 780 758-8271

WOODWORKING CLUB

Mon - Thurs, Sept. 1 - Dec. 20, 9 am - 3 pm
Bands: 10 for \$15
The use of the woodworking shop is project directed. Members must bring own supplies. No formal instruction. Two people required at all times.

"YOUNG AT HEART" BAND

Mon., Sept. 13 - Dec. 20, 1 - 3 pm
Fee: \$14
Just for fun and fellowship. Music group plays songs from the past eras. Beginners welcome! Must read music.
Coordinator: Gary @ 780-993-2005.

**CITY OF EDMONTON PROGRAMS FOR OLDER ADULTS
AT CENTRAL LIONS RECREATION CENTRE**

*These programs are registered & paid separately from CLSA programs.
For more information or registration call 311 or online www.edmonton.ca/eReg,
or in person at any City of Edmonton Leisure Centre.*

All Sport Conditioning - Fee: \$72 each

Barcode #364644

Tues., Nov. 2 - Dec. 7, 6:30 - 7:30 pm

Barcode # 364628

Tues., Sept. 21 - Oct. 26, 6:30 - 7:30 pm

Beginner Drawing - Fee: \$135

Barcode #364231

Thurs., Sept. 30 – Nov. 25, 6:30 – 9:30 pm

Boot Camp - Fee: \$77 each

Barcode # 363408

Tues., Sept. 14 - Oct. 26, 5:30 - 6:30 pm

Barcode # 363414

Tues., Sept. 14 - Oct. 26, 6:30 - 7:30 pm

Barcode #363410

Tues., Nov. 2 - Dec. 14, 5:30 - 6:30 pm

Barcode #33428

Tues., Nov. 2 - Dec. 14, 6:30 - 7:30 pm

Intro Yoga

Barcode #363390

Tues., Sept. 6 - Oct. 26, 5:30 - 6:45 pm

Fee: \$79.20

Barcode #365473

Tues., Nov. 2 - Dec. 14, 5:30 - 6:45 pm

Fee: \$69.30

Photography Level I - Fee: \$135

Barcode #364177

Tues., Oct. 12 – Nov. 30, 6:30 – 8:30 pm

Pilates for Sport - Fee: 99

Barcode # 364629

Sat., Oct. 2 - Dec. 11, 1 - 2 pm

Poetry for a Song – Songwriting

Barcode #364171

Thurs., Sept. 30 –Nov. 25, 7 - 9 pm

Fee: \$95

Stained Glass – Beginner - Fee: \$195

Barcode #364196

Thurs., Sept. 23 – Dec. 2, 6:30 – 9:30 pm

Vocal Performance - Fee: \$200

Barcode #364169

Thurs., Sept. 30 –Nov. 25, 7 – 8:30 pm

Yoga

Barcode # 363391

Sept. 8 - Oct. 28, 5:30 - 6:45 pm

Fee: \$79.20

Barcode # 365476

Nov. 4 - Dec. 14, 5:30 - 6:45 pm

Fee: \$54.40

Yoga for Sport - Fee: 99

Barcode # 364630

Sat., Oct. 2 - Dec. 11, 12 - 1 pm

Pulse Aiders

This is a fitness program that is offered to individuals who have experienced a cardiac complication.

This low impact program is a great way to keep active, improve your overall health, and meet others who have experienced a similar incident.

This program is not limited to seniors. Passes to this program can be purchased at City of Edmonton Recreation & Leisure Facilities.

Program runs Monday & Wednesday 4 - 5 pm and Friday 3:30 - 4:30 pm.

Bookings & Rentals

We have space to accommodate events & gathering of up to 350 guests. Our rooms are suitable for private functions, birthday and anniversary parties, weddings, banquets, workshops, meetings, conferences and much more.

The newly renovated Central Lions is centrally located close to downtown and Kingsway Garden Mall, with adequate parking available.

For more information contact the
Booking & Rental Coordinator at 780-496-1627.



Located at Central Lions Seniors Recreation Centre



Ela Euro Catering

Invites you to

"Enjoy your special occasion in style!"

Delicious, unique, homemade European taste.

Now booking for weddings, Christmas parties,
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