



2023 Member Satisfaction Survey: Quick Results

**323 Respondents =
19% return rate**

**90% feel there are a wide variety
of programs, courses, and sports
offered**

**Average Age of Respondents
was 65 to 75.
80% were Female**

**30% would come to the
Centre in the evening for
programs or courses**

**Most people lived within 2-10
km of the Centre with 25%
living more than 10 kms.**

**86% felt the programs were
generally very affordable or
mostly affordable.**

**85% feel very welcomed at
the Centre.
13% feel welcomed.**

**Only 26% were aware of the
Scholarship Program for
low income seniors.**

**80% feel satisfied or very satisfied that
the staff and Executive Director care
about the experiences of Members.**

**CLSA was rated 5.1
out of 6 for overall
satisfaction.**

December Message from the Board Chair, Alex Paterson



Hello fellow members

Where has the time gone? Only four weeks until Christmas! That means that road construction season is almost over in Edmonton – or is it?

As the year will come to a close it is very exciting to see how different this past year has been compared to the same time last year. The centre is buzzing with activity.

I want to thank the staff and the volunteers so very much for all of the work they put into the rummage sale we recently had. It was a huge success.

We have our winter Gala coming up on December 14th. I hope you will join us for what will no doubt be a fun evening.

I would like to take a moment to talk about what we are preparing for in 2024. We will blink our eyes and it will be time for our annual general meeting (AGM). This is the opportunity for our membership to meet to receive an accounting of the activities of the Board for the past year and be updated on future plans.

In preparation for the upcoming AGM I would like to send out the call for action. There will be a number of seats to fill to have a full Board. It is my hope that we can fill all of the seats. Please consider putting your name forward for nomination to serve a term on the Board.

In closing, I would like to wish each of you a most wonderful and joyful Christmas season and may 2024 be a year of happiness for you.

Cheers

Alex Paterson



Like



Comment



Share

Follow us on Facebook and Instagram at
[@CentralLionsSeniors](#)

SENIOR FRAUD ALERT

spot & stop senior scams

Check out 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. Relax with a seated, 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 \$55; Payable to Julie Leblanc

Clinic by appointment only:

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

2024 Memberships On Sale Now

Registration for Preferred Members opens on December 6 at 8:30 a.m.

For everyone else, registration opens on December 13 at 8:30 a.m.

For online registration, Preferred Members need to purchase membership before Dec 6.

Preferred Members are those who pay the full membership price of \$40, are Members of the Queen Anne and Prince Rupert Community Association, or are Gold/Lifetime Members.



25 Days Until Christmas—Oh Boy! Smart Gifts for Your Grandchildren

1. Purchase a pass for the Valley Zoo.
2. A fun electronic piggy bank with a little cash inside.
3. Tickets to a live show such as “Disney on Ice”
4. Gift card for an indoor playground or trampoline park.
5. Take a craft class together or go to a ceramics studio.
6. For your teen girls, book a Mary Kay Glamour Makeover with your local Mary Kay rep.
7. A pass to the Telus World of Science
8. Good Night Stories for Rebel Girls: 100 Tales of Extraordinary Women
9. Stories for Boys Who Dare to Be Different: True Tales of Amazing Boys Who Changed the World
10. Neon sign for their bedroom with one of your classic sayings.
11. A Gratitude Journal
12. Fun and funky socks.
13. Amazon Gift Card—my grandkids love this.

HO!
HO!

Egypt—Trip of a Lifetime

On Nov 3, eight of us from Central Lions set out on our trip to Egypt. What an amazing, awe-inspiring trip taken, with Trip Merchant as our organizer and guide. We had a first class experience from the time we stepped off the airplane in Cairo to the time we said our goodbyes on Nov 17. Traveling from Cairo, to Aswan, to Luxor, and finally to Hurghada (situated at the Red Sea) we were amazed at the sights,



sounds, and smells that greeted us at every turn. From the pyramids of Giza and Sikkara, the Great Sphinx, to the oldest of all pyramids, the Step Pyramid, we marveled at

the ingenuity of the ancient Egyptians. The highlight of our first leg of the trip was a camel ride into the desert, what a thrill!

Our trip included cruising down the Nile where we could watch the scenery as we floated by, dining on exquisite food, visiting the Temple of Philae and the shared Temple of Sobek and Haeroris. We were delighted to watch the small speed boats pull along side the ship and throw items up on deck for us to purchase or throw back down. Once the price was negotiated by yelling back and forth, the money was thrown down inside a bag. Quite the process and so much fun to watch.

There was so much to see and do, that it would take this whole newsletter. Instead, I'll share a few pictures to help tell the rest of the story.



Hold the Date!

- Dec 6: Preferred Member Registration for Winter
- Dec 13: Registration opens for all
- Dec 14: CLSA Holiday Gala
- Dec 15: School Boys Band Evening Concert
- Dec 19: Holiday Hand Bell Performance, Michael Strembitsky School
- Dec 22: CENTRE closed for the Holidays
- Jan 2: CENTRE reopens

Many of our members have severe allergies to perfumes, hairsprays, and aftershaves.

Please avoid the use of scents at the Centre.

- Scents can cause migraines, asthma, and respiratory distress. This can be especially an issue in small spaces.



CLSA Board of Directors 2023 – 2024

Chair: Alex Paterson
Vice Chair: Elaine Simmt
Treasurer: Bernice Mills
Secretary: Deb Ward
Directors: Tony Spencer
Claire Redpath
Dan Moynagh
Bob MacDonald

Executive Director: Janice Isberg
Program Coordinator: Tara Harris
Business Coordinator: Tracy Thorne
Marketing Coordinator: Marie Schieman
Program Assistant: Karlie Marrazzo
Members' Service: Tami Malteny
Fitness Coordinator: Stephanie Harris

Cuppa Corner Events

11:00 AM — 1:00 PM

Dec 7: Alberta 55+ Games, Marigolds 55+

Hula Honey's Festive Performance

Jan 11: Sportscaster, Bryan Hall

Jan 25: Options for Staying in your Home, Vulnerable Albertans with Disabilities (VAD)

Enjoy free coffee, treats and great conversation.

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

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.



Holiday Gala

December 14
Doors @ 5 pm
Dinner @ 6:30 pm

Tickets \$50

Festive
Turkey Dinner

Silent Auction
and Prizes!

50s Themed
Fun & Games!

50s Themed
Outfits Encouraged!

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Or In Person

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www.centrallions.org

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Central Lions Seniors Association

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Steps to Prevent a Fall

**MOVE
IMPROVE
REMOVE®**

Most Falls are Preventable

Follow these steps to help prevent slips, trips and falls so you can keep enjoying the fun things in life.

1 MOVE your body

- ▶ Build your balance, strength and flexibility with regular physical activity
- ▶ Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi
- ▶ Increase the intensity of your physical activity over time to build stronger muscles

2 IMPROVE your health

- ▶ Review medications regularly with your healthcare provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy
- ▶ Keep up your social activities
- ▶ Routinely clean your teeth and gums so you can eat a nutritious diet
- ▶ Check your eyesight and hearing regularly

3 REMOVE hazards

- ▶ Keep your floors clutter free
- ▶ Install grab bars in the bathroom
- ▶ Use handrails and turn on lights on all staircases
- ▶ Wear well-fitting and supportive footwear inside and outside



OPEN ART STUDIO NOW AVAILABLE



The open art studio is a place to join others as you all work on your own art ideas and projects. It is a supportive environment where any art-making goes: doodling, sketching, painting, paint by numbers, mixed media, or even sculpture. For those of you taking art classes at CLSA it is a place to practice what you have learned in class.

Pack up your bag with your art-making supplies and head on down to CLSA Tuesday mornings from 9:00 - 12:00.

Flex Single Day Rate — \$3.00



YOU HAVE ENTERED
A WRITER'S HOME

What happens here...



goes in my next book.

Do You Have A Story To Tell...

We want our CLSA newsletter to be more. If you have a story to tell, a poem to share, a picture, a piece of artwork, please consider sending it to us for publication in our Newsletter. Stories should be no longer than 500 words. Only 1 or 2 can be published in each newsletter. Send your stories to info@centrallions.org.

Celebrating our Volunteers

Central Lions is blessed to have so many volunteers who are eager to serve their community of members. From those who greet you at the South and North end; to those who gather, catalogue, and sort through the books we use to fundraise; to those who serve coffee at our Cuppa Corner; to those who help to set up for special events; and, those who serve on the Board and Committees. It takes a great deal of people to provide the Members with the positive experience they receive each day at Central Lions. Thank you to everyone for all your hard work this past year.

We have struggled this year to uphold the commitment we have to our volunteers. But good news...we have a solution. Starting Jan 2, we will have hired a Volunteer Coordinator who will get us back on track. Our commitment is to regular meetings of the volunteers, more and varied volunteer assignments, and a better coordination of your time and energy. It may take a little time to get it all worked out but I'm confident that we will have a much better system in place to ensure all our volunteers get the attention they deserve. Thank you for your patience.



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:

- | | |
|--------------------------|------------------------------------|
| SNOW REMOVAL | YARD HELP |
| MOVING HELP | HOUSEKEEPING |
| PERSONAL SERVICES | HOME REPAIR & MAINTENCE |

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.

<p>Southwest Contact: Barbara (780) 860-2931 homesupport3@jfse.org</p>	<p>Northwest Contact: Kathy (780) 995-2908 homesupport4@jfse.org</p>	<p>Northeast Contact: Amanda (780) 995-8072 homesupport2@jfse.org</p>	<p>Southeast Contact: Jenny (587) 594-7884 homesupport1@jfse.org</p>
<p>T6G T6H T6J T6R T6W T6X T5T T6M T5R</p>	<p>T5M T5E T6V T5N T5G T5X T5P T5H T5L T5S T5J T5T T5V T5K</p>	<p>T5A T5Z T5B T6S T5C T5Y T5W T6A</p>	<p>T6K T6L T6N T6T T6B T6C T6E T6P</p>



Delivered by Jewish Family Services Edmonton

Cooking with Leftovers

Using up leftovers can be cost effective and very tasty. Instead of throwing them out or just heating them up, what do you do with them? Soups? Casseroles? Baked Sandwiches?

We are exploring the idea of creating a Leftovers' Lover's Cookbook, and would love to have you send us your ideas and recipes for giving leftovers a new life. Please share by sending to info@centrallions.org.



Leftover Caesar Salad Soup

There is always leftover Caesar Salad so instead of throwing it out...make soup.

Ingredients

- 2 tablespoons butter
- 2 tablespoons all purpose flour
- 1 cup milk
- 3 to 4 cups left over wilted salad with dressing

Instructions

1. Place all the leftover salad into a food processor or blender. Blend until smooth with no lumps. Set aside.
2. Melt butter in skillet then stir in flour using a whisk and cook over medium heat. Stir constantly until mixture is smooth and bubbly; remove from heat. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute.
3. Add pureed salad into the sauce and stir until thoroughly combined. Add salt and pepper to taste. Reheat.
4. Serve with croutons scattered on top.

This is a rich soup so a little will go a long way.

CLSA Gift Certificates Available!

Gift shopping made easy! CLSA gift certificates are available at our front desk or call 780-496-7369. Christmas is around the corner. Buy the gift of art, music, fitness, or recreation for your loved one.



LESLIE MANN

AT YOUR SERVICE

Seniors Services & Care

Contact

780-916-0338

Examples of Services Offered

- **Buying / Delivering groceries**
- **Unloading groceries**
- **Putting groceries away**
- **Picking up prescriptions**
- **Driving to / from appointments**
- **Keeping company at appointments**
- **Conducting home checks**
- **Light housekeeping**



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CLSA Staff - Here to Serve



Meet the zany staff whose mission is to serve the Members to the best of our ability. We might not be perfect but we do love our Members and the roles we play to make your time at CLSA enjoyable.

Left to Right: *Tami (Member Services); Tracy (Business Coordinator); Stephanie (Fitness Coordinator); Tara (Program Coordinator); Karlie (Program Assistant); Marie (Marketing Coordinator); Janice (Executive Director).*



The last day the Centre is open is December 21. We hope you all enjoy the holiday season and we welcome you back on Jan 2 for the start of the Winter Season.

**BOOKS, BOOKS,
AND MORE BOOKS.**

We will not be accepting donations of books until further notice. Thank you for your continued support of our fundraising efforts.



Donate to CLSA and Keep Our Centre Vibrant!



**It's
Easy
to
Help!**

Did you know that CLSA is a charity? Like all senior serving organizations, the past two years have been difficult. With costs rising our budget is stretched tight. If you are in a position to give to our community it would benefit all. All donations over \$20 receive a tax receipt.

Ways to give...

- ◆ Go to our give.crowdfunding.alberta.ca/GivetoCLSA
- ◆ In person at **11113-113 Street, Edmonton**
- ◆ By phone: 780-496-7369
- ◆ By mail: 11113 – 113 St.,
Edmonton, AB T5G 2V1

Another Travel Opportunity For CLSA Members

June 16—23, 2024

9 Day Alaskan Cruise with Norwegian Cruise Line

Day 0	Leave from Seattle
Day 1	Relaxing Day at Sea
Day 2	Sitka, Alaska
Day 3	Icy Strait Point
Day 4	Cruise Glacier Bay
Day 5	Skagway
Day 6	Juneau
Day 7	Ketchikan
Day 8	Victoria
Day 9	Seattle



If interested contact Melissa at

Office: 587-463-6363

**For every stateroom booked, CLSA
receives \$200.**

Support for Low Income Members

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.

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



if only

if only I had gone
left instead of right
worn the red dress
not the blue
gone north instead of south

said more
or less
talked
or listened

done this instead of that
said yes instead of
no

had a coffee not the tea
held out my hand
or took yours

if only
I were taller
thinner
younger older
lived here or there

if only
I were
you were
we were

it
would be
different
then

**Rosemary
Manning
2005**



Cooking Up Calm

In response to the isolation that many older adults experienced during the Covid-19 pandemic, Dr. Gail Low Associate Professor, Faculty of Nursing at the UAlberta and her Living Well Research Team conceived of an innovative and groundbreaking project - **Living After Social Distancing—A Study of Older Canadians**. This project studied the effects of the pandemic on the mental health of older adults, and resulted in a one-of-a-kind resource to help seniors manage mental health and improve nutrition.

Recognizing how valuable this project would be to RTOERO members and all Canadian seniors, the RTOERO Foundation approved a proposal to fund Dr. Low's project in its entirety. 1,327 Canadians 60 years of age and older were surveyed to learn from them about their mentally healthy living strategies during the pandemic. The learnings are captured in a new electronic booklet called "Cooking Up Calm". Included in the booklet are actionable tips based on the six most effective mentally healthy living strategies to emerge from the study, information on the benefits of cooking beyond nutrition and easy-to-make recipes for mentally healthy living — plus other sage advice.

We invite you to access and download the ebook entitled '**Cooking up calm**' from the following link: <https://rtoero.ca/mentally-healthy-living/>

Also, feel free to share it on your websites, newsletters, social media, with your colleagues and network who may benefit from this valuable resource. This effort represents our ongoing commitment to advancing the dissemination and application of knowledge for healthy aging.

Thank you for considering our request.

Regards,
Hunaina Allana, MN BSN (Pronouns she/her)
University of Alberta, Faculty of Nursing
ECHA 5-219 | Edmonton | AB | T6G 1C9
Fax: 780-492-2551

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INSOMNIA INCREASES LIKELIHOOD OF MEMORY DECINE IN OLDER ADULTS

A new Canadian study has found that older people with insomnia are at greater risk of developing memory decline and long-term cognitive impairment such as dementia.

The study, published in the journal [SLEEP](#) (Sept. 6, 2022) is based on data from more than 26,000 participants of the [Canadian Longitudinal Study on Aging](#), all aged between 45 and 85. The researchers compared completed self-reported evaluations of sleep and memory and neuropsychological testing in several cognitive domains from 2019 and a follow-up in 2022. Participants who reported worsening sleep quality in that three-year interval also had greater odds of reporting subjective memory decline.

“We found that insomnia specifically was related to worse memory performance compared to those who have some insomnia symptoms alone or no sleep problems at all,” says the study’s co-lead author Nathan Cross, a postdoctoral fellow at the Sleep, Cognition and Neuroimaging Lab. “This deficit in memory was specific, as we also looked at other cognitive function domains such as attention span multi-tasking. We only found differences in memory.”

Jean-Louis Zhao at the Université de Montréal was the study’s co-lead. Lisa Kakinami and Thanh Dang-Vu of the PERFORM Centre contributed to the study, as did Chun Yao and Ronald Postuma from McGill University and Julie Carrier and Nadia Gosselin at UdeM.

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Did You Know About the Seniors Home Adaptation and Repair Program (SHARP)

The Seniors Home Adaptation and Repair Program provides low-interest home equity loans to help senior homeowners finance home repairs, adaptations, and renovations.

The program provides a maximum loan amount of \$40,000. A loan will be repaid upon the sale of the property, or earlier if the senior chooses with no penalty. Monthly repayments are not required.

Who is eligible?

To qualify for a loan under this program you must meet all of the following criteria:

- be age 65 years or older
- be an Alberta resident for at least 3 months
- own a residential property in Alberta
- have an annual household income of \$75,000 or less
- maintain a minimum of 25% equity in your home

What is covered?

SHARP is designed to help cover the cost of home repairs, adaptations, and renovations that help seniors remain safe and secure in their homes. Adaptations or repairs will be considered if they improve energy efficiency or increase the physical safety, mobility, independence, or health and well-being of the senior homeowner.

Interest charge

Simple interest (not compounded) will be charged once a loan is approved. The interest rate is variable and is reviewed twice a year in April and October and may be adjusted accordingly.

Applying to the program

You must complete and submit a Seniors Home Adaptation and Repair Program application form in order to apply to the program. Call 1-877-644-9992

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*Offer ends October 31, 2023. Rent free period is subject to date of possession. See full terms and conditions for details.

Navigating Life's Challenges: Expert Advice for Seniors

In this column, we enlist the expertise of a seasoned professional. Tammy Lautner is the owner and operator of **Peace of Mind Concierge**. She has dedicated her 22 year career as a Registered Social Worker to supporting seniors and their family caregivers.



Tammy is available to listen to your challenges and help you figure out solutions. Whether you are overwhelmed by daily tasks, need help navigating complex systems, such as health care and seniors housing, or would like to talk with someone that will listen, she is here for you.

Dear Tammy:

Do you have any suggestions for Christmas gift giving ideas for someone with dementia?

Choosing a thoughtful and practical gift for a loved one with dementia requires consideration of their interests, abilities, and needs. Here are some gift ideas:

Memory-Enhancing Items:

Memory Photo Book - Create a photo book with pictures and captions from significant moments in their life.

Customized Calendar - Make a personalized calendar with family photos and important dates. Digital Photo Frame - Display a rotating slideshow of cherished memories.

Comfortable Clothing:

Soft Blankets or Throws - Choose cozy and comforting blankets for relaxation. Adaptive Clothing - Consider clothing with easy closures, like magnetic buttons, velcro or open back for ease of dressing.

Sensory Items:

Fidget Quilts or Mats - These can provide sensory stimulation and a sense of comfort. Aromatherapy Diffuser - Use calming scents like lavender to create a soothing atmosphere.

Music and Audio Gifts:

Personalized Playlist or CD - Compile a collection of their favourite music or songs from their past.

Comfortable Footwear:

Slippers with Non-Slip Soles - Ensure safety and comfort with warm and slip-resistant slippers.

Books and Reading Materials:

Large-Print or Picture Books

Audio Books - Enjoyable and accessible options for entertainment.

Therapeutic Tools:

Weighted Blanket or Weighted Hugging

Doll - Provide comfort and a sense of security. Therapeutic Hand Massager -

Offer a soothing sensory experience.



PEACE OF MIND
CONCIERGE

We encourage readers to submit their questions to 'Dear Tammy' by submitting them to info@Centrallions.org

To speak directly to Tammy, call 780-720-3035 or email info@peacemindconcierge.com



THE {FULL} LIFE AWAITS

Make Every Day Count Presentation: Physical Activity Guidelines for Canadians Ages 65+

Thursday, August 3 at 11 am • Central Lions Recreation Centre

Join Touchmark Lead Certified Fitness Professional Ally Kupchenko for a presentation on the Physical Activity Guidelines for Canadians Ages 65+ and how Touchmark exemplifies these expectations by encouraging residents to live The {FULL} Life! Learn ways to remain active as you age, about the various health-related resources available to you, and get answers to your questions. No RSVP required.

Scan the QR code or call 780-809-3241 for more information.



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Central Lions Seniors Association
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Featured Programs: What's Your New Year's Resolution



Corrective Fitness: WF-056/057 (Naissa Preston)

Corrective fitness helps us understand how to fix movement compensations and imbalances to improve the overall quality of movement during workouts and everyday life. This class will help with aligning the body to reduce the risk of future injury. **(Pg. 16)**

Member Rate: \$67

**Tue, Jan 9—Feb 27
10:45 AM—11:45 AM**

Cardio Fit and Stretch: WF-007 (Marilee Barry)

Improve your heart health, strengthen your muscles, and stretch out in this moderate cardio program. Everyone is encouraged to work at their own pace. Includes restorative floor exercises to strengthen and improve your core muscles, plus relaxation, and breathing techniques. **(Pg. 13)**

Member Rate \$84

**Fri, Jan 12—Mar 1
12:30 - 2:00 PM**

Fitness Fusion: WF-029 (Andie Ritchie)

Move to music while using a variety of props to get a full body workout through warm-up, cardio, floor exercises, and simple strength moves. Have fun working out with a variety of fitness styles, like cardio kickboxing, barre, stretching and mobility, Adaptable to accommodate your fitness level. Gentle and Moderate fitness levels. **(Page 18)**

**Member Rate \$65
Wed, Jan 10—Feb 28
11:30 AM—12:30 PM**

Nov 23 Cuppa Corner

Feature speaker was Mei Young, My Psychological Services, who presented on mental health and things that can help. We were also treated to some foster dogs whom everyone wanted to hold and pet. Our sponsor was My Parents Home/Revera.



Want to give your grandchild the gift of a lifetime? Participating whole Life Insurance will grow with them throughout their life and can become an important part of their financial picture long after we are gone.

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Our Parents' Home
10112 119 Street, Edmonton



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.

Avoid Disappointments — with Early Registration!

Early registration result in fewer cancellations and fewer disappointments. Help our staff determine which programs have sufficient participants by registering early. If minimum participant registration is not met, the program will be cancelled five business days prior to the start date. You will be notified by phone, and you will be offered a credit toward another class.

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. If there is sufficient interest to run a second course (and depending on instructor or room availability) we will consider this.



THE VALUE OF OLDER ADULTS (Age friendly Edmonton)

\$10.9B is the economic value of older Canadians' volunteer work in 2017.

40% of Edmontonians actively volunteer.

1M: Caregivers in Canada are age 65+.

\$3.8B: is the amount of unpaid care work provided by older adults in Canada.

88%: of Canadian seniors make charitable donations.

The Stereotype	The Reality
Growing older leads to significant cognitive and physical decline.	Most seniors don't develop severe memory loss. While, physical changes, such as reduced muscle volume and strength, can be slowed or prevented with regular exercise.
Older people are a burden	Older adults are often providers of help, offering their time as volunteers, caregivers, and workers.
Aging involves a loss of independence	Over 90% of older adults live in their own homes.



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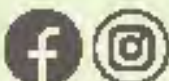
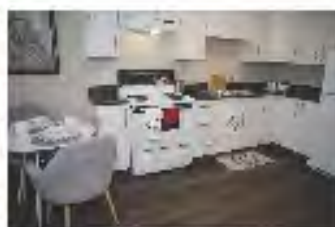


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hsinclair@shepherdsgardens.ca

Multicultural Health Brokers Cooperative: **www.mchb.org**

Multicultural Health Brokers Co-op (MCHB) began 25 years ago to support Edmonton's newcomers. The goal was to enhance the health and well-being of families, and foster their efforts at building community so they could thrive, and actively contribute to society. Our cultural brokers are from immigrant communities, and know first hand the social, economic, and language difficulties that immigrants and refugees face. This places us in a unique position to bridge the gap between newcomer families and Canadian society.

After the initial settlement period, it is the medium and long-term adjustment that is critical for immigrant and refugee integration. MCHB helps this process through our various programs, from peri-natal health, to youth initiatives to seniors outreach.

MCHB:

- Serves 23 cultural/language communities
- Offers inter-cultural competency training for government organizations, service providers, and companies
- Supports culturally-responsive practice and policy development in government and community organizations
- Focuses on prevention, and broad determinants of health
- Offers holistic supports – working with families in a manner that respects their individual strengths, challenges and circumstances.

MCHB is located in the Edmonton Intercultural Centre's building at 9538—107 Avenue, NW. Their hours of operation are 9:00 AM to 5:00 PM Monday to Friday.

For an appointment please call 780-423-1973.

Bus Route 111—Right at the Doorstep of CLSA

Just a quick reminder for folks who transit by bus: there is a new bus stop (#11096) located at the south entrance of CLSA. The stop is part of the new bus route 111 that goes from Riverdale to McQueen. The bus also stops at the Kingsway/Royal Alex and Westmount transit centres.

Routes 3 & 111 will be of interest to CLSA Members taking transit to the CLSA site. Route brochures are provided in the links below (Click on the route to see the map. Brochures for routes 3, 8, 111, 103, 102, 903, 140x, and 110x are available in print at CLSA).

[Route 111 – will go to CLSA parking area](#)

[Route 3 – stops along 111 Ave](#)



Community Powered Care for you and your loved ones

Tuktu is a community-powered care provider that matches family members, friends or individuals who need support to safe, local and friendly companions for everyday needs.

Travel Assistance

\$30-40/hr

Comfortable rides to appointments, events etc. One-way and round trips.

Housekeeping

\$25-40/hr

Cleaning and organizing at home, such as vacuuming, dusting, changing sheets etc.

Personal Shopping

\$20-25/hr

Reliable delivery of groceries, medications and other items. Multiple store visits possible.

Kitchen Assistance

\$25-35/hr

Homecooked meals, prepared right in the kitchen. Portioning, cleanup etc. included.

Companionship

\$25-30/hr

Friendly and empathetic company to share stories, hobbies and activities with.

Technology Help

\$25-35/hr

Installation, troubleshooting and guidance on use for all kind of digital devices.

Learn more about us!



Mobile app

Scan QR code or visit
tuktu.ca/getstarted

Website

To learn more, visit
www.tuktu.ca

Phone

To get in touch or book, call
+1 866-938-8588 (BC)
+1 780-988-0369 (Alberta)

Tuktu Care Inc. 170-422 Richards Street, Vancouver, BC, V6B 2Z4, CANADA
Tuktu Care Inc. 10526 Jasper Avenue #202, Edmonton, AB, T5J 1Z7, CANADA



SOCIETY FOR ADULT DAY PROGRAMS

ABOUT US

Founded in 1980, ElderCare Edmonton (ECE) is a non-profit organization that supports adults and their caregivers through recreational adult day programs. Our programs allow participants to engage in therapeutic recreation independently from their caregivers to help adults maintain independence and reduce isolation.

WHO CAN JOIN

ElderCare programs are available to clients with a valid Alberta healthcare card. These programs cater to individuals who can attend regularly. We help those at risk of losing their ability to manage independently in the community. Our programs are suitable for those with increasing healthcare usage, chronic or complex medical conditions, and signs of cognitive impairment. Caregivers in need of respite can also benefit from our programs.



PROGRAM COST

The program includes a food service fee of \$10 per day. There is no additional charge to attend the program.

LOCATIONS

CENTRAL LIONS | 11113 - 113 St

FULTON PLACE SCHOOL | 10310 - 56 St

WESTEND SENIORS | 9629 - 176 St

CONTACT US

☎ (780) 434 - 4747

✉ INFO@ELDERCAREEDMONTON.CA

🌐 WWW.ELDERCAREEDMONTON.CA

A Final Thought.... 2023 is quickly coming to a close. CLSA membership is up, programs are filling up, and there are more activities available to our Members. I believe that 2024 is going to be another great year and I look forward to serving you again.

The Board, my staff, and me wish you all the best this holiday season. May you enjoy your time with family and friends. If you are alone this holiday season, I encourage you to reach out to your fellow CLSA members who, I'm sure, would open their homes to you this holiday season.

Happy Holidays & All the Best in 2024!



**Draw Date:
Dec 14 at our
Holiday Gala**