



Look Out...The New Fall Program Guide Is Out!

It's hard to believe it's that time of the year when we can sign up for the Fall programming. There is still a lot of summer left, so make sure you enjoy it while it lasts. In the meantime, sign up as early as you can for the Fall program that runs from Sept 5 until Christmas.

Registration for **Preferred Members begins on August 8**. Preferred members are those who have paid for a full membership, are Gold/Lifetime Members, or have a community membership from Prince Rupert or Queen Mary Park.

All other Members may register on August 14.

Registration can be online, by phone, or in person. Please make sure you register as early as you can to ensure the program you want will run. We don't want anyone to be disappointed.



Welcome to our NESAs Neighbours!

With the temporary closure of the North Edmonton Seniors Association, many of their members are coming to CLSA to participate in our programs and activities. It's exciting to have some new faces around the building and joining in with the activities. In some cases, we have created additional activities to accommodate what NESAs would have provided so that familiar activities can continue. We look forward to getting to know each of you. Please help us make them feel welcome at CLSA while they wait for their facility to reopen in 2024.



Varinka, Barbara, and Marie are three of our hard working volunteers. You'll find them at the Ambassador desk, organizing books, serving coffee, and a plethora of other things that make CLSA warm and welcoming .

Aug Message from the Board Chair, Alex Paterson



Hello fellow members:

Don't you just love Edmonton in the summer time?

There is so much going on in the city right now. The weather is glorious.

It has been so nice to see that many of our spring classes have been so well attended and some have been at full capacity.

Summer is often a time to take some time to relax a bit and recharge our batteries. It is a time to get out of the house and enjoy warm days. A time to sit in the park or on a patio with a friend or two.

Our summer programming offers a number of opportunities to get together with fellow members, see old friends and meet some new people.

One of the things that continues to amaze me in my interactions in our city is the reaction I get when I mention that I am a member of the Central Lions Seniors Association. Their reply is that they have never heard of it or they have driven by our building for years and had no idea what the building was for.

As we enjoy the summer and in preparation for the fall, could I ask you to think of one person that you may know that does not know about our incredible facility and invite them to attend the Open House that is planned for August 24th.

Whatever you enjoy doing this summer, on behalf of the board, I wish you all a great summer. If you take a summer program, we look forward to seeing you at the centre. I am very excited for the Open house and I will commit to bringing one person as a guest. I hope you will bring a guest as well. See you there!

Cheers

Alex Paterson

**FOLLOW
US!**



Like



Comment



Share

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



CLSA Open House & Tradeshaw

Thursday, Aug 24
10 AM - 3 PM

*Come for the Programs,
Stay for the People!*

Alberta
Association
of Optometrists



Lion's Roar Sponsor



Nurse Next Door[®]
home care services

TRADESHOW EXHIBITORS...SO FAR.

- ◆ OPH/The Churchill
- ◆ The Waterford of SummerLea
- ◆ Greater Edmonton Foundation
- ◆ St. Andrew's Centre
- ◆ Chartwell Griesbach Retirement Living
- ◆ Rural TR
- ◆ Thrive Acupuncture
- ◆ Elder Move
- ◆ Piece of Mind Concierge
- ◆ Alberta Association of Optometrists
- ◆ Edmonton Seniors Coordinating Council
- ◆ Kluthe Wellness
- ◆ Mary Kay
- ◆ Marrazzo Law
- ◆ Chubb Insurance
- ◆ Nurse Next Door
- ◆ Christian Care At Home Trust
- ◆ Expedia Cruises
- ◆ Memories Funeral Home
- ◆ Heart to Homes
- ◆ Ela Euro Café
- ◆ Simplifying Your Life
- ◆ Maxwell Polaris



Stamp honouring Thelma Chalifoux (CNW Group/Canada Post)

“When you’re dead, you’re retired a long, long time. So as long as you keep working, and as long as you keep doing something, you’re contributing not only to your community and to your family, you’re contributing to yourself.” - Thelma Chalifoux
Contributed by Pat Kimura

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.

**AVOID DISAPPOINTMENT—
REGISTER
EARLY!**



My Retirement Story

I took the big leap and retired after 2 years of research including all the financial analysis. After 43 years of working, I was done. I moved from my house into senior living accommodation 2 years prior to my actual retirement date. I wanted to ensure I was where I wanted to be without financial pressures or health issues deciding for me.

There were no lofty goals nor desires I wanted to achieve. Just a simple way of life – to be retired from the working world.

At first, it seemed like I was on a long holiday. As time went by, I began to cherish not listening to an alarm clock waking me up every morning!

The days passed quicker than I thought they would. Everyone asked me, what will you do? I always responded with ‘whatever I want to’.

Since retiring, I am enjoying the benefits of senior living by attending exercise classes, a twice weekly walking group and began socializing as best we can during the pandemic.

The lack of stress has had the most significant impact on my health and my state of mind.

The variety of age groups in my facility, has given me a new sense of respect. I feel much younger than my 68 years when I am with them. Their stories and life experiences fill me with hope and optimism for the future. The trials and tribulations they have endured, survived and thrived is a testament to their fortitude and strength.

They have lessons for all of us. One of the most important and best one is not to take each day for granted. For them, it truly could be their last.

They do not fear death. They see it as a part of life and is accepted as such. Their attitudes make me feel like I have a warm blanket of protection and love surrounding me each day. This is priceless.

I appreciate each moment and have the time to notice everything. My breathing, the sun, the quietness of the night. It has brought me the greatest gift of all. Peace.

Submitted by Helen Doucette

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

Hold the Date!

Aug 3	CUPPA CORNER
Aug 8	Fall Registration opens to Preferred Members
Aug 14	Fall Registration open for all
Aug 24	OPEN HOUSE, 10:00—3:00
Aug 28 to Sept 1	CENTRE CLOSED
Sept 4	Labour Day—CENTRE CLOSED
Sept 5	Fall Programming Begins
Sept 8-9	Rummage and Book Sale
Sept 14	CUPPA CORNER
Sept 28	National Truth and Reconciliation Presentation

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

Cuppa Corner Events

11:00 AM — 1:00 PM

Aug 3—Learning about the Alberta Baroque Ensemble

&

Learn about the Canadian Physical Activity Guidelines

Aug 24—Open House

Sept 14—Capital Estate Planning

Sept 28—National Truth and Reconciliation Presentation

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

Let's Talk Refunds

CLSA, along with other senior associations in the city have a “no refund policy”. Why? Because 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.

CLSA's Feature Group: The Hula Honeyes

Aloha everyone from the Hula Honeyes dance ensemble, coming to you from the lesser-known, but still exotic, Hawaiian island, "Central-Lions-Seniors-Recreation-Centre".

The Hula Honeyes were the brain child of Donna Legault, a long time member of CLSA, and for many years, our so kind, elegant and patient hula teacher and show organizer. Donna passed away in April 2022, and we miss her very much. Her talented daughter and invaluable CLSA employee, Tracy Thorne, has been our "alakai" (instructor) for about five years.

The Honeyes have been performing for over 15 years at retirement homes, seniors' centres, community halls and the like. Our repertoire is mainly "hapa haole" hulas, meaning "half foreign". These are songs in English, or English and Hawaiian, that were composed roughly from the 1920s to the 1970s. Some are well-known favourites, such as "Tiny Bubbles", "Blue Hawaii" and "Little Grass Shack", but we also include several in Hawaiian, and are in the process of learning more.

The Hula Honeyes have had a busy winter, spring and summer, relearning the dances we all mostly forgot during the past three Covid years, planning shows and performing. We did two shows in April, one in May, one in July and three are coming up in August. Here are some photos from our most recent show in July:





Better care for a better life

With Alberta's **Client Directed Home Care Invoicing Program**, you can choose your own provider of in-home care and have the cost covered by this **government-funded program**.

It can be a little complicated to get started, but Bayshore is here to help. We will guide you through the enrollment process, review your AHS assessment, design a personalized care plan, provide consistent care and manage the invoicing – alleviating your stress and providing the care you need to live your best life.

Let's talk.

780-801-3880

edmonton@bayshore.ca



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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**

Musing of a Farmer's Daughter

August was all about harvest on the farm. Mom would gather us kids in the truck and we would go to pick berries wherever the best patches were. Blueberries were the worst as they were close to the ground and so small. It took forever to fill our buckets. Mom was a commander when it came to berry picking. Each bush needed to be picked clean, we could only eat a few and never directly from our bucket, and we needed to pick "clean" with no twigs or leaves in the bucket. I was never good at this. But the blueberry pies, saskatoon jelly or syrup, pincherry jam, and cranberry preserves were the best and can't be duplicated with store bought fruits.

We also picked the domestic berries at this time, gallons and gallons of raspberries and strawberries. To this day, I've yet to taste a strawberry as sweet as those my mom grew. They made the best jam ever or a special topping for ice cream throughout the year. I marvel at all the work Mom put into her harvest. She worked harder than anyone I knew then or now.

In later August, when the vegetables were ready we would usually pick peas and beans in the morning while it was cool, and in the afternoon, we would shell peas or snap beans while watching the Edge of Night soap opera. Then, in the evening she would spend hours blanching and freezing the green gold. I'm not sure she slept properly from early August until October when the last of the summer work was completed.

I asked my mom recently how she managed all that while keeping her house tidy, putting a big supper on the table, and running herd on four kids and one husband. She couldn't tell me. She just did what needed to be done; a good lesson for everyone.

Janice Isberg



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.



Our Cuppa Corner usually draws a good crowd as seen by this photo taken at our presentation on housing options.

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 Pont
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.



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 upcoming newsletters and program guides.

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



WILLS WEEK 2023

Edmonton Community Foundation

is pleased to present a free public seminar on

Wills and Estates 101

Oct. 2, 2023

2:00 - 3:30 pm

Registration is not required, but seating is limited.

The full schedule can be found online Fall 2023 at

www.ecfoundation.org

Central Lions, Room 8



Farm Mysteries

The farm where I grew up as a child was full of mystery. Of course, there were the fields that were cleared, often by hand, out of the thick poplar bush, where roots and stones had to be picked before the brownish or yellowish-clay soil could be planted. Then came the mystery of the seasons. The seeds of wheat, oats, or barley would sprout into blankets of green to be transformed, as harvest approached, into blankets of gold. Around these fields, the still unclaimed bush and slough areas threatened me with their darkness, the rotten fallen trees, the tangled vines, and thorny remains of dead rose bushes. Through there, I could follow some narrow cow paths which led to the unknown. The scuttling of rodents in the leaves, the buzzing of bumble bees, and the whirring of passing dragonflies added to the mystery of those uncultivated spots. But when I stumbled across a luscious-looking bunch of ripening strawberries or raspberries or a hanging branch of Saskatoon berries, nature's feast was at hand and the strangeness and fear of the wild was forgotten.



Contributed by Elizabeth Doktor

CLSA Rummage Sale—September 8 & 9

Don't know what to do with the boxes of "stuff" in the basement? Do you need to purge because you are downsizing? Just tired of your things and want a change? Bring your gently used items to Central Lions Seniors Association and donate them for our Fall Rummage Sale. **We will be accepting donations starting June 12.** Please call ahead to ensure we can help you unload.

We cannot accept:

- Clothing of any kind
- Large Furniture
- Broken appliances
- Outdated electronics
- Cosmetics



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Tracy.Shaw-Ache@reveraliving.com

Come try our seasonal menu and enjoy a meal on us!

Call to reserve your seat today.

revera
Retirement Living

*Some terms and conditions apply. To receive a copy, contact Our Parents' Home

VOLUNTEERS NEEDED!

We are in need of volunteers for the following:

- ◆ Open House, Aug 24
- ◆ Rummage and Book Sale, Sept 8 & 9
- ◆ Ambassadors
- ◆ Shelving project
- ◆ Phoning
- ◆ Registration Week



Give the gift of reading
Donate to our ongoing
Book Sales.

Navigating Life's Challenges: Expert Advice for Seniors

Seniors and family caregivers often encounter a myriad of challenges as they navigate the complexities of aging. 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 to supporting seniors and their family caregivers.



Dear Tammy



I'm struggling to manage my caregiver duties and my own self-care. I am very stressed. What do you suggest?

Caring for a loved one can be rewarding but also emotionally and physically demanding. Here are some strategies for managing caregiver stress and prioritizing self-care:

1. Seek support from local caregiver support groups or online communities to connect with others who understand your experiences.
2. Delegate tasks to family members or consider respite care services to give yourself regular breaks.
3. Practice self-care activities that rejuvenate you, such as engaging in hobbies, exercising, meditating, mindfulness exercises or seeking counselling support.
4. Maintain a support network of friends, family, and professionals who can provide assistance, emotional support and respite when needed.
5. Seek out professional help to assist you - Hire someone to assist you with your daily tasks, stay with your loved one so you can have a break, provide you with emotional support, advocate for what you need, help you navigate what programs and services are available.
6. Spread the responsibility - Try to get as many family members involved as possible. Even someone who lives far away can help. You may also want to divide up caregiving tasks.
7. Say "yes" when someone offers assistance—Don't be shy about accepting help. Let people feel good about supporting you. It's smart to have a list ready of small tasks that others could easily take care of such as picking up groceries or driving your loved one to an appointment.
8. Share your feelings - The simple act of expressing what you're going through can be very therapeutic. Sharing your feelings with others won't make you a burden. In fact, most people will be flattered that you trust them enough to confide in them.

We encourage you to submit your questions to info@centrallions.org. Use the subject line "Dear Tammy".

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



New minister of Labour and Seniors

The Honourable Seamus O'Regan Jr, of Goose Bay, Labrador, is the new Minister for Labour and Seniors after the cabinet shuffle on July 26. It is unclear if the same mandate that was assigned to the previous Minister will still be in place. If it is, then we can hope that this Minister will deliver on the key commitments of the Liberal Government including: to increase the Guaranteed Income Supplement; assist community-based organization in providing

practical support that helps low-income and vulnerable seniors to age in place, and support projects that expand programs that help seniors stay in their homes; to strengthen Canada's approach to elder abuse; continue leading work on seniors' programming including the New Horizons for Seniors Program; and, to support the Minister of Health in their work to improve the quality and availability of long-term care homes and beds. For a full reporting of the Mandate please go to <https://www.pm.gc.ca/en/mandate-letters/2021/12/16/minister-seniors-mandate-letter>.

Mr. O'Regan was previously the Minister of Labour and retains this post while adding the Senior's post to his portfolio. The rationale behind the combination of these two Ministries is a mystery.

MOBILE FARMERS MARKET

Central Lions Seniors Center
On location every

Tuesday 2:15-3:15pm

Save up to 40% on groceries

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.

CLSA Gift Certificates Available!

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



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.



TOUCHMARK AT WEDGEWOOD  

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Ticket Giveaway

The first 3 people to email info@centrallions.org will receive two tickets to the Aug 18, opening night screening of the award winning film "The Eternal Memory".

THE ETERNAL MEMORY is an exploration of love and memory in the life of someone diagnosed with Alzheimer's Disease. Since its release, it has won the Best World Cinema - Documentary at the Sundance Film Festival amongst others.

Tickets are courtesy of The Impact Series



Featured Programs



River Cree Casino: SO-004

Back by popular demand!

Monthly outings to the River Cree Casino. Fee includes transportation, \$5 play money, and lunch. Meet in the CLSA atrium at 9:30 AM for a 10 AM departure to the casino. The bus departs the casino at 2:30 PM. for a 3:00 PM return to Central Lions. (\$10/person)

Walkers welcome. No wheelchairs please

Member/Non-Member Rate: \$10.00

**Thurs, Aug 17,
9:30 AM - 3:00 PM**



Play Guitar: SM-029

Learn to tune, play easy chords and use some common strumming patterns to popular songs and campfire favourites! We'll discuss good left-hand and right-hand technique, how to use a capo, introduce playing easy fingerstyle patterns, using barre chords and get started playing and singing simultaneously! Lots of time for Q&A as well!

Member \$10/

Non-Member \$45

**Wed, Aug 16,
11:15 AM—12:15 PM**



Central Lions Singers: FM-012

Join the CLSA Singers and experience the joy of singing in harmony! Choral singing will lift your spirit, eliminate stress, improve lung capacity, and challenge your brain. Songs will be learned and practiced to develop ear training and part singing. Over 10 weeks, we'll sing a few familiar tunes and move towards songs that will get you in the holiday spirit.

Member \$63/

Non-Member \$98

**Wed, Sept 27—Dec 6
1:00 PM —2:45 PM**



Retirement Living at its Finest!

- > Renovated Suites
- > Weekly Housekeeping
- > All Utilities Included
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- > Wi-Fi Included
- > Complementary Self Laundry
- > Pet Friendly Suites Available
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- > Activities & Entertainment
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to be entered to win a
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YOU HAVE ENTERED
A WRITER'S HOME

What happens here...



goes in my next book.

Calling All Writers

We want our CLSA newsletter to be more. If you are a writer and have a story to tell, 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.



Central Lions Seniors Association
11113 – 113 St., Edmonton, AB T5G 2V1
Ph: 780-496-7369 Fax: 780-442-0946
www.CentralLions.org
Email: info@CentralLions.org
Hours of operation: 8:30 AM to 4:00 PM

WILLS, ESTATES & NOTARY.

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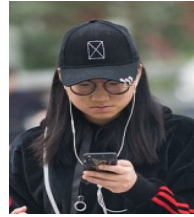
Email: mlo@marrazzolawoffice.com

Town Hall with the Minister of Seniors



On July 17, the Minister of Seniors, the Hn. Kamal Khera and The Hn. Randy Boissonnault, Edmonton Centre met with members of the public at CLSA to discuss future plans for Canadian Seniors and to address questions from the audience. It was well attended with many questions directed at both representatives. Everyone appreciated the opportunity given to hear from these representatives.

Ah, the modern days...
I just saw a grandpa help a youngster who was staring into his phone, to cross the street.



God grant me the Senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Three old guys are out walking. The first one says, "Windy, isn't it?" The second one says, "No, it's Thursday!" The third one says, "So am I. Let's go get a beer".



One of the shortest wills ever written: "Being of sound mind, I spent all the money."



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Edmonton, AB



Southside Manor
10751-29 Avenue NW
Edmonton, AB

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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.... I've been with Central Lions now for over a year and feel like I have barely touched the surface. CLSA has an active, intelligent membership that deserves the best that we can offer. Our Fall program looks great and we continue to listen to our Members' needs and to try and provide as much as we can.

I've met some incredible people with great life stories that I've had the privilege of listening to. I wish I could hear more of your stories and I will over time.

CLSA has become part of my DNA and I look forward to serving you for a while to come.

Janice Isberg, Executive Director.



**Begins on
Aug 24
at the Open
House**

FALL FUNDRAISER



A NIGHT OF LAUGHS

Refreshments
will be
available for
purchase

Tickets \$25
Thurs | 12 | October

Doors @ 6:30 PM
Show @ 7:00 PM

11113 113 St Edmonton
www.centrallions.org