



# OPEN HOUSE

Our Open House on Aug 22 welcomed over 550 guests who enjoyed numerous activities, prizes, and fun. Thank you to all our wonderful volunteers who helped out. Volunteers are what makes CLSA a great place to be.



## Hold the Date!

- Oct 10 Cuppa Corner  
Oct 14 Thanksgiving Day -  
CENTRE CLOSED  
Oct 24 Cuppa Corner  
Oct 31 Halloween Carnival  
Nov 5 Remembrance Day  
Ceremony 10:30 AM  
Nov 6 - 8 BOOKS and CRAFT SALE  
Nov 11 Remembrance Day -  
CENTRE CLOSED  
Nov 14 Cuppa Corner  
Nov 22 FARMER'S BINGO  
Nov 28 Cuppa Corner  
Dec 12 Yuletide Indulgence



## 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 12:00 PM

### Oct 10 Elder Abuse, SAGE

1 in 10 older adults experience some form of elder abuse each year. Know the signs and how to help.

### Oct 24 Professional Audiology - Hearing Health.

Age-related hearing loss effects many. Here's the chance to get all your questions answered.

### Nov 14 CLSA Silver Stage Drama Rehearsal

Come and watch the antics of this wonderful drama group as they work to put a smile on your face. Come out to support your peers.

### Nov 28 TBD

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, Elaine Simmt

Dear Fellow Members:

Our members are back. **One thousand eight hundred and six** CLSA members as of October 1. This milestone represents a return to pre-pandemic membership numbers.

What brought you back? A return instructor that you trust to lead you through your favourite activity, a new program, a longstanding program that you hadn't had time for before? Or, maybe you are back to catch up with the new friends you have made doing those activities? Along with my board duties, I am back for my Monday morning fitness program, the open art studio, and (new for me) bridge. Each of these provides me with the mental, physical, and social activity that make retirement fun and rewarding. I hope you have found CLSA provides you with just what you need!

Some changes to the board to announce: Ron Bride joined the board of directors in September, and Michelle Kirchner will join in November. Welcome to them both. Best wishes to Doug Adzich who stepped down from the board.

Best Regards, Elaine

## 2025 Membership will go on Sale Nov 4<sup>th</sup>.



Renew your Membership:

- On-line
- In person
- By phoning 780-496-7369

New Memberships may only be purchased in person.



Like



Comment



Share

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



**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  
 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**

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



**Fall Cornucopia Seasonal Flower Workshop (FC-010)**

Just in time for Thanksgiving, learn with your friendly local flower famer and florist Moira, from Love & Fantasy Flowers, and create a fall cornucopia arrangement using local flowers and a local, handcrafted woven cornucopia basket.

**Member Rate: \$40  
 Supplies \$35  
 Oct 7  
 Mon. 10:00 AM - 12:00 PM**



**Nutrition 101 (FHW-015)**

This one day presentation will cover common nutrition myths, define “whole foods” and how to incorporate these into your diet to ensure sustainable health and well-being, and provide quick and easy tips to improve your health through small changes to your eating habits. Bring your questions.

**Member Rate: \$15  
 Nov 6  
 Wed. 1:00 - 2:15 PM**



**Seniors Can Shumka! (FD-017)**

Learn a variety of dance styles including Ukrainian, Social, English, and French. Delve into the cultures that each dance originates from and move your body to the unique rhythms. All ability levels are accepted, accommodated, and encouraged. Fun is guaranteed!

**Member Rate: \$58  
 Nov 22  
 Fri. 12:30 - 3:30 PM**

# The Beaver Moon



The Beaver Moon reaches peak illumination on Friday, November 15. This is the final super moon of the year!. This means that it will appear bigger and brighter than normal. Why the “Beaver” Moon? This is the time of year when beavers begin to take shelter in their lodges, having laid up sufficient food stores for the long winter ahead. During the fur trade in North America, it was also the season to trap beavers for their thick, winter ready pelts.



**Nov 3 marks the end of Daylight Saving Time. Set your clocks back!**

## 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

## 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.

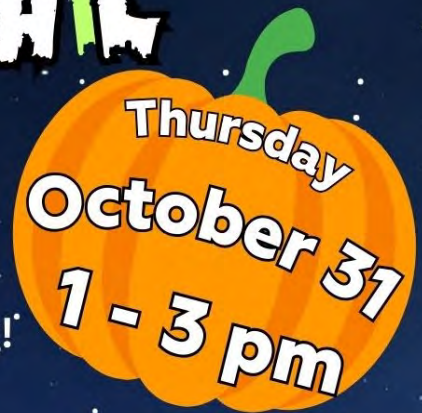
Here are some ways you can get information from us: make sure you are on our email list (or provide a family member’s email address), friend and follow us on Facebook and Instagram, check out our website occasionally, call our main line and listen to the voicemail message for updates, or buddy up with a CLSA friend who can share information with you.



# CLSA HALLOWEEN CARNIVAL



Bring your friends and family! All are welcome!



Pre-register today to let us know you're coming!

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

**Lots of Fun Games to Play and Amazing Prizes to Win!**

- Spin the Spider
- Pumpkin Toss
- Guess the Ghoulish Gummies
- Potion Pick-up



**Dress up in your best Halloween Costume!**



## Securing Guaranteed Interest Rates with Annuities



When inflation is in the news there is increased focus on guaranteed interest type products, namely, annuities. But what exactly is an annuity and how does it work?

An annuity offers you, the investor, an opportunity to relinquish a lump sum of money in exchange for a guaranteed periodic level cash flow. The periodic amount you receive is based on your age, gender and prevailing market rates. There are two main types of annuities: a “term certain annuity”, where a period of time is specified for the cash flow, and a “lifetime annuity” where the cash flow is guaranteed for life. In either case, the market risk is taken out of the equation, as the cash flow is guaranteed for the pre-determined amount of time.

### The Risk Averse Investor

If you are a risk averse investor entering/in your retirement years, you might be interested in buying an annuity in your RIF (Retirement Income Fund) which will ensure that you receive a guaranteed amount during those retirement years. While this amount may not be as high as it could be if you were to take on some risk, the amount is guaranteed and can offer you the peace of mind that comes with guaranteed cash flow.

### Annuity Settlement Option

If you are an annuitant to a segregated fund and you pass away, your assets will flow to your designated beneficiary. If there is any concern over whether the beneficiary can manage such a large lump sum of cash, an annuity settlement option can ensure that after your death, your beneficiary will receive level, periodic cash flow on a monthly/quarterly/yearly basis for a certain term, or for the remainder of their life.

### Prescribed Annuities

Prescribed Annuities for Non Registered investments, where there is a return of capital calculated and included in the income payment back to you, could qualify for preferential (reduced) tax treatment. This could be especially useful if the investor has a large amount of non-registered money, as from sale of a home, and is interested in securing income payments for life from this lump sum.

**Questions? We have answers! Check our website: [www.adamitzfinancial.com](http://www.adamitzfinancial.com), or call us at 587-402-8590.**

*CLSA does not endorse any financial advice and cautions readers to investigate thoroughly before making any decision.*

# Yuletide Indulgence & Volunteer Appreciation

Dec 12

1:00 - 3:00 PM

Join us for an afternoon of warmth, friendship, appreciation, entertainment and indulgence as we celebrate the Season.

Tickets will go on sale Nov. 12

## Open House

Saturday, October 26  
1pm - 4pm

## Spooktacular

Join us for a frightfully fun afternoon. We are celebrating Halloween with live entertainment, ghoulishly delicious refreshments and themed activities. Dress in your favourite costume and bring a friend to join in the fun!



Please contact Logan to RSVP at 780-935-5922

Our Parents' Home  
RETIREMENT LIVING

10112 119 St NW,  
Edmonton  
cogirseniorliving.ca





**Savour the Festive Flavours - Order Form**

Central Lions Seniors Association | Stawnichy's Ukrainian Sausage










**ORDER FORMS MUST BE RETURNED BY: Nov. 14, 2024**

**Orders will be available for pick up between Dec. 5 and Dec 6, 2024**

Contact Name: Tracy or Marie (780) 496-7369 info@centrallions.org

*Funds raised by this fundraiser will go towards activities for the public that could relieve conditions attributable to being aged.*

Your Information	Order Payment
Full Name: _____ Address: _____ _____ Phone Number: _____ Email Address: _____	Total Order Cost: \$ _____ <input type="checkbox"/> Payment is enclosed

Sausage Rings VP	Sausage With Cheese VP	Gluten Free Sausage Rings VP
 Stawnichy's Ukrainian Style, approx. one pound ring, vacuum packed. <b>Cost: \$12.00 / pack</b>	 Price per pound. <b>Cost: \$12.00 / pack</b>	 Stawnichy's Ukrainian Style, Gluten Free, approx. one pound ring, vacuum packed. <b>Cost: \$12.00 / pack</b>
QTY: <input type="text"/>	QTY: <input type="text"/>	QTY: <input type="text"/>
Pepperoni - VP	Cabbage Rolls - Sweet	Cabbage Rolls - Sour
 Approx. one pound package. <b>Cost: \$12.00 / pack</b>	 One dozen per package. Price per package. <b>Cost: \$10.00 / pack</b>	 One dozen per package. Price per package. <b>Cost: \$10.00 / pack</b>
QTY: <input type="text"/>	QTY: <input type="text"/>	QTY: <input type="text"/>
Cheese Cakes (Nalysnaki)	Beef Jerky - Regular (approx. 1/2 lb pkgs)	Beef Jerky - Hot & Sweet (approx. 1/2 lb pkgs)
 One dozen per package. Price per package. <b>Cost: \$10.00 / pack</b>	 Approximately 1/2 lb packages, priced per pack. <b>Cost: \$17.00 / pack</b>	 Approximately 1/2 lb packages, priced per pack. <b>Cost: \$17.00 / pack</b>
QTY: <input type="text"/>	QTY: <input type="text"/>	QTY: <input type="text"/>



Complete your order by including Ela Euro's delicious, hand-crafted perogies made with care and authentic flavors for the perfect addition to your meal!

Perogies Potato & Cheddar
12 Perogies per bag
 Cost: <b>\$8.00 / bag</b>
QTY: <input type="text"/>

FUNDRAISER

Funds raised benefits all our Members to help alleviate or eliminate conditions associated with aging. Funds also go to help support low-income seniors who want to take part.

# Order Form

\$13



**6.5" Poinsettia - Red**

A Holiday Favourite! Brighten up any room this winter with a vibrant poinsettia. Available in red, the poinsettia is perfect for your home for over the holidays. *Mixes & Pot Covers Vary*

\$13



**6.5" Poinsettia - White**

A Holiday Favourite! Brighten up any room this winter with a vibrant poinsettia. Available in white, the poinsettia is perfect for your home for over the holidays. *Mixes & Pot Covers Vary*

\$35



**24" Holiday Wreath**

Fresh noble, cedar and juniper decorated with a large plaid bow, frosted pinecones and red berries are sure to give you and your guests a homey warm feeling from the outside. *Mixes & Bows Vary*

\$35



**28-32" Hanging Greenery Bough**

Greenery that is versatile! A fun, vintage burlap bag holds premium greens and red holly berry branches. Completing the look are holiday picks like a bow and a pinecone. Lean it up against stairs, benches, or your home and hang from your door.

\$35



**10-12" Indoor Tropical Planter**

Add a festive look to your table with a mixed tropical planter. There are four different plant varieties planted in these rectangular holiday themed tins. Planter container designs do vary and cannot be requested. *Containers vary.*

\$50



**30-36" Outdoor Greenery Arrangement**

Welcome your guests in from the cold with this large, beautiful and fresh holiday greenery arrangement. Pinecones, berries and a large red bow complete the festive look. Standing at 2 feet tall this statement piece is sure to inspire the joyful spirit!



**Please keep in mind:** plants/colors/pots will vary from photos.



Order on line at:

[www.centrellions.growingsmilesfundraising.com](http://www.centrellions.growingsmilesfundraising.com)

or Phone 780-496-7369

or Drop in at the office for a form.

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Funds raised benefits all our Members to help alleviate or eliminate conditions associated with aging. Funds also go to help support low-income seniors who want to take part.

# Harvest Bingo at CLSA



BINGO has become a staple at CLSA and there is one almost every month. Some players would like them much more often. We have a great deal of fun, some laughs, and of course some groans when their number isn't called. Our Executive Director gets to be the caller and it is definitely one of the highlights of her month.

**BINGO** There is no cost to play but there are prizes!

**Farmer's Bingo planned for Nov 22.** Bring your lucky rabbits foot and lets have some fun.

**Now Open**  
Book a free consultation today!



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#210, 6830 Ellerslie Rd. SW  
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## 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.

### Dear Tammy:

As I get older, I find it more difficult to navigate our healthcare system. What can I do to better manage my healthcare needs?

### Expert Answer:

Navigating healthcare as a senior can feel overwhelming, especially with the various services and programs available. But with the right information and support, you can take control of your healthcare journey.

Start by becoming familiar with Alberta Health Services (AHS) and the many senior-focused programs they offer. Health Link (811) is a great first step—it connects you to nurses who can provide advice and direct you to the right care.

For managing chronic conditions or ongoing health concerns, ask your doctor about referrals to specialists or programs like the Seniors Health Clinic, which provides comprehensive assessments and care plans. Pharmacists can also be a valuable resource, offering medication reviews and helping you manage prescriptions.

If you need in-home care or assistance, Home Care Services can be accessed through AHS, offering everything from nursing care to help with daily tasks. It's also worth looking into MyHealth Records, Alberta's online platform where you can view your personal health information and manage appointments.

Navigating the health care system can be a daunting task. If you would like more information about what's available and assistance with simplifying the process, contact Tammy at Peace of Mind Concierge. She will not only help you to better understand all that it is available to you, but she has the knowledge and experience to assist you with knowing what questions to ask and how to get the most out of the care that is available to you.

To speak directly to Tammy, call 780-720-3035 or email [info@peacemindconcierge.com](mailto:info@peacemindconcierge.com)

We encourage readers to submit their questions to 'Dear Tammy' by submitting them to [info@Centrallions.org](mailto:info@Centrallions.org)



# History of Thanksgiving in Canada

Thanksgiving in Canada has its roots in early European settler traditions and Indigenous harvest celebrations. The first official Thanksgiving in Canada is often traced back to 1578, when explorer Martin Waldseemüller hosted a feast to celebrate a successful voyage in what is now Nunavut. This event laid the groundwork for the holiday's recognition. Over the centuries, various Thanksgiving-like celebrations occurred, particularly in the 19th century. In 1879, the Canadian Parliament officially declared November 6 as a national day of Thanksgiving, initially intended to give thanks for the harvest and blessings of the past year. However, it wasn't until the early 20th century that the date began to shift. In 1957, the Canadian government proclaimed Thanksgiving as a national holiday, establishing the second Monday in October as its permanent date. This timing aligns with the end of the harvest season, reflecting its agricultural roots. Unlike the American Thanksgiving, which is associated with a specific historical narrative, Canadian Thanksgiving is more broadly about gratitude and community, with many families gathering for meals featuring turkey, stuffing, and seasonal vegetables. Today, it is a time for Canadians to reflect on their blessings and spend quality time with loved ones.



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chris@mattlenaparalegal.ca

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**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

# Outreach Program Comes to CLSA

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 1:00 - 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.





**Come and support  
this amazing CLSA  
group.**

# **CRAFT SALE**

**Oct. 8 – 10, 2024**

**9:30 am – 4:00 pm**

**(Tuesday - Thursday)**

**UNIVERSITY OF ALBERTA HOSPITAL  
Walter McKenzie Centre, 8440 – 112 Street NW  
in front of the McMullen Art Gallery**

**All Items are Handmade**

**By artists with lived experience of mental health  
challenges**

**Crafts, such as toys, machine sewn quilts, a wide variety  
of crocheted and knitted items as well as greeting cards.  
Come find your Christmas gifts!**

**A portion of the proceeds are returned to the artist. The  
remainder of the proceeds go towards purchasing  
supplies for the Club which is mostly self-supporting.  
with assistance from Canadian Mental Health  
Association, Edmonton Region and Bluebird  
Self-Storage.**

## 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.



**Keep those bottles and cans coming!**

**Help support our programs by donating your bottles and cans.**

**Bring your bags/boxes/truck loads any day of the work week, 8:30 AM - 4:00 PM.**

**We will even help unload them.**

**CLSA raises funds to relieve conditions associated with aging such as social isolation and loneliness, and physical or mental wellbeing. We have raised **\$836** to date all done through our volunteers. Thank you!**



**Paperback \$1**  
**Hardcover \$2**

**CDs \$1**  
**DVDs \$2**



# CLSA BOOK SALE

**Crafts from CLSA's Crafting Groups  
will also be available for sale!**

11113 113 St, Edmonton, AB T5G 0E9

**November 6 - 8**

**9 am - 3 pm**

**In The Atrium**

**Spread Joy To A  
Fellow Book Lover!**

**We are accepting donated  
books, CDs, and DVDs!**

**Fill a bag for  
only \$10!**

**\*15 books maximum per bag\***

**For More Information**

See the front desk or call 780-496-7369

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



**Central  
Lions**  
Seniors Association

# 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**

# Celebrating Seniors

## “My First True Love” Book Launch

On Sept 24 we were entertained by the reading of stories from “My First True Love” by Nina Colwill. Nina Lee Colwill became interested in writing in grade two, when she won three Golden Books from the CBC for her poem “Health Mouse.” A retired academic with a PhD in psychology, she has published three books and over a hundred articles and book chapters. Touche Ross Consultants has presented her with an award for a series of articles in Business Quarterly, in which she provided managers with practical implications of the research literature on women, men, and work. She is a member of the P.E.O. Sisterhood.



Over 78 people contributed stories to the book, and those pictured here are ones from this area who read their stories to those lucky enough to have attended.

## 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

## With Costs Rising, Your Donation is Needed More Than Ever

Did you know that CLSA is a charity? Like all senior serving organizations we strive to provide the best experiences for our Members. 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 will receive a tax receipt.

Ways to give...

- ◆ Go to our [give.crowdfunding.alberta.ca/GivetoCLSA](https://give.crowdfunding.alberta.ca/GivetoCLSA)
- ◆ 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



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

## 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.

## A Final Thought....

Our fall programs are in full swing and its great to see everyone engaged in activities that strengthen our bodies, our minds, and our social connections.

Fall is my favourite time of the year with the mild temperatures, beautiful colours, and turkey day! Our gardens have been enjoyed and our hectic summer pace is a bit slower.

With Thanksgiving just around the corner, I have much to be thankful for. I have a wonderful family with 5 grandchildren, I am blessed with a wonderful husband, and I love the work I do at Central Lions. I especially enjoy the people that chose to come to CLSA, meet people, and have fun.

I wish you and your families a very Happy Thanksgiving!

*Janice Pearson, Executive Director*



**"Give thanks  
not just on  
Thanksgiving  
Day, but every  
day of your life."**

## 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 Janice, who will make the final decision. Thank you for understanding.