

## Ring in the New Year

### Out with the Old

Janice Pearson, your Executive Director, has decided to take a page from the members and retire as of Dec 13, 2024.

She is looking forward to spending time with her new puppy, Bob; sewing and quilting; organizing her home; travelling, and taking in some activities at CLSA.



“For the past 2 1/2 years I've been learning from members what it is to be retired and I'm really looking forward to putting into practice what I've watched

from a distance”.

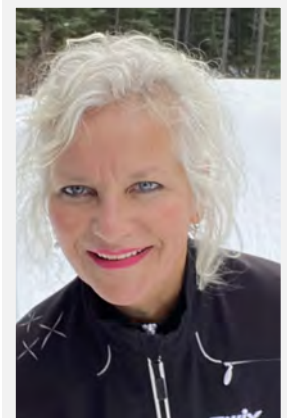
“CLSA is an amazing place, with amazing people. I've thoroughly enjoyed my time here. I look forward to some visits in the future with some of my favourite people.”

Janice and her husband, Blaine are looking forward to a trip to the Yukon this summer, with no time restraints.

### In with the New

For the past 20 plus years, Karen has worked in Palliative Care, Home Care, Supportive Living, Long Term Care, hospital settings and Adult Protective Services. Her roles ranged from frontline work as a Social Worker, Director of a Supportive Living Facility, Regional Director for Continuing Care

Communities, to a CEO of a Home Care Company. Through her operations and business development experiences in the healthcare industry, she has been fortunate to enhance and serve Seniors. She is a strong advocate for the people she serves.



Her educational background includes an Executive MBA in Business Admin, from Boise State University and a Bachelor of Social Work Degree from the University of Calgary.

She is a proud mother of a daughter who is currently in med school.

## Hold the Date!

- Dec 5/6 Pick up Poinsetta & Sausage orders
- Dec 9 Young at Heart Christmas Concert - 1:00
- Dec 12 Yuletide Indulgence and Volunteer Appreciation Event - 1: 00
- Dec 17 Michael Strembitsky School Handbell Choir - 11:00
- Dec 23 Centre Closed for Holidays
- Jan 8 CUPPA Corner
- Jan 16 Newcomer Social - 1:00
- Jan 21 BIRTHDAY BINGO - 1:00



## CLSA Board of Directors 2024 – 2025

<b>Chair:</b>	Elaine Simmt
<b>Vice Chair:</b>	Adele Beaudry
<b>Treasurer:</b>	Claire Redpath
<b>Secretary:</b>	Deb Ward
<b>Directors:</b>	Dan Moynagh Bob MacDonald Thomas Slaymaker Ania Mysliwicz Ron Bride Michele Kirchner
<b>Executive Director:</b>	Janice Pearson
<b>Operations Manager:</b>	Tara Harris

## Cuppa Corner Events

11:00 AM — 1:00 PM

Coffee and Treats served at 11:00 AM  
Presentations begin at 11:30 PM

### Jan 8 Plan Today for Peace Tomorrow, Trinity Funeral Homes

Duties of your Power of Attorney, Personal Care Directive Agent, and Executor will be discussed. You will also review the emotional and financial benefits of preplanning your final arrangements and how to engage your family and representatives in important conversations.

### Feb 12 Book Launch - That's Not Canadian: A Search for Human Rights in a Global Pandemic.

Edmontonian author Sharon Ryan talks about her experiences trying to access her mother during the Pandemic and her fight for human rights.

Don't miss out on our Newcomers' Social on Thursday, Jan 16 and our Birthday Bingo on Tuesday, Jan 21 .

If you have moved in the last year or changed your phone number or email, help keep our records up to date! Let us know at [info@CentralLions.org](mailto:info@CentralLions.org)





## Message from the Board Chair



Dear Fellow Members:

Winter has arrived. Anyone looking for an excuse to come into the centre has one now. It's cold outside, but it's warm inside, and there is plenty to do at CLSA - sign up for an activity, join fellow members for Cuppa Corner, or catch up with a friend over tea. Whichever you choose, when you arrive, you will be greeted with a smile by one of our great volunteers. So, come on in.

Before I wish you a wonderful holiday season, I would like to invite you to join me in congratulating Janice on her retirement. Janice came to CLSA as our executive director in the spring of 2022, just as we were finally coming out of the strictest of COVID restrictions. She was tasked with getting the programming up and running and balancing the budget (after digging deep into reserves during COVID). In her first full year, she brought back the programming that mattered the most to our members and balanced the budget. This year, she was proud to report to the board that our membership has returned to pre-COVID numbers. It took foresight and determination to navigate and overcome the challenges CLSA faced when Janice joined us. She demonstrated both. Well done, Janice, and thank you for your leadership.

To all CLSA members, the Board of Directors sends season's greetings and best wishes for 2025.

Best Regards,

Elaine







# YULETIDE INDULGENCE

**Volunteer Appreciation  
Afternoon!**

**Thursday December, 12  
1-3 PM**

- **Indulgent Desserts!**
- **Gourmet Hot Chocolate Bar!**
- **Door Prizes!**
- **Festive Entertainment!**
- **Meet & greet tables for guests attending solo**

**Get Your Tickets Today!**

- **Call 780-496-7369**
- **OR in person at our front desk**

**11113 113 Street , Edmonton AB**







**Central  
Lions**

Seniors Association

**Central Lions Seniors Association**

11113 – 113 St., Edmonton, AB T5G 2V1

Ph: 780-496-7369 Fax: 780-442-0946

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

Email: [info@CentralLions.org](mailto:info@CentralLions.org)

Hours of operation: 8:30 AM to 4:00 PM

**WILLS, ESTATES & NOTARY.**

**MARRAZZO  
LAW OFFICE**

**Lina Marrazzo B.A, LL.B**

*Call us today at (780) 756-5500*

*5003 DeWolf Road NW, Edmonton, Alberta T5E 6R5*

**Email: [mlo@marrazzolawoffice.com](mailto:mlo@marrazzolawoffice.com)**

**Featured Programs: Never stop learning and growing!**



**Sound Bath Experience  
(FHW-012)**

Indulge in a serene and distinctive 60-minute Sound Bath experience led by Dagmar Dharma. Immerse yourself in the ethereal tones of the Crystal Singing Bowls, rain sticks, and angel bells, seamlessly woven with Restorative yoga, either on a chair or on your mat, and guided breathwork. Participants who have a pacemaker or use hearing aids should exercise caution.

**Member Rate: \$30  
Dec 5, Thu, 1:00 - 2:00 PM**



**Christmas Cookie  
Decorating (FC-005)**

Want to be a hit at your next cookie exchange? Come join Christine in this fun workshop to learn how to use royal icing to decorate cookies! You will be decorating 6 - 8 cookies. Please bring your own cookie sheet to take your cookies home. Supplies (\$10) payable upon registration .

**Member Rate: \$22  
Dec 13  
Wed. 1:00 - 3:00 PM**



**Departure Planning:  
Writing a Eulogy  
(FHW - 008)**

Take a step towards facing your own mortality by writing your own eulogy. Learn ways to get your priorities in life, your various roles, your legacy, and a list of your accomplishments and defining qualities documented. Help those you leave behind create a narrative of your life that defines what makes you uniquely you!

**Member Rate: \$20  
Dec 6  
Fri. 10:00 AM - 12:00 PM**



## PANTERRA ECO EXPEDITIONS



Panterra ECO Expeditions presents

### Blood Moon Lunar Eclipse Cruise and Land Excursion

March 12 - March 19, 2025

Day 1: Arriving to Hotel Catedral, La Paz, Mexico

Day 2-4: Board the Ship, depart for the islands, see the Blood Moon total lunar eclipse, snorkel in the crystal-clear blue waters chocked full of life, kayak to observe the costal marine life, and learn about the flora and fauna of the areas.

Day 5-7 Explore the history of the area, discover the treasurers of the Baja desert, look for fossils and arrowheads, visit an abandoned 200 year old winery located in the heart of an oasis, explore La Paz.

*\*\*Panterra groups are a maximum of 8 people so book early.*

Visit <http://www.pantera.com/> for more information and pricing.



## PANTERRA ECO EXPEDITIONS



Panterra ECO Expeditions presents

### Gray Whales and Whale Sharks Excursion

February 27 - March 6, 2025

Day 1: Arrive at La Paz, Mexico and enjoy a Baja Dinner courtesy of Panterra.

Day 2: Depart for the Gray Whale Watching tour.

Day 3: Depart for the Whale Shark and Sea Lion Snorkel tour

Day 4-6: Cruise the Sea of Cortez and enjoy the 1st class service aboard the ship.

Day 7: Explore La Paz

Day 8: Time to say goodbye

*\*\*Panterra groups are a maximum of 8 people so book early.*

Visit <http://www.pantera.com/> for more information and pricing.

## 2024 Satisfaction Survey - Quick Results

Thank you to everyone who completed the 2024 Satisfaction Survey. Your time and opinion is valued. The information collected was reviewed by the Board and staff with many of the suggestions already put into action.

- 1760 surveys were emailed or mailed to our current member list. There was an excellent response rate of 39% and provides a good representation of the membership.
- 55% of the respondents have been members for over 3 years.
- 99% of respondents feel very safe or mostly safe at CLSA. This did not change from the 2023 Satisfaction Survey.
- 97% of respondents feel welcomed or mostly welcomed. Again, this did not change from the 2023 Satisfaction Survey.
- 37% feel very connected to the CLSA community while 40% feel mostly connected. This is an increase of 7% and 8% respectively from last year.
- 62% strongly agreed or agreed that the Board is doing a good job of governing the Association. 37% neither agreed or disagreed.
- 82% are very satisfied or satisfied that the staff and Executive Director care about the experiences of members.. A slight increase over last year. 17% neither agreed or disagreed. 1% disagreed.
- 92% felt that activities are affordable, an increase of 6% over last year. 1% felt the programs were not affordable.
- 95% were very or mostly satisfied that they received good value for their membership at CLSA.
- Only 30% are aware of the scholarship program. A slight increase over 2023 but still unsatisfactory.
- 82% of respondents were satisfied with the caliber of instruction, however 14% indicated that they did not take any instructed program.
- Overall satisfaction rating was 5.1 out of 6 compared to 4.5 in 2023.

Conclusions: CLSA is going strong and members are enjoying the activities they come here for. CLSA is being governed responsibly and staff are trying their best to ensure each member has a good experience. The most significant increase from 2023 was the feeling of community and connectivity members have.



## Assisted Snow Removal Program Pilot Launched

The City has launched a two-year pilot of the Assisted Snow Removal Program, offering free snow removal services for seniors and residents with mobility challenges. This initiative aims to enhance winter safety and accessibility. Eligible participants can apply online, with streamlined [enrolment](#) available for those already in other City programs such as Dedicated Accessible Transit Service (DATS) or the Assisted Waste Collection Program.



Through the Community Assisted Snow Removal Grant, the City is also supporting local community leagues with initiatives like the Need a Shovel? Have a Shovel! campaign, Winter Helping Hands, winter kickoff activities, and year-end appreciation events—find out how you can help support those in need with clearing snow this winter.

For more information, visit [edmonton.ca/AssistedSnowRemoval](http://edmonton.ca/AssistedSnowRemoval) or contact 311.

### **Avoid Disappointments — with Early Registration!**

Early registration results 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.



If the activity that you wish to register in 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.

### **Stay Informed: Sign up for our Email Newsletter Now!**

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our 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 and follow us on Facebook and Instagram, check out our website occasionally, call our main line and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.





# HALLOWEEN FUN!



It was great fun at the 1st Annual Halloween Carnival organized by our member driven Special Events Committee. Many prizes were up for grabs, and we enjoyed dancing, spooking, and visiting. Thanks to all the volunteers who organized this event. And thank you to our celebrity guests, Willie Nelson, Sherlock Holmes, and the Count.





Free  
Coffee and Treats  
Provided

# FROSTY BINGO!

**FRIDAY DECEMBER 13**  
BINGO - 1 PM - 2 PM  
SOCIALIZING 2 PM - 2:30 PM     **In the Atrium**

**Space is limited**

**Pre-register today to hold your spot:**

- **In Person at the CLSA front desk**
- **By Phone 780-496-7369**

Bring a friend or  
a loved one.  
All are welcome!



**COME CELEBRATE  
JANICE'S, OUR  
EXECUTIVE DIRECTOR,  
RETIREMENT!**





**12203 118 Avenue, Edmonton**  
**Home of the Mystery Tattoos**

**Thank you to the artists of**

**Aces N Spades Tattoo**

**who donated their time for a third-party fundraiser that earned**  
**\$4700 for CLSA.**

**Thank you to the owner,**  
**Jacqueline Horvath, for her**  
**generosity and support of older**  
**adults in Edmonton.**

**Way to go!**

*Celebrate the joys of the season!*



**You're invited to Our Parents' Home Holiday Party!**

**There's no better way to get into the holiday spirit than with an afternoon full of festive cheer. Come enjoy delicious chef-inspired treats, Canadian Christmas entertainment, and seasonal activities as you experience the joys of retirement living. Also, we will be selling our Holiday Aged Plum Cakes!**

**Friday, December 13th 2pm - 4pm**

**Call 780-935-5922 to RSVP today!**

**Our Parents' Home**  
RETIREMENT LIVING

10112 119 Street NW,  
Edmonton, AB T5K 1Y9  
780-935-5922

[cogirseniorliving.ca](http://cogirseniorliving.ca)



# Navigating the Holidays as a Single Senior: Embracing Joy and Connection



For many seniors, the holiday season can be a time of mixed emotions. While the holidays can bring joy and celebration, they can also highlight feelings of loneliness or loss, especially for those who are single. Whether due to the passing of a spouse, the distance between family members, or simply the changes that come with aging, the holidays can sometimes feel like a stark reminder of solitude. However, with the right mindset and strategies, single seniors can still find ways to enjoy the season, create meaningful connections, and foster a sense of fulfillment.

## **The Emotional Challenges of Being a Single Senior During the Holidays**

The holidays often evoke strong feelings of nostalgia, with memories of past celebrations shared with family, friends, and loved ones. For seniors who have experienced the loss of a partner or are living far from family, these memories can bring about grief, loneliness, or even a sense of isolation. Social expectations surrounding the holidays—such as family gatherings, couples' activities, or the emphasis on togetherness—can exacerbate these feelings for singles who may not have a partner or close family to celebrate with. Moreover, seniors who live alone might experience a sense of invisibility, feeling disconnected from the buzz of holiday activities around them. This can be particularly true in a society where younger generations often dominate the festive scene. The lack of social interaction can lead to feelings of exclusion or sadness, which can affect mental and physical well-being.

## **Finding New Ways to Celebrate the Season**

While the challenges are real, there are many ways that single seniors can navigate the holidays in a positive and fulfilling manner. Here are a few ideas for making the season enjoyable and enriching, no matter your relationship status or living situation:

### **1. Create Your Own Traditions**

Instead of focusing on what you may be missing, why not create new holiday traditions that resonate with you? Whether it's starting a new hobby, indulging in your favorite meal, or watching your favorite holiday movies, taking ownership of your celebration can give you a sense of purpose and joy. For instance, you might dedicate time to volunteering at a local food bank or animal shelter, creating a sense of connection through giving.

### **2. Join Community Activities**

Many communities offer holiday events specifically designed for seniors. These can range from social gatherings at senior centers to festive concerts, potlucks, or support groups. Participating in such activities can help reduce feelings of

-Continued on Page 11-



isolation and provide opportunities to connect with others who may be in a similar situation. Additionally, some faith communities or local charities organize meals, gift exchanges, or companionship programs for seniors, which can be a great way to engage with others during the holiday season.

### **3. Embrace Self-Care and Reflection**

For many seniors, the holidays can be a time for reflection. Embrace the opportunity to focus on self-care, whether that means enjoying a warm bath, meditating, or taking a quiet walk in nature. The holidays are a good time to acknowledge the progress you've made over the past year and set intentions for the future. Journaling or reflecting on personal growth and experiences can also be a therapeutic way to honor the season.

### **6. Consider Travel or Vacation**

If the holiday season feels particularly difficult, some seniors opt to escape to a warmer climate or travel to a new location, even if it's just for a short trip. Traveling allows you to change the environment and perhaps experience the holidays in a new and exciting way. If travel isn't an option, taking day trips to nearby attractions can also provide a refreshing change of scenery.

### **The Importance of Mental Health and Support**

During the holiday season, it's important for seniors to be mindful of their mental health. The festive period can trigger stress, anxiety, or depression, particularly if they're feeling isolated or disconnected. Reaching out to a counselor, therapist, or support group can be an important way to manage feelings of loneliness or sadness. Many communities also offer mental health resources and social services that can help seniors cope with the emotional challenges of the season. Moreover, it's crucial for seniors to seek support when needed, whether through professional help or by simply talking to a trusted friend or family member. Sometimes, just expressing feelings or sharing concerns with someone who listens can be enough to ease the emotional burden.

### **Conclusion**

While being a single senior during the holidays can bring unique challenges, it also offers the chance to reinvent traditions, focus on self-care, and cultivate meaningful connections. By embracing flexibility, seeking out community, and finding joy in simple pleasures, single seniors can create a holiday experience that is both fulfilling and joyful. The key is to remember that the holidays are about connection—whether with others or within ourselves—and there are always opportunities to make this season a meaningful one, no matter your circumstances.



**Dial 211 for Senior Resources**

# Internet at CLSA

The City of Edmonton provides CLSA with their Internet Service. There is high speed internet but Members only have access through OPEN CITY WI-FI. This is not a secure connection so you should consider that before doing any transactions involving your bank or credit card.

# Fall Fundraising

Fundrive Garage Sale - \$1399.65

Tool Sale - \$2042

Bottle Drive - \$1025

Nov. Book Sale - \$1333

Poinsettia Sale - \$670

Pierogi & Sausage Sale - \$680

**FOLLOW  
US!**



Like



Comment



Share

Follow us on Facebook and Instagram at  
[@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)



# 2025 Membership are on Sale now!



## CLSA Gift Certificates Available!

Gift shopping made easy! CLSA gift certificates are available at our front desk or by calling 780-496-7369.

Buy a membership or the gift of art, music, fitness, or recreation for your loved one.

## Now Open

Book a free consultation today!



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# 2024 Membership Reaches New Heights

2000	- 1456	2010	-1327	2020	-1343
2001	- 1553	2011	-1534	2021	- ?
2002	- 1647	2012	-1655	2022	-1388
2003	- 1292*	2013	-1576	2023	-1767
2004	- 453*	2014	-1639	<b>2024</b>	<b>-1884</b>
2005	- 1754	2015	-1501	<b>*Building Renos</b>	
2006	- 1568	2016	-1596		
2007	- 965*	2017	-1425		
2008	- 726*	2018	-1878		
<b>2009</b>	<b>-1901</b>	2019	-1480		



**THE  
CLOCK  
IS TICKING**

**Renew Your CLSA  
Membership Today**


**In order to register for  
the Winter programs you  
must first have your 2025  
Membership.**

**Moses Advisory Group Inc.**  
— Licensed Insolvency Trustee —


**Dealing with Debt**

As Licensed Insolvency Trustees, we offer non-legislated, legally binding debt solutions, such as Proposals to creditors or a Fresh Start.

Despite recent drops in interest rates and inflation, many are still grappling with the 30% inflationary spike of the past three years.



Kathleen Jacob  
LIT



James R. Moses  
P. Eng LIT

We can assist in consolidating debt to help manage increased living costs.

**Contact Us Today!**  
780-473-6333    [info@magi-lit.com](mailto:info@magi-lit.com)

# Do you need support? CLSA can help!

In partnership with the Seniors Coordinating Council, Central Lions will be providing an Outreach Worker located right in our facility. The Outreach Worker will be available on the **third Wednesday of each month from 2:00 - 4:00 PM.**

**An Outreach Worker is a social worker who provides support to older adults, helping connect them with the resources and supports they need to thrive.**

They are community connectors that work with an older adult to provide short-term support through referrals, introduction to community services, form filling, support with navigation, and follow ups for participants within the system.

If your needs are more complex, the Outreach Worker can help you get the ongoing support that you need to navigate the system.

Community Supports may include:

- Diversity and Inclusion support
- Transportation
- Financial & Legal
- Information, Referral & Advocacy
- Nutrition/Food
- Home Supports
- Social Engagement
- Mental & Physical Health
- Caregivers
- Wellbeing
- Support Living

**To book an appointment with our Outreach Worker call our main line at 780-496-7369 or come in-person to our main office reception.**

**All appointments will remain confidential. You can also call **211** and they will refer you to an appropriate organization.**



# A Senior Remembers

I ventured here twenty years ago,  
Very timidly at first.  
I peeked in on the Friday dance,  
It seemed to slake my thirst.

Then I took a course or two,  
Then later many more.  
I eagerly looked for future news,  
To see what was in store.

I did my share of volunteering,  
I once sat on the Board.  
I spread the word of Central Lions,  
To those who hadn't heard.

The LOVE of MY LIFE I met here,  
At a dance one Friday night.  
She waltzed by in a fancy dress,  
Blue eyes shining bright.

My heart skipped a beat or two,  
As She went dancing by.  
I'm glad She smiled back at me,  
When I slyly winked my eye.

I'm old and weary now,  
My bones all ache with pain.  
But I'd gladly give a thousand bucks  
If I could dance like that again.

If memories were pennies,  
I'd be a millionaire.  
And many thanks to Central Lions,  
They certainly gave their share.

Would you give a buck or two,  
For memories just like that?  
If so, loosen your purse strings,  
When we pass around the hat.

I can't count the friends I've made,  
I can count them by the score.  
I hope to keep on coming,  
And add up many more.

There's more Seniors coming,  
They're always on the way.  
Let's make a better place for them  
Where they can learn and play.

When the building's up and finished,  
What will you recall?  
Will there be a smile upon your face?  
'CAUSE YOUR NAME IS ON THE  
WALL.

**2006, Anonymous  
CLSA Member**



## Edmonton Foot Care Clinic 3rd Tuesday of Every Month at CLSA



**Our qualified nurses provide foot care for those who:**

- are diabetic
- are at high risk for foot disorders
- have impaired circulation
- want to take preventative measures

**Services include:**

- Clipping and shaping of nails
- assistance with ingrown nails/fungal nails
- removal or reduction of corns/calluses
- plus referrals as needed

**Clinic by appointment only:**

To book an appointment call 780-488-5878 (call between Mon-Fri; 8-4 pm)

**Fee:** \$32 per visit for CLSA Members only



# SENIOR FRAUD ALERT

spot & stop senior scams

Check out [SeniorFraudAlert.ca](http://SeniorFraudAlert.ca) to help spot and stop senior scams. This free resource helps you learn how to identify fraudulent behaviour and to protect yourself. Resources include a free course and the ability to report scams.

## Reflexology & Chair Massage Clinic 4th Wednesday of Every Month at CLSA

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress. Chair massage is a clothes-on gentle massage for the head, neck, and shoulders.

### Services:

1/2 Hour Chair Massage - CLSA Members \$40; Payable to Julie Leblanc  
1 Hour Reflexology - CLSA Members \$60; Payable to Julie Leblanc

### Clinic by Appointment Only:

To book an appointment call Julie at 780-920-3149.  
Must be a CLSA member to book.



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[chris@mattlenaparalegal.ca](mailto:chris@mattlenaparalegal.ca)

How snowflakes  
are really  
made



# SENIORS HOME SUPPORTS PROGRAM FOR CLSA

Members of Central Lions Seniors Association have access to the Seniors Home Support Program which provides referrals to screened businesses, community groups and individuals that offer:

- |                          |                                      |
|--------------------------|--------------------------------------|
| <b>SNOW REMOVAL</b>      | <b>YARD HELP</b>                     |
| <b>MOVING HELP</b>       | <b>HOUSEKEEPING</b>                  |
| <b>PERSONAL SERVICES</b> | <b>HOME REPAIR &amp; MAINTENANCE</b> |

**Which Home Supports Coordinator do I contact to receive referrals?**

This program is divided into four districts, and each has their own Home Supports Coordinator. Depending on what the first three digits of your postal code is, you contact the coordinator for your postal area. Although there is no coordinator physically located at CLSA, our members still have access to the program.

**How much does it cost? Is the service free?**

The referrals are free, the services are not. The businesses or individuals that are on the referral list charge for their services and costs vary. We encourage you to speak with each service provider to determine the costs. You will be provided with three service providers for you to contact. You can contact the coordinator to receive more names if needed.

**Are the service providers reputable? Is this program safe?**

Each service provider on the list went through a vetting process. The service providers on the list must provide a copy of their liability insurance (annually), a police information check including vulnerable sector and their references have been contacted. Each provider also goes through an interview process. We want to keep our seniors safe.

**If you are a senior** looking for home support, please reach out to the contact that serves your postal code.

**If you are a business** looking to be a part of the program, please contact either Barbara or Kathy.

<p><b>Contact: Barbara</b> (780) 860-2931 <a href="mailto:homesupport3@jfse.org">homesupport3@jfse.org</a></p>	<p><b>Contact: Kathy</b> (780) 995-2908 <a href="mailto:homesupport4@jfse.org">homesupport4@jfse.org</a></p>	<p><b>Contact: Gaby</b> (780) 483-1209 <a href="mailto:gaby@weseniors.ca">gaby@weseniors.ca</a></p>	<p><b>Contact: Jenny</b> (587) 594-7884 <a href="mailto:homesupport1@jfse.org">homesupport1@jfse.org</a></p>
<p>T6G T6H T6J T6R T6W T6X T6M T5R T6S T5A T6L</p>	<p>T5E T6V T5C T5G T5X T5B T5H T5L T5J T5K T5Y T5Z</p>	<p>T5V T5M T5P T5N T5T T5W T5S</p>	<p>T6K T6N T6T T6B T6C T6E T6P T6A</p>

**Delivered by Jewish Family Services Edmonton**





# HOLIDAY BOTTLE DRIVE!

From now until  
December 20th bring in  
your cans and bottles  
for our bottle drive!

Also save your  
bottles over the  
holiday break and  
bring them in for  
the New Year!



CLSA raises funds to relieve conditions associated with aging, such as social isolation and loneliness, and to improve the physical or mental well-being of seniors.



## Homemade Christmas Liquor

Prep Time: 5 minutes

### Ingredients

- 1 litre of clear alcohol (like Vodka)
- 1 orange (do not peel)
- 1 apple
- 3 cinnamon sticks
- 1 teaspoon whole cloves
- 1/4 cup white sugar



### Instructions:

1. Wash the oranges and quarter. Wash and cut the apple in slices.
2. Pour the alcohol in a large enough jar, add the orange peel, apple slices, cinnamon sticks, cloves and sugar. Stir. Make sure everything is within the alcohol to prevent molding. Cover with lid.
3. Store for about 1 month in a dark place and stir once or twice.
4. Pour the contents through a strainer and fill individual small bottles. You have the perfect gift ready to go.

## Lets Talk About Social Media...



CLSA posts often on **Facebook**, highlighting upcoming events or celebrating the events and people of our community. It's a great way to keep up-to-date. Please like and share each post to get the word out about our great Association.



**Instagram** is fairly new for our community but, again, its quick and easy to follow us on Instagram. You will receive three to four postings a week to help you keep up-to-date on all the happenings.

Follow us on Facebook and Instagram, just search for:

[CentralLionsSeniors](#)

# Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free\*.



Locally owned by Chetan and Roshni Bahl

Get your **FREE** Menu  
**780-666-2336**

[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions  
may apply.



We accept Veteran Affairs Allowances and offer Special Diet Options



## Consider a DONATION for the Holiday Season

CLSA raises funds to relieve conditions associated with aging, such as social isolation and loneliness, and to improved the physical or mental well-being of seniors. Donations support our scholarship fund for low income seniors, social events that bring people together, and helps bridge the gap between revenue and expenses for the programs we offer.

Ways to give...

- ◆ Go to <https://www.canadahelps.org/en/dn/79408>
- ◆ In person at 11113-113 Street, Edmonton
- ◆ By phone: 780-496-7369
- ◆ By mail: 11113 – 113 St., Edmonton, AB T5G 2V1



Tax receipts are issued for \$20 or more and upon request.

## Support for Low Income Members at CLSA

CLSA has received generous donations that allow us to provide scholarships for low income seniors. Those Members who qualify may receive up to \$150 towards an activity of their choosing each qualifying year.



To qualify, Members need to acquire a City of Edmonton Leisure Access Pass and bring the pass to CLSA to register in your activity. For more information on the Leisure Access Pass go to [www.edmonton.ca/programs\\_services/leisure-access-program](http://www.edmonton.ca/programs_services/leisure-access-program).

Talk to Tracy for more information or call 780-496-7369.



# Reverse ADVENT CALENDAR

Each day add an item to the box.  
On Christmas Eve the contents will be donated  
to the Edmonton Food Bank.

- **December 1** - Box of Cereal (bring in on Dec 2)
- **December 2** - Box of Cereal
- **December 3** - Stuffing Mix
- **December 4** - Peanut Butter
- **December 5** - Macaroni and Cheese
- **December 6** - Canned Fruit
- **December 7 & 8** - Canned Carrots & Canned Tuna  
(bring in on Dec 9)
- **December 9** - Spaghetti Sauce
- **December 10** - Canned Tuna
- **December 11** - Box of Crackers
- **December 12** - Bag of Rice
- **December 13** - box of Instant Oatmeal
- **December 14 & 15** - Cranberry Sauce & Canned  
Mixed Veggies (bring in on Dec 16)
- **December 16** - Dessert Mix
- **December 17** - Packaged Pasta
- **December 18** - Canned Chicken Noodle Soup
- **December 19** - Canned Tomato Soup
- **December 20** - Canned Corn







# CLSA in Pictures





## A Final Thought....

As I move closer to my “reirement” day, I am a bit nervous about what life will be like without a regular job. What will change? What will my day look like? Will I be bored? Is my financial plan as solid as I think it is?

It reminds me of when I was 18, having just graduated from high school with many options ahead of me. At 18, I was a little stupid and very naïve about what would come.

Now, in my 60’s, I’m wiser and a bit more experienced, but still naïve about what is to come. In the end, I guess that’s what life is all about. Living each day not knowing what surprises are around the corner but waking up to embrace whatever comes.

Working at CLSA taught me that staying active, doing things I love, and not getting my panties in a knot over the little things is the best way to meet this next adventure in my life.

Thank you for everything!

Janice Pearson, Executive Director of CLSA



**Got Books? We Got Room!**

**We are once again accepting gently used books. Please drop off your donation of books at the front. A donation of books helps us with program costs and funding our Scholarship Program for low-income seniors.**

## Let’s Talk Refunds

CLSA, along with other senior associations in the city, have a no refund policy. Why? Our instructors’ contracts are set based on the number of people signed up for an activity. There are always exceptions and, if you feel you need a refund, please write a note to the Executive Director, Karen, who will make the final decision. Thank you for understanding.