

WINTER 2025

Program & Activity Guide

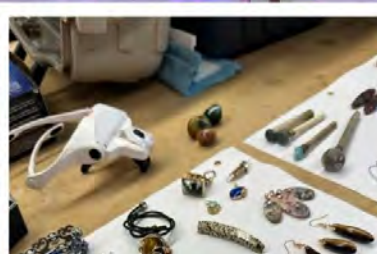
Age Well, Live Fully!

JAN - APR



We are please to offer the following **NEW** programs at CLSA:

- The Art of Stained Glass (pg 5)
- Travel Talks (pg 24)
- Health and Wellness Presentations (pg 26)
- Djembe: From Hearts to Hands Drumming (pg 30)





Central Lions Recreation Centre

11113 – 113 Street NW
Edmonton, Alberta T5G 2V1

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Phone: 780–496–7369

Fax: 780–442–0946

Website: www.CentralLions.org

Facebook: [@CentralLionsSeniors](https://www.facebook.com/CentralLionsSeniors)

Instagram: [@CentralLionsSeniors](https://www.instagram.com/CentralLionsSeniors)

About Us: CLSA is an independent non-profit society formed in 1979 and achieved charitable status in 1986. Our programs are made available through registration fees, donations and fundraising. We rely on dedicated volunteers who support our efforts every step of the way.

Our **Mission** is to encourage, promote and provide opportunities through recreation, education and socializing, to enhance the well-being of persons aged 55 and older. ***Come for the programs, stay for the people!***

Executive Director

Karen Melnychuk

780–442–0937

Karen@CentralLions.org

Hours of Operation (Mon–Fri)

Closed on statutory holidays

Main Entrance/Registration Desk (South)

Phone: 780–496–7369

8:30 a.m. – 4:00 p.m.

Fitness Centre (North)

Phone: 780–442–0949

7:30 a.m. – 3:00 p.m.

How to Register for Winter Programs and Activities

Registration Desk is open from 8:30 AM to 4:00 PM, Mon – Fri

Registration for **Preferred Members** opens on **December 2 at 8:30 a.m.** For everyone else, registration opens on **December 9 at 8:30 a.m.** See page 48 for more information on Preferred Membership.

Online Registration

You must purchase a membership before you can access your online account and register for programs online. You can access the online registration system on our website www.Centrallions.org by clicking on 'My Account' in the upper right corner.

Instructions to log-in for the first time can be found on our website. Look for 'Membership' in the menu bar, then click on 'Registration' to read the log-in instructions.

If you are new to CLSA, or you don't have a current 55+ membership or online account, please call 780-496-7369 or email info@centrallions.org. A member of our team will assist you with setting up your client profile.

If you have any trouble logging into the system, please let us know! Sometimes it's a simple typo on our end, or the name on the account is your birth name and not the name you use every day. It's an easy fix.

Telephone 780-496-7369

If reception is busy, leave a message stating your name and phone number. All messages will be answered within 24 hours. **Registrations must be completed before the program start date.**

In Person

Come to our office and a CLSA member will be happy to serve you.

Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.

Computers & Devices

One-on-One Tutorials

Computer Tutorials: One-on-One

Instructor: Shawn Gramiak

Member \$50 | Non-Member \$90 (*Fee is per session*)

Are you having trouble with your computer, device and/or its software?

A one-on-one tutorial may help you get the most out of your system. These 45 min, customized training opportunities are designed to address concerns you might have with your Windows, Apple or Android device. Once you have registered, the instructor will contact you to arrange a convenient tutorial time and review the topics you want to address. Multiple concerns may require more than one instructional session.

WCD-001 | *Tutorial time will be determined by instructor and participant*

EPL - Stanley A. Milner Branch Staff Presentations

EPL: Internet Safety and Privacy **Fri 2:00 PM - 3:00 PM**

Member & Non-Member Rate \$3

Join us as the Edmonton Public Library presents a beginner's class focused on navigating the online world with confidence! We'll cover important topics like crafting strong passwords, safeguarding your privacy and recognizing phishing scams including those sneaky Artificial Intelligence (AI) generated ones! We will also chat about social media and how to spot other internet scams. This isn't just about learning; it's about connecting with others and feeling empowered online. Come join us for a relaxed, engaging session and let's make the internet a safer place together!

WCD-003 | March 14 | One-Day Workshop

Technologies to Support Aging in Place Learn how technologies can be used by older adults to support aging in place. See **page 28** for more information.

Stay updated! Sign up for our emails on www.centrallions.org. You can also call 780-496-7369 and listen to the voicemail message for updates, friend us on Facebook @CentralLionsSeniors, follow us on Instagram @CentralLionsSeniors, buddy up with a CLSA friend who can share news with you, or share your mailing address with us to receive our print newsletter.

Crafts

Cards & Paper Crafts **Mon 9:30 AM - 12:30 PM**

Instructor: Pam McLean

Member \$25 | Non-Member \$65 | Supply Kit \$10 (payable upon registration)

Card making has come a long way from simple paper folds and markers. In each workshop, you will complete three projects using a variety of stamps, ink, paper, techniques, accessories and more. No experience is required. All materials provided with cards pre-cut and ready for you to assemble, stamp and create.

WC-001 | Jan 20 | One-Day Workshop

WC-002 | Feb 24 | One-Day Workshop

WC-004 | Apr 21 | One-Day Workshop

Cards & Paper Crafts: House of Cards **Mon 9:30 AM - 4:00 PM**

Instructor: Pam McLean

Member \$38 | Non-Member \$78 | Supply Kit \$35 (payable upon registration)

Have fun socializing as you discover your creative side in this all day workshop. Using a variety of fancy folds and creative techniques, you will complete an assortment of 'All Occasion' cards that will 'wow' your family and friends. Invite a friend! There will be a 1/2 hour break for lunch - cafeteria open or bring your own.

WC-003 | Mar 31 | One-Day Workshop

The Art of Stained Glass **Mon 9:00 AM - 12:00 PM**



Instructor: Sharon Tomljenovich

Member \$350 | Non-Member \$390

Join Sharon as she teaches you how to create your own stained glass piece from start to finish. This workshop covers everything from selecting and picking your glass, cutting and grinding techniques, foiling, soldering and finishing with a zinc border. You will gain the knowledge and hands on experience in the art of stained glass! ***All supplies included.***

WC-005 | Mar 10 - Mar 24 | 3 Weeks

Dance

Ballroom

Beginner Ballroom **Thurs 9:00 AM - 10:00 AM**

Instructor: Elise Millard

Member \$63 | Non-Member \$103

Learn how to ballroom dance in this beginner's class by practicing steps and learning choreography that will help you glide across the dance floor with usable patterns, spins and turns. **Continued on the Next Page.**

Continued from Previous Page. Ballroom dance is proven to help improve balance and coordination and increase self-confidence and social skills. Join in on the fun!

Fee is per person.

WD-017 | Jan 9 - Feb 27 | 8 Weeks

WD-018 | Mar 6 - Apr 24 | 8 Weeks

Ballroom (M) Thurs 10:10 AM - 11:10 AM

Instructor: Elise Millard

Member \$63 | Non-Member \$103

In this program you will learn classic ballroom and Latin dances to help you glide, spin and turn across the dance floor. Besides being a lot of fun, ballroom and Latin dance are a great workout, improves balance and coordination, increases self-confidence and social skills. Lessons are for experienced dancers seeking to learn and renew techniques and complex step patterns. Space is limited, please register with a partner. ***Fee is per person.***

WD-019 | Jan 9 - Feb 27 | 8 Weeks

WD-020 | Mar 6 - Apr 24 | 8 Weeks

Cardio Rhythm (M-V) is a cardio-based program that engages the body with various exercises and equipment for a total body workout. Join the fun and move to the beat! Learn more on **page 10**.

Hula

Hawaiian Hula Dance

Instructor: Tracy Thorne

This program is divided into three progressive levels. Beginners register for Coconut level only. More advanced students should enroll in Hibiscus or Plumeria levels which include the preceding levels. **Register in one level only.**

Coconut Level (Beginner) Thurs 1:00 PM - 1:45 PM

Member \$34 | Non-Member \$74

This is the beginner level and warm-up for the more advanced levels.

WD-011 | Jan 9 - Feb 27 | 8 Weeks

WD-012 | Mar 6 - Apr 24 | 8 Weeks

Hibiscus Level (Choreography) Thurs 1:00 PM - 2:30 PM

Member \$51 | Non-Member \$91

Choreographed class. Includes the preceding Coconut Level. It is recommended that students have some dance experience.

WD-013 | Jan 9 - Feb 27 | 8 Weeks

WD-014 | Mar 6 - Apr 24 | 8 Weeks

Plumeria Level (Performance) Thurs 1:00 PM - 3:15 PM

Member \$72 | Non-Member \$112

Performance class. Includes the preceding Coconut and Hibiscus Levels and uninstructed rehearsal time for the performance troupe "The Hula Honeys". Dancers that wish to practice but not perform are welcome to attend.

WD-015 | Jan 9 - Feb 27 | 8 Weeks

WD-016 | Mar 6 - Apr 24 | 8 Weeks

Other Dance

Line Dancing Tues 9:30 PM - 10:30 AM

Instructor: Tracy Walters

Member \$45 | Non-Member \$85

Line dancing is a form of low impact exercise danced in lines. You will learn dance patterns which are performed to many different genres of music (country, pop, rock and roll; just to name a few). No partner or experience required. If you have a love of dancing, come try it out. Shoes with a leather or slippery sole recommended.

WD-007 | Jan 7 - Feb 25 | 8 Weeks

WD-008 | Mar 4 - Apr 22 | 8 Weeks

Line Dancing Intermediate Fri 2:45 PM - 3:45 PM

Instructor: Tracy Walters

Member \$45 | Non-Member \$85

This is a line dance class for those who have taken the Beginner line dance class and want more of a challenge. We will include some dances from the Beginner class and some dances for those who want to improve their line dance skills. Shoes with a leather or no grip sole are recommended.

WD-009 | Jan 10 - Feb 28 | 8 Weeks

Line Dancing Intermediate Fri 2:45 PM - 3:45 PM (no class April 18)

Instructor: Tracy Walters

Member \$40 | Non-Member \$80

WD-010 | Mar 7 - Apr 25 | 7 Weeks

Tap Dance

Tap Dance (Beginner) Wed 11:40 AM - 12:40 PM

Instructor: Jeff Gatti

Member \$80 | Non-Member \$120

It's never too late to tap dance; anyone can learn! No experience required. Steps, moves and basic routines including posture and balance will be reviewed.

WD-001 | Jan 8 - Feb 26 | 8 Weeks

WD-002 | Mar 5 - Apr 23 | 8 Weeks

Need more information? Call 780-496-7369 or visit our website at www.CentralLions.org, Facebook, or Instagram @CentralLionsSeniors

Tap Dance (Intermediate) Wed 9:30 AM - 10:30 AM

Instructor: Jeff Gatti

Member \$80 | Non-Member \$120

Enjoy tap exercises throughout this course. Build your aerobic fitness, muscle strength, flexibility and coordination. Tap is also great for your memory.

Prerequisite: Completion of Tap Dance Beginner Technique and/or some previous tap experience is recommended. Tap shoes are suggested.

WD-003 | Jan 8 - Feb 26 | 8 Weeks

WD-004 | Mar 5 - Apr 23 | 8 Weeks

Tap Dance: Performance (Advanced) Wed 10:35 AM - 11:35 AM

Instructor: Jeff Gatti

Member \$80 | Non-Member \$120

Want to work on tap techniques and expand your repertoire to include more complex footwork? Choreographed festival performance opportunities are available during the last week either at Central Lions or at a performance location pending the desires of the group.

WD-005 | Jan 8 - Feb 26 | 8 Weeks

WD-006 | Mar 5 - Apr 23 | 8 Weeks

Fitness Programs & Workout Room

Our Workout Room has what you need to get your heart going and strengthen your entire body. You'll find a whole range of cardio machines, free weights and seven special LifeFitness machines that are safe and fun to use. Visit us to get started.

New to the Workout Room? Getting started is easy! **Orientation time varies and are required. Book yours today at 780-442-0949.**

Workout Room Hours

Monday – Friday

7:30 a.m. – 3:00 p.m.

Closed on statutory holidays

*Must be a CLSA Member to work out

Workout Room Fees

Drop-in \$5

10-visit pass \$35

Seasonal Pass \$150

* Passes purchased in-person only

Please Note: Workout intensity level is indicated in the title of the activity by the following letters: **(G)entle, (M)oderate, (V)igorous**

Better Balance & Strength (G-M) Tues 1:40 PM - 2:40 PM

Instructor: Cathy Taskey

Member \$65 | Non-Member \$105

This modified Better Balance and Strength program is for those who are seeking an easier, less intense program. Exercises are adapted for both standing and seated workouts. No floor exercises. Participants with health concerns and/or use of walkers or canes are welcome to join.

WF-039 | Jan 7 - Feb 25 | 8 Weeks

WF-040 | Mar 4 - Apr 22 | 8 Weeks

Better Balance & Strength (G-M) Thurs 1:40 PM - 2:40 PM

Instructor: Cathy Taskey

Member \$65 | Non-Member \$105

WF-043 | Jan 9 - Feb 27 | 8 Weeks

WF-044 | Mar 6 - Apr 24 | 8 Weeks

Cardio Fit & Yogasize (M) Fri 1:15 PM - 2:45 PM

Instructor: Marlene Marvin

Member \$84 | Non-Member \$124

A combination of moderate cardio activity to improve heart and lung capacity, followed by yogasize postures standing, sitting and on the floor. This will help strengthen and improve core and lower back muscles. Class ends with various breathing and relaxation techniques. A chair may be placed beside the yoga mat to assist with going down to the floor and back up safely. **Continued on the Next Page.**

WF-049 | Jan 10 - Feb 28 | 8 Weeks

Eager Beaver

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As a family owned business spanning many generations, we understand the unique needs of our senior customers. With decades of expertise, we ensure the highest quality standards to make your move as seamless and stress-free as possible. Let us handle the heavy lifting while you enjoy peace of mind.

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Cardio Fit & Yogasize (M) Fri 1:15 PM - 2:45 PM (no class Apr 18)
Instructor: Marlene Marvin **Member \$74 | Non-Member \$114**
WF-050 | Mar 7 - Apr 25 | 7 Weeks

Cardio Rhythm (M-V) Thurs 11:20 AM - 12:20 PM
Instructor: Elise Millard **Member \$63 | Non-Member \$103**
Get your whole body moving while learning the most fun and popular social dances. You get a total body workout by engaging the body with various exercises and equipment. Join the fun and move to the beat! This class will incorporate some equipment. Bring your yoga mat for stretching exercises at the end of the program.
WF-062 | Jan 9 - Feb 27 | 8 Weeks **WF-063 | Mar 6 - Apr 24 | 8 Weeks**

Co-ed Gentle Move & Groove (G) Tues 2:00 PM - 3:00 PM
Instructor: Marilee Barry **Member \$49 | Non-Member \$89**
This program is for individuals who have been sedentary for a while or have chronic conditions that benefit from gentle exercise. Exercises are performed in both standing and seated positions. A typical class includes a light cardio warmup and strengthening exercises. Balance and posture are often emphasized. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level.
WF-023 | Jan 7 - Feb 25 | 8 Weeks **WF-024 | Mar 4 - Apr 22 | 8 Weeks**

Co-ed Gentle Move & Groove (G) Fri 12:00 PM - 1:00 PM
Instructor: Marlene Marvin **Member \$56 | Non-Member \$96**
WF-047 | Jan 10 - Feb 28 | 8 Weeks

Co-ed Gentle Move & Groove (G) Fri 12:00 PM - 1:00 PM (no class Apr 18)
Instructor: Marlene Marvin **Member \$49 | Non-Member \$89**
WF-048 | Mar 7 - Apr 25 | 7 Weeks

Co-ed Keep Fit (M) Mon 10:30 - 11:30 AM (no class Feb 17)
Instructor: Cathy Taskey **Member \$42 | Non-Member \$82**
Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. This class builds from 25-35 minutes of aerobic movement followed by balance, chair and/or resistance exercise. Everyone is encouraged to workout at their own pace.
WF-035 | Jan 6 - Feb 24 | 7 Weeks

Co-ed Keep Fit (M) Mon 10:30 AM - 11:30 AM

Instructor: Cathy Taskey

Member \$48 | Non-Member \$88

WF-036 | Mar 3 - Apr 21 | 8 Weeks

Co-ed Keep Fit (M) Wed 11:30 AM - 12:30 PM

Instructor: Timmie Horvath

Member \$42 | Non-Member \$82

WF-052 | Jan 8 - Feb 26 | 8 Weeks

WF-053 | Mar 5 - Apr 23 | 8 Weeks

Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM (no class Feb 17)

Instructor: Cathy Taskey

Member \$42 | Non-Member \$82

Looking for a high-energy workout? Improve your heart health and stamina as the class progresses from 30-40 minutes of aerobic movement and exercise. Work on mobility or joint flexibility, muscle strength, balance and agility through active movement.

WF-033 | Jan 6 - Feb 24 | 7 Weeks

Co-ed Keep Fit (V) Mon 9:20 AM - 10:20 AM

Instructor: Cathy Taskey

Member \$48 | Non-Member \$88

WF-034 | Mar 3 - Apr 21 | 8 Weeks

Corrective Fitness Tues 10:45 AM - 11:45 AM

Instructor: Naissa Preston

Member \$68 | Non-Member \$108

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

WF-031 | Jan 7 - Feb 25 | 8 Weeks

WF-032 | Mar 4 - Apr 22 | 8 Weeks

ESSETRICS® for Seniors (G) Tues 11:15 AM - 12:00 PM

Instructor: Lori Griffith

Member \$87 | Non-Member \$127

This gentle, slow-tempo program focuses on mobility, balance and strength. It is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains and are just beginning to exercise again after being inactive. Program includes standing and chair work. Bring a yoga mat, water and towel to class.

WF-015 | Jan 7 - Feb 25 | 8 Weeks

WF-016 | Mar 4 - Apr 22 | 8 Weeks

ESSETRICS® Release, Rebalance, Restore (G-M) Wed 2:15 PM - 3:15 PM

Instructor: Meaghan Hipkin

Member \$98 | Non-Member \$138

This gentle, full body, dynamic stretching program is designed to release tight muscles, rebalance joints and restore the body. It is an age-reversing workout that will restore movement in your joints and flexibility in your muscles, relieve pain and increase your energy. Program includes standing & floor work exercises. Bring your yoga mat, small towel and water to class.

WF-017 | Jan 8 - Feb 26 | 8 Weeks

WF-018 | Mar 5 - Apr 23 | 8 Weeks

ESSETRICS® Release, Rebalance, Restore (G-M) Thurs 10:45 AM - 11:45 AM

Instructor: Meaghan Hipkin

Member \$98 | Non-Member \$138

WF-021 | Jan 9 - Feb 27 | 8 Weeks

WF-022 | Mar 6 - Apr 24 | 8 Weeks

ESSETRICS® Stretch & Tone (M) Tues 10:00 AM - 11:00 AM

Instructor: Lori Griffith

Member \$98 | Non-Member \$138

This program is a full body, equipment-free workout that uses a dynamic combination of strengthening and stretching to develop lean, strong and flexible muscles. Perfect for men and women of all fitness levels. It can help prevent and treat injuries, unlock tight joints, improve posture and leave you feeling energized and healthy. Program includes standing and floor exercises. Bring a yoga mat, water and towel to class.

WF-013 | Jan 7 - Feb 25 | 8 Weeks

WF-014 | Mar 4 - Apr 22 | 8 Weeks

ESSETRICS® Stretch & Tone (M) Thurs 9:30 AM - 10:30 AM

Instructor: Meaghan Hipkin

Member \$98 | Non-Member \$138

WF-019 | Jan 9 - Feb 27 | 8 Weeks

WF-020 | Mar 6 - Apr 24 | 8 Weeks

Golden Gloves Fitness (M-V) Fri 11:45 AM - 12:45 PM

Instructor: Louise Lepore

Member \$45 | Non-Member \$85

Equipment rental fee \$10 (payable upon registration)

Uppercut. Hook, Jab! What better way to weave cardio into your life than throwing a few punches! Golden Gloves Fitness is a no-contact fitness class designed to increase flexibility, balance, muscular strength and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required; just comfy clothes and a good pair of sneakers. Your workout is what you make it. The class is suited to all abilities; exercises are adaptable.

WF-027 | Jan 10 - Feb 28 | 8 Weeks

Golden Gloves Fitness (M-V) Fri 11:45 AM - 12:45 PM (no class Apr 18)
Instructor: Louise Lepore **Member \$40 | Non-Member \$80**
WF-028 | Mar 7 - Apr 25 | 7 Weeks

Golf Conditioning (M-V) Mon 2:30 - 3:30 PM
Instructor: Cathy Taskey **Member \$44 | Non-Member \$84**
A golfer's body is exposed to some tremendous forces and the potential for injury. Practice and review important exercises that will help you reduce your injury risk in this four-week golf-specific conditioning program. Strength, flexibility, core conditioning and warm-up exercises to help limber up before you step on the golf course will be covered. Get into the swing and see your golf scores improve!
WF-051 | Mar 3 - Mar 31 | 5 Weeks

Hall Walkers

One foot in front of the other, and before you know it, you will be walking your way to better health! Learn more about our Hall Walkers on **page 43**.

Mindful Movement (G) Fri 10:30 - 11:30 AM
Instructor: Louise Lepore **Member \$45 | Non-Member \$85**
A typical class includes a light cardio warmup and strengthening exercises. Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. We finish with light overall stretches. Work at your own pace as you improve or maintain your fitness level. Exercises can be performed seated or standing.
WF-025 | Jan 10 - Feb 28 | 8 Weeks

Mindful Movement (G) Fri 10:30 - 11:30 AM
Instructor: Louise Lepore **Member \$40 | Non-Member \$80**
WF-026 | Mar 7 - Apr 25 | 7 Weeks

Pickleball Programs – Novice & Intermediate

We are offering several levels of pickleball to suit all levels of play. See **page 39** for details.

Retro Fitness (M) Wed 1:00 PM - 2:00 PM

Instructor: Dagmar Sanchez

Member \$61 | Non-Member \$101

Retro Fitness is a dynamic workout for all ages, combining the classic moves you love with a modern twist. Designed with low-impact routines, Retro Fitness lets you groove to your favorite tunes at your own pace. This fun and engaging class focuses on balance, range of motion, cardiovascular and muscular conditioning, flexibility and coordination. Whether you're a seasoned dancer or new to fitness, Retro Fitness offers a welcoming environment to stay active and have a blast. Slip on your indoor running shoes and get ready to dance your way to a healthier and fitter you!

WF-029 | Jan 15 - Feb 26 | 7 Weeks

Retro Fitness (M) Wed 1:00 PM - 2:00 PM

Instructor: Dagmar Sanchez

Member \$71 | Non-Member \$111

WF-030 | Mar 5 - Apr 23 | 8 Weeks

Strength Training (M-V) Thurs 12:30 PM - 1:30 PM

Instructor: Cathy Taskey

Member \$65 | Non-Member \$105

Strength training (weight/resistance training) is a physical activity that can provide benefits to your muscles, bones, body weight and shape. Designed to help prevent the natural loss of lean muscle mass, this moderate to active non-cardio workout focuses on the whole body (including the back) using weights and other portable equipment. ***Floor exercises are part of this program.***

WF-041 | Jan 9 - Feb 27 | 8 Weeks

WF-042 | Mar 6 - Apr 24 | 8 Weeks

Strength Training: Progressive (V) Tues 12:30 PM - 1:30 PM

Instructor: Cathy Taskey

Member \$130 | Non-Member \$170

WF-037 | Jan 7 - Apr 22 | 16 Weeks

Tai Chi Practice

Practice time for individuals wishing to work on their Tai Chi form. See **page 43**.

Tai Chi: Yang Style

Instructor: Leslie Sarabin

The most popular and widely practiced Tai Chi style throughout the world, Yang Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Other benefits include improved focus and concentration and increased energy.

Tai Chi: Yang Style - Level 1 (G) **Mon 11:45 AM - 12:45 PM**

Member \$59 | Non-Member \$99

WF-054 | Jan 6 - Feb 24 | 7 Weeks
(no class Feb 17)

WF-055 | Mar 3 - Apr 14 | 7 Weeks

Tai Chi: Yang Style - Level 2 (M) **Mon 1:20 PM - 2:20 PM**

Member \$59 | Non-Member \$99

Level two is the continuation of the movements learned in Level 1.

WF-056 | Jan 6 - Feb 24 | 7 Weeks
(no class Feb 17)

WF-057 | Mar 3 - Apr 14 | 7 Weeks

Tai Chi: Yang Style - Level 3 (M) **Mon 2:30 PM - 3:30 PM**

Member \$59 | Non-Member \$99

Level 3 will work towards completing the entire movement sequence. Participants require a good understanding of the movements plus completion of Levels 1 and 2.

WF-058 | Jan 6 - Feb 24 | 7 Weeks
(no class Feb 17)

WF-059 | Mar 3 - Apr 14 | 7 Weeks

Yoga

Chair Yoga for Fitness (G) **Tues 12:30 PM - 1:30 PM** (*formally Yoga for Joy*)

Instructor: Timmie Horvath

Member \$59 | Non-Member \$99

Discover the transformative power of yoga without floor poses in this activity, tailored for seniors seeking an alternative to traditional yoga. This class offers a welcoming, adaptive approach to building strength, enhancing bone density and improving balance—all from a chair. Enjoy a series of seated poses and stretches that provide a comprehensive yoga experience while nurturing both body and mind. Perfect for those who prefer to stay off the floor, this gentle, yet effective, workout helps maintain flexibility, increase muscle strength and find tranquility.

WF-011 | Jan 7 - Feb 25 | 8 Weeks

WF-012 | Mar 4 - Apr 22 | 8 Weeks

Yoga: Gentle Hatha (G) **Mon 11:15 AM - 12:15 PM** (no class Feb 17)

Instructor: Sylvia Galbraith

Member \$49 | Non-Member \$89

Emphasizing flexibility, balance, breathing and body awareness, gentle yoga exercises (asanas) are done sitting in a chair and/or standing and the equipment is supplied. Everyone is encouraged to work at their own pace and comfort level.

WF-003 | Jan 6 - Feb 24 | 7 Weeks

Yoga: Gentle Hatha (G) Mon 11:15 AM - 12:15 PM

Instructor: Sylvia Galbraith

Member \$56 | Non-Member \$96

WF-004 | Mar 3 - Apr 21 | 8 Weeks

Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM (no class Feb 17)

Instructor: Sylvia Galbraith

Member \$74 | Non-Member \$114

Improve your physical and mental wellbeing with a combination of yoga poses, breathing and meditation exercises. The goal of this program is to increase strength and flexibility, relieve stress, calm the mind and achieve complete relaxation.

Remember to bring your own yoga mat, water and towel.

WF-001 | Jan 6 - Feb 24 | 7 Weeks

Yoga: Hatha (M) Mon 9:30 AM - 11:00 AM

Instructor: Sylvia Galbraith

Member \$84 | Non-Member \$124

WF-002 | Mar 3 - Apr 21 | 8 Weeks

Yoga: Hatha (M) Thurs 9:30 AM - 11:00 AM

Instructor: Sylvia Galbraith

Member \$84 | Non-Member \$124

WF-005 | Jan 9 - Feb 27 | 8 Weeks

WF-006 | Mar 6 - Apr 24 | 8 Weeks

Yoga: Iyengar Stretch & Relax

Instructor: Barb Deneka

The Iyengar tradition of yoga includes a combination of active yoga, breath awareness and restorative yoga. Flexibility, strength, balance and alignment are its focus. Props are used to make the poses accessible to all participants. Includes some floor work so bring your yoga mat, water, towel and/or a small fleece blanket.

Yoga: Iyengar Stretch & Relax – Beginner (G) Fri 10:45 AM - 11:45 AM

Member \$63 | Non-Member \$103

WF-007 | Jan 10 - Feb 28 | 8 Weeks

Yoga: Iyengar Stretch & Relax – Beginner (G) Fri 10:45 AM - 11:45 AM

Member \$47 | Non-Member \$87

WF-008 | Mar 7 - Apr 11 | 6 Weeks

Yoga: Iyengar Stretch & Relax – Intermediate (M) Fri 9:00 - 10:30 AM

Member \$94 | Non-Member \$134

WF-009 | Jan 10 - Feb 28 | 8 Weeks

Yoga: Iyengar Stretch & Relax – Intermediate (M) Fri 9:00 AM - 10:30 AM
Member \$70 | Non-Member \$110

WF-010 | Mar 7 - Apr 11 | 6 Weeks

General Interest & Languages

Financial Management

2024 Global Financial Market Review 2025 Outlook Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

Discuss the latest updates on political, economic and market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. We will review what happened in 2024 and what to expect for 2025. With a change of an American president, we will dive into what it means for the markets and the implications for the world.

WGI-001 | Jan 21 | One-Day Presentation

Alternative Investing with Private Markets Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

Mutual funds are increasingly finding ways to tap into private markets, offering individual investors access to previously exclusive investment opportunities used by pension funds and hedge funds. Some mutual funds companies are now allocating a portion of their assets to private equity, venture capital and other alternative investments through various structures. These funds typically invest in a diversified portfolio of private market strategies, including private equity, private credit and real assets alongside potentially more traditional public market investments. This approach allows everyday investors to gain exposure to private markets' potential for higher returns and portfolio diversification while still maintaining the liquidity and regulatory oversight associated with mutual fund structures.

WGI-003 | Mar 18 | One-Day Presentation

Exchange Traded Funds in Retirement Portfolios Tues 1:30 PM - 3:00 PM

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. **Continued on the Next Page**

Continued from the Previous Page. They have gained massive popularity among retirees for the past 10 years and vary in how they are run. There are both benefits and risks, as there is no such thing as a perfect investment. We will discuss the pros and cons of using this category of investments in a retirement portfolio.

WGI-002 | Feb 18 | One-Day Presentation

Financial Regulation Effects on Retired Investors **Tues 1:30 PM - 3:00 PM**

Member & Non-Member Rate \$3

Presenter: Wei Woo (CIM, EPC) Investment Advisor & Retirement Income Specialist

Since 2009, there has been a new set of rules and reporting requirements on non-registered, RRSP and TFSA accounts. The current phase is called CRM2, with the 3rd phase, CRM, in development and expected to be in force by start of 2027. The Client Relationship Model, or Phase 2 (CRM2), is a regulatory initiative designed to help clarify investment performance, communication and costs for investors, as well provide more transparency. We will discuss what this means and find out if your financial or investment advisor is doing what is in your best interest.

WGI-004 | Apr 15 | One-Day Presentation

General Interest

360 Degrees of Nature **Mon 1:00 PM - 3:00 PM**

Presenter: Wayne Oakes

Member & Non-Member Rate \$5

Birding photographer and nature hobbyist Wayne Oakes is a self described Naturalist. He has spent the past nine years photographing pretty much everything in nature while walking the maintained trails in the north leg of the Whitemud Ravine, along Whitemud Creek. He will be providing an informative slide show presentation on some of the more than 847 different species of animals, birds, fish, insects, fungi and slime molds that make up his photo library of more than 350,000 images.

WGI-027 | Apr 8 | One-Day Presentation

Birds & Nature: Birds of Whitemud - See and learn about this designated nature reserve right in the heart of Edmonton! See **page 34** for full details.

Book Club **Tues 1:00 PM - 2:00 PM**

Member \$8 | Non-Member \$48

Re-discover the joy of reading! This group meets monthly to discuss the books we have read in a relaxed, supportive and respectful environment. Readings will include both fiction and non-fiction titles. Books are available for sign out. Space is limited for this popular program so be sure to register early.

WGI-015 | Jan 14, Feb 11, Mar 11, Apr 8 | 4 Sessions

Casino Outing: River Cree Resort & Casino - See page 34 for full details.

Emergency Preparedness (ePrep) Wed 1:00 PM - 3:00 PM

Instructor: Krista Mulbery

Member & Non-Member Rate \$3

This workshop will encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

WGI-005 | Jan 22 | One-Day Workshop

Emergency Preparedness (ePrep) Mon 9:00 AM - 11:00 AM

Instructor: Krista Mulbery

Member & Non-Member Rate \$3

WGI-006 | Mar 17 | One-Day Workshop

Getting Started with Astronomy Thurs 1:00 PM - 2:30 PM

Instructor: Geoff Robertson

Member & Non-Member Rate \$3

Since humans appeared on this planet the night sky has fascinated us. Today the night sky still holds our imagination. While many think one needs a telescope to start to appreciate the night sky, it isn't necessary. The charting of stars and constellations, the movement of the Sun, Moon and planets, the geometry of our solar system and the length of our year were all determined before the telescope was invented. This presentation will guide the rookie stargazer, starting with naked eye astronomy, to identify planets, bright stars and constellations, through to using a pair of binoculars to considering that first telescope. If a telescope is a consideration this presentation will also point out what to look for and what to avoid, with some samples on hand for display.

WGI-028 | Jan 16 | One-Day Presentation

Learning from the Elders of the Africa Centre Wed 10:00 AM - 12:00 PM

Instructor: Elders of the Africa Centre

Member & Non-Member Rate \$3

February is Black History Month. It's a month dedicated to recognize the contributions of Canadians of African, Black and Caribbean descent despite the history of oppression. In historical records, the role of Blacks who settled in the Maritimes provinces as well as Alberta (in the beginning of the 1900's) and the many soldiers of African descent who sacrificed their lives in many wars are under-represented. This is a good opportunity to learn about Albertan and Canadian history and appreciate cultural legacies. It is also a wonderful opportunity to celebrate the achievements of so many black individuals in all levels of society.

WGI-032 | Feb 5 | One-Day Presentation

How to Read Sheet Music - Learn to read the written language of music!
See **page 32** for full details.

Microgreens and Sprouts Workshop **Fri 10:00 AM - 12:00 PM**

Instructor: Claudia Bolli

Member \$25 | Non-Member \$65

Grow your own microgreens and sprouts indoors in the middle of winter! Learn how to grow fast crops of delicious sprouts and greens to add to salads, smoothies and sandwiches. This workshop gives you all the info about the seeds, minimal supplies required and how to grow them. A short demo of some mature crops and live seed planting will be included.

WGI-025 | Feb 21 | One-Day Presentation

Recreating the Lifestyle You Desire **Tues 10:30 AM - 11:30 AM**

Instructor: Nicole Skiba

Member \$15 | Non-Member \$55

What is your plan for downsizing your home? Not sure? Don't have one? Recreating the lifestyle you desire begins with a vision and a plan. Join Nicole Skiba from eazy peazy downsizing as she takes you through the steps needed to create your plan for your home and how to make it happen. As well, learn some fun organizing tricks and tips to make your home easy to maintain and an enjoyable place to be.

WGI-030 | Feb 25 | One-Day Presentation

Recreating the Lifestyle You Desire - Part 2 **Tues 10:30 AM - 11:30 AM**

Instructor: Nicole Skiba

Member \$15 | Non-Member \$55

A continuation of the February 25th Recreating the Lifestyle You Desire presentation.

WGI-031 | Mar 11 | One-Day Presentation

Taking in Blockbuster Events in our Night Skies **Tues 1:00 PM - 2:30 PM**

Instructor: Rick & Susan Bramm

Member & Non-Member Rate \$3

Here on Earth, we have a front row seat to observe the marvelous beauty, complexity and dynamics of the universe, near and far. From time to time, things "line up" to create amazing fleeting phenomena such as eclipses, comets, aurora and others.

Amateur astronomers Susan and Rick Bramm will discuss how these happen and recount the challenges and joys of their adventures to pursue and photograph these celestial wonders.

WGI-029 | Feb 11 | One-Day Presentation

Languages

American Sign Language Wed 10:00 AM - 12:00 PM

Instructor: Brenda Hansler

Member \$58 | Non-Member \$98

Ever wanted to learn Sign Language? Look no further! Join Brenda as she teaches you ASL from the beginning. Learn the alphabet to simple phrases with proper hand shape, proper palm orientation and much more.

WGI-022 | Mar 26 - Apr 30 | 6 Weeks

French for Beginners Thurs 1:00 PM - 2:30 PM

Instructor: Karima Afchar

Member \$51 | Non-Member \$91

The language of instruction will be primarily English, but you will have ample opportunity to practice your French. You will learn basic grammar structures along with the following vocabulary and conversational topics: greetings, introducing oneself, furniture in a classroom and in a house, talking about one's family, talking about time and describing oneself and others. Enjoy learning the essentials using illustrations, music and more.

WGI-020 | Feb 6 - Feb 27 | 4 Weeks

WGI-021 | Apr 9 - Apr 30 | 4 Weeks

Spanish - Hello, Welcome! *Hola, Bienvenido!*

Learn how to tell your ceviche from your cervesa! Whether you are traveling to Spain or want to explore a new language, learn how to speak Spanish naturally and confidently in CLSA's Spanish program. Beginners are welcome. Intermediate and Advanced levels include practice of verb tenses, grammar, reading, listening and speaking. Teaching is adjusted per course to meet the needs of the participants.

Spanish – Beginner (Level 1) Fri 10:00 AM - 12:00 PM

Instructor: Jorge Oyarzun

Member \$112 | Non-Member \$152

This introductory course is designed for students with limited or no previous knowledge of Spanish. Please bring a copy of "Spanish Vocabulary" by Dorothy Richmond, which is best obtained through Amazon or Indigo.

WGI-007 | Jan 10 - Feb 28 | 8 Weeks

Spanish – Beginner (Level 1) Fri 10:00 AM - 12:00 PM (no class Apr 18)

Instructor: Jorge Oyarzun

Member \$98 | Non-Member \$138

WGI-008 | Mar 7 - Apr 25 | 7 Weeks

Spanish – Intermediate **Fri 10:00 AM - 12:00 PM**

Instructor: Tania Oyarzun

Member \$112 | Non-Member \$152

Completion of Spanish: Beginner Level 1 and/or some experience and comfort with the Spanish language is required. Please bring a copy of "Spanish Verb Tenses" by Dorothy Richmond; best obtained through Amazon or Indigo.

WGI-009 | Jan 10 - Feb 28 | 8 Weeks

Spanish – Intermediate **Fri 10:00 AM - 12:00 PM (no class Apr 18)**

Instructor: Tania Oyarzun

Member \$98 | Non-Member \$138

WGI-010 | Mar 7 - Apr 25 | 7 Weeks

Spanish – Advanced **Fri 12:30 PM - 2:30 PM**

Instructor: Tania Oyarzun

Member \$112 | Non-Member \$152

Completion of Spanish Intermediate and/or fluency in Spanish. All class material will be provided by instructor.

WGI-011 | Jan 10 - Feb 28 | 8 Weeks

Spanish – Advanced **Fri 12:30 PM - 2:30 PM (no class Apr 18)**

Instructor: Tania Oyarzun

Member \$98 | Non-Member \$138

WGI-012 | Mar 7 - Apr 25 | 7 Weeks

Spanish Club **Fri 11:30 AM - 12:15 PM**

Member \$20 | Non-Member \$60

Meet Spanish language lovers and students for conversation and fun! Participate in a small Spanish language experience where you can practice grammar and pick up conversational structures and ideas. All levels are welcome!

WGI-013 | Jan 10 - Feb 28 | 8 Weeks

Spanish Club **Fri 11:30 AM - 12:15 PM (no class Apr 18)**

Member \$17.50 | Non-Member \$57.50

WGI-014 | Mar 7 - Apr 25 | 7 Weeks

Waitlist Policy: If the activity in which you wish to register 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. Don't delay – Register today!

Our Future: Big Ideas for Discussion

Our Future: Big Ideas for Discussion - Mon 1:00 PM - 3:00 PM

Discussions will address pressing controversies of the day, including those raised by participants, as well as issues of general relevance to the quality of life in our community.

Jan 13: Who deserves the award? - You have been invited to serve on the awards committee for a local high school. Three very different students have been nominated for the outstanding student award. **Facilitator:** Don Carmichael.

Jan 27: Is censorship and information suppression ever acceptable? In this session, we discuss if and when censorship and suppression of information in a free society is acceptable. **Facilitator:** retired CBC journalist John Hanlon.

Feb 10: Hal's World - Does our current obsession with technology make studying the humanities irrelevant? I'll argue the devil's case and leave it to you to refute it if you can. **Facilitator:** Martin Tweedale.

Feb 24: Who are the 'great' Canadians - Should students learn about them? Does it matter if some of their acts were wrong as judged by current standards? **Facilitator:** Don Carmichael.

Mar 10: Public dissent - In this session of Big Ideas, we discuss how far protestors should be entitled to go in making their demands. **Facilitator:** Retired CBC journalist John Hanlon.

24 March: Quo vadis nunc, environmentalism? Has efforts to prevent planetary ecological catastrophe come too little and too late, how should those who love the natural world and have been active in protecting it react? Should they give up or change direction? **Facilitator:** Martin Tweedale.

April 14th: Would our society benefit from making greater use of elders? How should we make use of them and how would we select them? **Facilitator:** Don Carmichael.

April 28: Western/Asian Cultures - In this session we discuss what aspects of Asian practices we would do well to adopt to enhance our way of living. Special emphasis will be placed on Japanese ways. **Facilitator:** Retired CBC journalist John Hanlon.



Africa and South America/Antarctica Wed 10:00 AM - 11:30 AM

Instructor: Carole & Elizabeth Szwajkowski

Member & Non-Member Rate \$3

Join Carole and Elizabeth as they share stories of their incredible adventures, beginning with a journey through Africa that included exploring Cape Town, a Chobe River cruise in Botswana, a breathtaking helicopter ride over Victoria Falls and thrilling safaris in Kruger National Park. They describe the awe of encountering endangered gorillas in Rwanda and relaxing in Amsterdam and visiting the stunning Keukenhof Tulip Gardens. Their second adventure was a 22-day South America and Antarctica cruise, with highlights such as Iguazu Falls, the wildlife-rich Falkland Islands and the surreal beauty of Antarctica's icy landscapes before concluding in Santiago, Chile.

WGI-024 | Mar 19 | One Day Presentation

Exploring the Bahia Principe Tues 1:00 PM - 2:00 PM

Instructor: Lela Sankeralli

Member & Non-Member Rate \$3

Baja California is embraced by the Pacific Ocean and the Sea of Cortez, offering stunning natural beauty with rugged mountains, desert islands and sandy beaches. The region is rich in biodiversity and traditional culture. In this session, you will explore the region and learn about Panterra Eco Expeditions, which operates as part of the Panterra Educational and Cultural Training Society. Panterra not only offers amazing eco-tours but raises money to support community, research and wildlife conservation programs. They blend educational and cultural experiences with the warmth and kindness that reflect the people of the Baja, leaving guests with memories of a lifetime.

WGI-033 | Jan 7 | One Day Presentation

R & B's 2024 Retirement Adventure Wed 1:00 PM - 2:30 PM

Instructor: Barrie Stinson, Roy Jefferson

Member & Non-Member Rate \$3

Ever thought about taking a cruise? Join Roy and Barrie as they present their experiences sailing 111-days through both the southern and northern hemispheres on the Island Princess. In addition to explaining the features and activities of the ship, they will share information about their explorations while visiting many planned and unplanned ports of call. Highlights include ports in Australia, South Africa, The Canary Islands, Portugal and Spain.

WGI-026 | Apr 9 | One Day Presentation

Southeast Asia Travel Talk Wed 10:00 AM - 11:30 AM

Instructor: Carole & Elizabeth Szwajkowski

Member & Non-Member Rate \$3

Join Carole and Elizabeth as they recount their thrilling travel tales, starting with an enchanting cruise through Southeast Asia. From the lively streets of Ho Chi Minh City to the serene beauty of Ha Long Bay and the awe-inspiring Angkor Wat, each destination brought new wonders before their journey concluded in dazzling Bangkok. They will also take you through the tales of their travels through the ancient and majestic lands of Jordan and Egypt, where they marveled at Petra, the Great Pyramids and sailed the storied Nile River. Finally, they describe the jaw-dropping opulence of Dubai and Abu Dhabi, leaving them and anyone who listens in absolute awe.

WGI-023 | Jan 15 | One Day Presentation

Philosopher's Cafe

Presenter: David J. Goa Thurs 1:30 PM - 3:00 PM

Member \$8 | Non-Member \$8

CLSA's Philosophers' Café provides opportunities to share, discuss and try to understand big issue topics. Some topics are sensitive in nature. Presentations and discussions are led by David Goa, founding Director and International Fellow of the Chester Ronning Centre for the Study of Religion & Public Life.

Café #1 – Tell We Have Faces: Walking with Buddhist Friends

Buddhist friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Buddhist fundamentalism and nationalism were understood for what they were.

WGI-016 | Jan 23 | One-Day Presentation

Café #2 – Tell We Have Faces: Walking with Hindu Friends

Hindu friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Hindu fundamentalism and nationalism were understood for what they were.

WGI-017 | Feb 27 | One-Day Presentation

Café #3 – Tell We Have Faces: Walking with Muslim Friends

Muslim friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Muslim fundamentalism and nationalism were understood for what they were.

WGI-018 | Mar 27 | One-Day Presentation

Café #4 – Tell We Have Faces: Walking with Christian Evangelicals/Fundamentalists.

Christian Evangelicals/Fundamentalist friends took me by the hand and walked me into their fields of meaning. Through them Alberta became a larger textured world. Through them I glimpsed the genius of their faith. Through them Christian fundamentalism and nationalism were understood for what they were.

WGI-019 | Apr 24 | One-Day Presentation

Health & Wellness

Brow Wow! Wed 12:30 PM - 2:30 PM

Presenter: Holly Oliver

Member & Non-Member Rate \$5

Unlock the Secrets to Stunning Brows! Are you ready to master the art of brow shaping? In just 15 minutes you'll learn essential techniques to create flawless brows at home! What you'll learn: Brow Mapping: discover how to find the perfect shape for your face. Filling & Defining: learn tips for using pencils, gels and powders like a pro. Q&A Session: Bring your brow questions, our expert is here to help. Come prepared, bring your own brow liner or purchase one at the event.

WHW-004 | Mar 19 | One-Day Presentation

Caring For the Caregiver Wed 10:00 AM - 12:00 PM

Presenter: Gina Vliet, Change Specialist

Member \$25 | Non-Member \$65

Discuss what caregiver self-care looks like. Delve into resources, stress management and other areas of control that will allow for respite and avoiding caregiver burnout.

WHW-001 | Apr 16 | One-Day Presentation

Eye Health & Vision Care Tues 1:30 - 2:30 PM

Presenter: Alberta Association of Optometrists

Member & Non-Member Rate \$3

There is so much we can do to protect and preserve our eye health and vision, The Alberta Association of Optometrists are here to help.

WHW-010 | Jan 14 | One-Day Presentation

Fall Prevention Tues 1:00 PM - 2:30 PM

Presenter: Nicolas Pahud, Physiotherapist

Member & Non-Member Rate \$3

This fall prevention session from Shift Physiotherapy is focused on educating participants about reducing fall risks and maintaining independence, covering topics such as improving balance, strength and flexibility through targeted exercises.

Continued on the Next Page.

Continued from Previous Page. It also includes tips on safe movement, proper footwear and modifying the home environment to minimize hazards. Participants will learn practical strategies to build confidence and prevent falls, ensuring a safer, more active lifestyle as they age.

WHW-007 | Jan 28 | One-Day Presentation

Flawless Face Makeup Workshop Wed 12:30 - 2:30 PM

Presenter: Holly Oliver

Member & Non-Member Rate \$5

Join us for an exclusive workshop on flawless, photo ready event makeup, designed to elevate your beauty skills for any occasion! Learn insider tips and techniques to achieve a stunning, camera-ready look. From flawless skin to perfect eyeliner, you'll discover how to enhance your features and ensure your makeup lasts all day (and night!). Participants will receive hands-on guidance while experimenting with top products and tools. Whether you're preparing for a special event or simply want to up your makeup game, this workshop promises to empower you with the confidence to shine in every photo. Don't miss this chance to master the art of makeup and leave looking effortlessly beautiful!

WHW-005 | Apr 16 | One-Day Presentation

Hand and Foot Pampering Workshop Wed 10:00 AM - 12:00 PM

Presenter: Holly Oliver

Member & Non-Member Rate \$5

Treat yourself to this rejuvenating hand and foot pampering workshop, where relaxation meets self-care! Indulge in a soothing experience as our expert instructor guides you through luxurious techniques to nourish and revitalize your hands and feet. Discover the best products for hydration, exfoliation, massage and learn how to create your own pampering rituals at home. Whether you're looking to unwind after a long week or simply want to indulge, this workshop will leave you feeling refreshed and radiant. Join us for a delightful afternoon of self-care and connection! ***Please bring a pan/bin and towel for the foot pampering.***

WHW-003 | Feb 19 | One-Day Presentation

Pelvic Health Physiotherapy Mon 10:00 AM - 11:30 AM

Presenter: Jade Fisher, Physiotherapist

Member & Non-Member Rate \$3

Think pelvic floor exercises are just for women? Think again. Both men and women can strengthen their pelvic floor muscles. For men, the pelvic floor supports the bladder and bowel and affects sexual function. For women, the pelvic floor muscles support the uterus, bladder, small intestines and rectum. Pelvic floor physiotherapy will help train and strengthen muscles, but sometimes it's to relax muscles or address pain.

Continued on the Next Page.

Continued from Previous Page. This workshop is for all genders to learn about your pelvic floor and learn practical advice on how to deal with challenges that may arise.

WHW-008 | Mar 24 | One-Day Presentation

Technologies to Support Aging in Place Thurs 10:30 AM - 12:00 PM

Presenter: Christine Daum & Antonio Miguel Cruz

Member & Non-Member Rate \$3

In this presentation we will describe how technologies can be used by older adults to support aging in place. In our presentation, we will showcase various information and communication technologies such as home monitoring, wayfinding and serious games and highlight their potential role in aging well.

WHW-009 | Jan 30 | One-Day Presentation

Winter Skin Survival Workshop Wed 10:00 AM - 12:00 PM

Presenter: Holly Oliver

Member & Non-Member Rate \$5

Join us for an immersive Winter Skin Survival Workshop, where you'll learn essential techniques to combat dry, winter skin. Discover a curated selection of innovative products designed to nourish and protect your skin against the harsh elements. Our expert skincare specialist will guide you through effective routines, share insider tips and help you create a personalized winter skincare regimen. Don't let the cold weather take a toll on your skin—empower yourself with knowledge and products that keep dryness at bay. Come prepared to pamper yourself and embrace the winter season with confidence.

WHW-002 | Jan 22 | One-Day Presentation

Alberta Health Services Presents:

STEP Forward (Supervised Transitional Exercise Program)

STEP Forward is a beginner to intermediate level physical conditioning program offered by Alberta Health Services at CLSA. It is suitable for people with a chronic health condition which limits their ability to move, or for those who are looking to improve their physical function due to injury or physical rehabilitation. For information: Visit <https://www.centrallions.org/step-forward-program> to see the program info page, or call 780-735-3483.

Clinics

Chair Massage Clinic

Members Only: \$40 per visit

Take the stress out of your day with a seated, clothes-on, gentle relaxation half-hour chair massage for the head, neck and shoulders. **Must be a CLSA Member to book**; fees payable to Julie Leblanc.

Reflexology Clinic

Members Only: \$60 per visit

Reflexology is a non-invasive (touch) method of applying compression to specific points of the body to help reduce pain and stress and assist in relaxation. Pressure is thought to have a beneficial effect on overall health. This is a one hour session.

Must be a CLSA Member to book; fees payable to Julie Leblanc.

To book either a chair massage and/or a reflexology appointment:

Who: Julie Leblanc, Massage Therapist - registered with the NHPC

When: Jan 22, Feb 26, Mar 26, Apr 23

Time: 9:00 a.m. – 2:00 p.m.

How: Call Julie @ (780) 920-3149 to book.

Therapeutic Foot Care Clinic

Members Only: \$32 per visit

Edmonton Foot Care provides foot care relief if you are diabetic, have impaired circulation, are at high risk for common foot disorders or need preventive foot care measures. Services include: clipping and shaping of nails, removal or reduction of corns and calluses, assistance with ingrown nails and/or fungal nails plus referrals as needed. Staff are qualified nurses who possess advanced foot care knowledge.

Must be a CLSA Member; fees payable to Edmonton Foot Care Inc.

Note: Services may be tax-deductible.

When: Jan 21, Feb 18, Mar 18, Apr 18

How: Call 780-488-5878 anytime between 8 a.m.- 4 p.m., Mon-Fri.

Volunteer With Us! Volunteers are the heart of our organization. From smiling at our ambassador's desk to helping organize special events, to serving on our Board and various committees, we couldn't do it without them! If you'd like to help out, let us know at the front desk or call 780-496-7369. Volunteers with at least 25 hours of support are our guests at the Volunteer Appreciation Event. Your help is greatly appreciated!

Music

Drumming

Djembe: From Hearts to Hands Drumming Wed 1:30 PM - 2:30 PM

Instructor: Bill Mitchell

Member \$64 | Non-Member \$104

Equipment Rental \$10

The Djembe originated in West Africa and is now the most popular hand drum in the world. Focusing on traditional African rhythms, students will be introduced to the basic techniques in creating sound quality. The use of simple sentences and syllables bridge the connection between voice and hands in creating musical patterns. In a team atmosphere many patterns played together will create a musical landscape in no time. Simple patterns can be upgraded and tailored for students with prior djembe experience. The djembe is an extraordinary drum so come out, have fun and feel your heart beat through the drum! For those who prefer written notation there will be hand outs available.

WM-018 | Jan 8 - Feb 26 | 8 Weeks

WM-019 | Mar 5 - Apr 23 | 8 Weeks

Guitar

A Guitar Star is Born! (Basic Experience Required) Fri 10:00 AM - 11:00 AM

Instructor: Daron Panko

Member \$76 | Non-Member \$116

Looking to refresh your guitar basics? Participants will have fun with one-string melodies and one-finger chords to advanced playing on all strings. You will learn basic chord structures and play tunes or accompany them. Strum, pluck, sing and improvise your way to guitar stardom. Not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

WM-005 | Jan 10 - Feb 28 | 8 Weeks

A Guitar Star is Born! (Basic Experience Required) Fri 10:00 AM - 11:00 AM **(no class Mar 28, Apr 18)**

Instructor: Daron Panko

Member \$58 | Non-Member \$98

WM-006 | Mar 7 - Apr 25 | 6 Weeks

Guitar Heroes (Int/Adv) Fri 11:15 AM - 12:15 PM

Instructor: Daron Panko

Member \$76 | Non-Member \$116

Been playing for a while? Don't need anyone to teach you your G chord from your A minor? Then this course is for you! Enjoy playing the songs you want with various strumming styles and finger-picking patterns. **Continued on Next Page.**

Continued from Previous Page. Explore mastering the guitar fretboard in different keys, playing more melodies and progressions, maybe even taking a solo. You must have completed at 'A Guitar Star is Born' level and/or have previous guitar experience playing with a group. Not suitable for absolute beginners.

Guitars not provided; bring your own instrument.

WM-008 | Jan 10 - Feb 28 | 8 Weeks

Guitar Heroes (Int/Adv) **Fri 11:15 AM - 12:15 PM (no class Mar 28, Apr 18)**

Instructor: Daron Panko

Member \$58 | Non-Member \$98

WM-009 | Mar 7 - Apr 25 | 6 Weeks

One-on-One Lessons

One-on-One Lessons: Guitar & Ukulele **Fri**

Instructor: Daron Panko

Member \$225 | Non-Member \$265

Music is good for the soul. These one-on-one lessons are suitable for all levels, including absolute beginners and individuals who want to improve and advance their skills.

For those interested in joining ukulele or guitar group lessons but have never played before, this is the place to start. Please list your instrument and level of play when registering. **Instruments not provided.**

Jan 10 - Feb 28

WM-010 | 12:30 PM - 1:00 PM | 8 Weeks

WM-011 | 1:05 PM - 1:35 PM | 8 Weeks

One-on-One Lessons: Guitar & Ukulele **Fri (no class Mar 28, Apr 18)**

Instructor: Daron Panko

Member \$170 | Non-Member \$210

Mar 7 - Apr 25

WM-012 | 12:30 PM - 1:00 PM | 6 Weeks

WM-013 | 1:05 PM - 1:35 PM | 6 Weeks

One-on-One Lessons: Piano **Fri**

Instructor: Jonah Mallett

Member \$225 | Non-Member \$265

It is never too late to try something new. Learning the piano is an enjoyable and rewarding experience. If you love to listen to music, you can learn to play the piano, no matter your age. New students will learn how to read music and play simple, well-known tunes within a few weeks. Advanced students may continue their education in classical piano or learn to play chord style to pop, country, hymns, old standards or your favourite tunes. "Accelerated Piano Adventures for the Older Beginner: Lesson Book 1", Music book by Nancy Faber and Randall Faber, can be purchased from Amazon or Long & McQuade. You are welcome to bring music you want to learn to play.

Continued on Next Page.

Jan 10 - Feb 28 | 8 Weeks

WM-1P9:30 | 9:30 AM - 10:00 AM

WM-1P11:30 | 11:30 AM - 12:00 PM

WM-1P10:10 | 10:10 AM - 10:40 AM

WM-1P12:10 | 12:10 PM - 12:40 PM

WM-1P10:50 | 10:50 AM - 11:20 AM

WM-1P12:50 | 12:50 PM - 1:20 PM

Other Music

How To Read Sheet Music Wed 12:30 PM - 1:30 PM

Instructor: Daron Panko

Member \$44 | Non-Member \$84

What do those dots and squiggles mean? Whether you play an instrument, sing or just want learn a new skill, learn the rudiments of music notation, pitch reading and rhythm recognition in one-hour sessions and home practice. Learning to read the written language of music is a great way to enhance your life and to exercise your brain. Music is one of our greatest gifts and, like any other language, learning it improves brain function and focus within even the first week.

WM-020 | Jan 22 - Feb 26 | 6 Weeks

Sing Along Social Fri 1:00 PM - 2:30 PM

Instructor: Louise Lepore

Member \$30 | Non-Member \$70 | Drop-in-Rate \$5

Let your Lion's voice roar during this fun Friday afternoon pub-style sing-along! It doesn't matter if you sing like an angel or squawk like a duck; this will be fun. The instructor will lead the group through musical styles, from folk to funk. Non-members are welcome, so bring a friend, your grandchildren, your favourite uncle or anyone that wants to have fun and roar.

WM-016 | Jan 10 - Feb 28 | 8 Weeks

Sing Along Social Fri 1:00 PM - 2:30 PM

Instructor: Louise Lepore

Member \$27 | Non-Member \$67 | Drop-in-Rate \$5

WM-017 | Mar 7 - Apr 25 | 7 Weeks

Ukulele

The ukulele is a small instrument with BIG possibilities. It's easy to learn; the key to playing is having fun! With these lessons, you will be strumming songs from day one and surprised how quickly you will progress. This program is divided into two levels. Beginner 1 & 2 players (new to the instrument) register in Fun and Easy only. More advanced students may enroll in The Next Step.

Handouts are included, however, **you must bring your own instrument.**

Ukulele: Fun & Easy (Beg 1 & 2) Tues 12:15 PM - 1:00 PM

Instructor: Daron Panko

Member \$58 | Non-Member \$98

Discover how to play chords, melodies, techniques and read notes with ease.

Everyone is welcome; no experience is required.

WM-001 | Jan 7 - Feb 25 | 8 Weeks

Ukulele: Fun & Easy (Beg 1 & 2) Tues 12:15 PM - 1:00 PM (no class Mar 25)

Instructor: Daron Panko

Member \$51 | Non-Member \$91

WM-002 | Mar 4 - Apr 22 | 7 Weeks

Ukulele: The Next Step (Beg 2, Int & Adv) Tues 1:10 PM - 2:10 PM

Instructor: Daron Panko

Member \$77 | Non-Member \$117

This level is a great opportunity for beginner players with some experience to practice techniques and for intermediate/advanced players to review and warm-up.

Sign up early as space is limited. Some playing experience is required.

WM-003 | Jan 7 - Feb 25 | 8 Weeks

Ukulele: The Next Step (Beg 2, Int & Adv) Tues 1:10 PM - 2:10 PM

Instructor: Daron Panko

Member \$67 | Non-Member \$107

WM-004 | Mar 4 - Apr 22 | 7 Weeks

Ukulele with a Touch of Steel Guitar Thurs 9:30 AM - 12:00 PM

Instructor: Ihor Nedoshytko

Member \$90 | Non-Member \$130

Creating beautiful music on the ukulele or steel guitar is both relaxing and fun!

Discover the joy playing in this friendly musical group. Different music genres are played weekly. Opportunities are available to perform with the Hawaiian Treasures.

Offsite performances are optional. This program is not suitable for beginner ukulele students. Steel guitar players require experience.

WM-014 | Jan 9 - Feb 27 | 8 Weeks

WM-015 | Mar 6 - Apr 24 | 8 Weeks

Register Early! If enrollment numbers are low, CLSA may have to cancel a class. Show your interest and register early. If there are not enough participants, we will cancel and place fees in your account for future use.

Offsite Adventures

Birds & Nature: Birds of Whitemud Mon 9:00 AM - 11:30 AM

Member \$5 | Non-Member \$5

Birding and nature hobbyist, photographer Wayne Oakes, invites you to join him for an interpretive walk along the Whitemud Creek on April 21, 2025. See and learn about this designated nature reserve right in the heart of Edmonton. While every day differs, there may be opportunities to observe raptors, woodpeckers and various songbirds migrating through our region in preparation for the coming winter season. The total tour is 2.5 hours not including travel time. Meet up will be 9 am at the parking lot of the Alfred H. Savage Centre (west of the Edmonton Equine Centre at Whitemud Park), 13909 Fox Dr. The rainy day back-up will be April 28, 2025. **IMPORTANT:** This is an independent outing. You are responsible for yourself and waive any liability claims against CLSA and Wayne Oakes. Registration and a signed waiver is required; space is limited. Pack appropriate layers, bring water and wear good walking/hiking shoes. You are encouraged to bring your camera and or binoculars to enhance your viewing experiences. ***This adventure is not suitable for walkers or wheelchairs.***

WO-005 | Apr 21 | One Day Trip

River Cree Resort & Casino Thurs 9:30 AM - 3:00 PM

Member \$10 | Non-Member \$10

Monthly outings to the River Cree Resort and Casino. Register early for these social outings as space is limited. Fee includes round trip transportation (**walkers welcome, no wheelchairs please**), \$5 play money and a complimentary lunch at Tap 25 restaurant. The bus departs Central Lions at 10 a.m. and departs the casino at 2:30 p.m. for a 3 p.m. return to Central Lions.

WO-001 | Jan 16

WO-002 | Feb 20

WO-003 | Mar 20

WO-004 | Apr 17

Painting & Drawing

Acrylics

Acrylics: Capturing Light and Shadows Fri 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Master the art of using acrylic paints to convey depth and dimension. You will explore techniques to portray light, shadow and texture, transforming your canvases into vivid, dynamic pieces. This class will elevate your acrylic painting abilities and enhance your creative expression. ***Supplies extra, list available upon registration.***

WPD-004 | Jan 24 - Feb 14 | 4 Weeks

Acrylics: Seascapes Fri 1:00 PM - 4:00 PM

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Dive into our 4-week art class to explore the captivating beauty of oceanic scenes. A professional artist will guide you through techniques for capturing the movement of waves, the shimmer of sunlight on water and the serene horizon lines. You will learn how to use acrylic paints to create stunning, atmospheric seascapes. Join us to develop your artistic vision and bring the sea's tranquility to your canvases.

Supplies extra, list available upon registration.

WPD-005 | Mar 14 - Apr 4 | 4 Weeks

Canadian Waterfalls Using Acrylics Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Take the plunge and learn how to paint some famous and not-so-famous Canadian waterfalls. Learn that special technique that will make water splash against the rocks. All this and more with step-by-step instructions from your instructor.

A new subject and painting each week will energize the creative spirit inside you.

Supplies extra, list available upon registration.

WPD-007 | Jan 22 - Feb 12 | 4 Weeks

Painting the Four Seasons Using Acrylics Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

This class is perfect for beginners and intermediates who wish to learn new techniques for painting gorgeous landscapes that reflect our four seasons.

Demonstrations and personal attention will help students learn how to paint frosty winter scenes, vibrant spring greens, warm summer days and colourful fall trees.

Learn how to use your materials to mix colours and apply them to the canvas to get just the right effect! Let's get something new on our walls - join us today!

Supplies extra, list available upon registration.

WPD-009 | Mar 5 - Mar 26 | 4 Weeks

Painting with the Impressionists Using Acrylics Wed 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Learn to mix colours and apply them to canvas to paint pictures in the style of Alfred Sisley, one of the leading Impressionists of his age. With professional guidance you will learn how Sisley held his brushes, mixed his colours and approached his paintings. Enjoy sunny afternoons in the fellowship of other students as you learn to paint landscapes you've always dreamed of. Join us today and make these dreams become real.

Supply list available upon registration.

WPD-011 | Apr 9 - Apr 30 | 4 Weeks

Drawing

Drawing Caricatures **Mon 1:00 PM - 4:00 PM**

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Drawing caricatures can be a fun and entertaining way to tap into a different art form and into cartoon drawing. Have fun learning how to draw funny faces with resemblance and how to transfer a photo into a caricature that is sure to bring a smile. Don't miss out on the opportunity to explore humorous art with style.

Supply list available upon registration.

WPD-003 | Mar 10 - Mar 31 | 4 Weeks

Drawing: Intermediate **Mon 1:00 PM - 4:00 PM**

Instructor: Muhammed Salayi

Member \$69 | Non-Member \$109

Take your drawing skills to the next level! This course will further develop your observational drawing skills. You will work towards making a transition from the observational approach to drawing using photo resources and your imagination. With a blend of traditional and contemporary drawing techniques, learn how to use line, shape and value to enhance expressive possibilities. Prerequisite: Completion of Drawing Fundamentals or previous drawing experience.

Supply list available upon registration.

WPD-002 | Jan 20 - Feb 10 | 4 Weeks

Other Mediums

Pastel on Suede Board Workshop **Wed 9:30 AM - 12:30 PM**

Instructor: Terry Hrycun

Member \$25 | Non-Member \$65

\$4 fee for the Suede Board

Join Terry Hrycun for a one-day workshop where you explore the unique technique of pastel painting on a suede board! This simplified plein-air experience is perfect for artists who enjoy painting outdoors with a convenient, pack-and-carry setup. Discover techniques for creating vibrant, textured effects on the suede board with pastels and receive step-by-step guidance throughout. Be sure to bring a towel to use as part of your workspace. ***Supplies extra, list available upon registration.***

WPD-013 | Apr 16 | One-Day Workshop

Don't delay—sign up today!

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.

Psyanky Easter Egg Painting Workshop Wed 9:30 AM - 12:30 PM

Instructor: Nataliia Stativa-Zharko

Member \$45 | Non-Member \$85

Supply Kit \$15

Join master folk art craftswoman Natalia in this one-day workshop where you will paint your own Pysanky Easter egg in the Petrykivka style. Petrykivka painting is a pictorial and symbolic branch of Ukrainian art. It carries a rich and cultural heritage that inspires and fascinates with its own beauty. Please note: We will be painting a 3.5" x 2.5" craft egg.

WPD-014 | Apr 2 | One-Day Workshop

Watercolours

How To Paint Skies and Trees With Watercolours Mon 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Experience demonstrations and step-by-step instruction as you learn how to paint four different landscapes that feature a wide range of skies and trees. Utilize several different techniques that can be combined together to enhance your knowledge of painting landscapes. A special aspect of this course will be discussing composition. Some previous experience is necessary.

Supplies extra, list available upon registration.

WPD-008 | Mar 3 - Mar 24 | 4 Weeks

Night Scenes Using Watercolours Mon 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Stars, Northern Lights and a full moon will be featured in these most excellent paintings of the night. Learn a special technique with masking fluid and master the wet-in-wet technique with strong colours. Learn which colours work best for the northern lights with paint-a-long demonstrations and individual guidance. Don't miss it! ***Supplies extra, list available upon registration.***

WPD-006 | Jan 20 - Feb 10 | 4 Weeks

Painting Full Colour Portraits Using Watercolours Mon 1:00 PM - 4:00 PM

Instructor: Frank Haddock

Member \$73 | Non-Member \$113

Want to paint a portrait of a special friend or perhaps even a movie star? Scared? Don't be! Here's a chance to receive professional instruction on painting a basic portrait with watercolours! Each week your instructor will take you through a paint-a-long demonstration of a portrait to show you how to start, develop and finish full colour portraits. **Continued on the Next Page.**

Continued from the Previous Page. Learn colour mixing and those special tools and colours that will make your portraits come to life. Don't miss this rare class.

Supplies extra, list available upon registration.

WPD-010 | Apr 7 - Apr 28 | 4 Weeks

Watercolour & Pen: Beautiful Buildings Wed 9:30 AM - 12:30 PM

Instructor: Valdis Gislason

Member \$73 | Non-Member \$113

Learn to convey the beauty of commonplace buildings and streetscapes using pencil, pigma pen and watercolours. With lots of input from the instructor, this project-based course will challenge beginner and intermediate painters to identify the essential elements of given buildings and streetscapes and transform them into compelling pieces of art. **Supplies extra, list available upon registration.**

WPD-001 | Jan 8 - Jan 29 | 4 Weeks

Special Events

Cuppa Corner: Our Cuppa Corner coffee social is changing! It will now be taking place on the 2nd Wednesday of every month from 11 am to 1 pm. Come enjoy an informative presentation or fun activity and chat with peers over coffee and treats. Visit centrallions.org for more information.

Book Sale March 21 - 22: Bookmark these dates! Our spring booksale returns with tons of books, DVDs and CDs for you to choose from! Help us prepare for this event and drop off gently-used donations any time at the front desk. **Please note we do not accept magazines, encyclopedias, or dictionaries/thesauruses.**

AGM: Join us on Wednesday March 26, 2025 as we review our operational and fiscal year. We will also be voting to fill vacant positions on the CLSA Board of Directors. If you are interested in joining the Board you can pick up an application at the front desk available starting **February 3, 2025.**

Events Hosted by Our Events & Decorating Committee

New Comer Social: NEW! We are now offering a monthly new comer social for new members to CLSA. This will take place every 3rd Thursday of the month from 11 am to 1 pm and is an open coffee social for new and current CLSA members to socialize. Visit centrallions.org for more information. Register at the front desk!

Birthday BINGO: NEW! Taking place on the second last Tuesday of the month from 1 pm to 2 pm. This event is open to all CLSA members and a chance for us to celebrate our peers' birthdays. Visit centrallions.org for more information.

Chinese New Year Celebration: Wednesday January 29. Our Events and Decorating committee are hard at work planning this so stay tuned there will be more information coming soon! Visit centrallions.org for more information.

Paddle Sports

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 10:30	Table Tennis (WTableTennis)	Pickleball L3 (WInter-T830)	Table Tennis (WTableTennis)	Pickleball L3 (WInter-Th830)	Table Tennis (WTableTennis)
10:35 - 12:35	Pickleball L3 (WInter-M1035)	Pickleball L3 (WInter-T1035+)	Pickleball L3 (WInter-W1035)	Pickleball L3 (WInter-Th1035+)	Pickleball L3 (WInter-F1035)
12:40 - 2:40	Pickleball L2 (WNovice-M)	Pickleball L2 (WNovice-T)	Pickleball L2 (WNovice-W)	Pickleball L3 (WInter-Th1240)	Pickleball L2 (WNovice-F)

Pickleball Novice - Level 2

Still working on your forehand, backhand and volley? Come and enjoy the game of Pickleball in a friendly non-intimidating setting, while participating in a round-robin play format. Every day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length. **RECOMMENDED PREREQUISITE:** Participants should have at least a rudimentary knowledge of Pickleball or have taken Beginner Pickleball.

Monday 12:40 - 2:40 PM Please Note: If space permits, FLEX registration will be available starting Jan 6. **Member Rate \$80 | Non-Member Rate \$120**

WNovice-M | Jan 6 - Apr 28 | 16 Weeks (no session Feb 17)

Tuesday 12:40 - 2:40 PM Please Note: If space permits, FLEX registration will be available starting Jan 7. **Member Rate \$85 | Non-Member Rate \$125**

WNovice-T | Jan 7 - Apr 29 | 17 Weeks

Wednesday 12:40 - 2:40 PM Please Note: If space permits, FLEX registration will be available starting Jan 8. **Member Rate \$85 | Non-Member Rate \$125**

WNovice-W | Jan 8 - Apr 30 | 17 Weeks

Friday 12:40 - 2:40 PM Please Note: If space permits, FLEX registration will be available starting Jan 3 **Member Rate \$80 | Non-Member Rate \$120**

WNovice-F | Jan 3 - Apr 25 | 16 Weeks (no session Apr 18)

Pickleball Intermediate - Level 3

Come join other experienced players who want to play competitively in a social atmosphere. Each day players sign in individually and are assigned a different partner and opponents for each match. A schedule of games is provided and each match will be 11 minutes in length.

Monday 10:35 AM - 12:35 PM Please Note: If space permits, FLEX registration will be available starting Jan 6. **Member Rate \$80 | Non-Member Rate \$120**

WInter-M1035 | Jan 6 - Apr 28 | 16 Weeks (no session Feb 17)

Tuesday 8:30 - 10:30 AM

Member Rate \$85 | Non-Member Rate \$125 | Flex Rate \$7 (Per Session)

WInter-T830 | Jan 7 - Apr 29 | 17 Weeks

Tuesday Level 3+ 10:35 AM - 12:35 PM (*This day is more competitive than Mon, Wed, Fri.) **Member Rate \$85 | Non-Member Rate \$125**

WInter-T1035+ | Jan 7 - Apr 29 | 17 Weeks

Wednesday 10:35 AM - 12:35 PM Please Note: If space permits, FLEX registration will be available starting Jan 8. **Member Rate \$85 | Non-Member Rate \$125**

WInter-W1035 | Jan 8 - Apr 30 | 17 Weeks

Thursday 8:30 - 10:30 AM

Member Rate \$85 | Non-Member Rate \$125 | Flex Rate \$7 (Per Session)

WInter-Th830 | Jan 2 - Apr 24 | 17 Weeks

Thursday Level 3+ - 10:35 AM - 12:35 PM (*This day is more competitive than Mon, Wed, Fri.) Please Note: If space permits, FLEX registration will be available starting Jan 2. **Member Rate \$85 | Non-Member Rate \$125**

WInter-Th1035+ | Jan 2 - Apr 24 | 17 Weeks

Thursday - 12:40 - 2:40 PM

Member Rate \$85 | Non-Member Rate \$125 | Flex Rate \$7 (Per Session)

Winter-Th1240 | Jan 2 - Apr 24 | 17 Weeks

Friday - 10:35 AM - 12:35 PM *Please Note: If space permits, FLEX registration will be available starting Jan 3.*

Member Rate \$80 | Non-Member Rate \$120

Winter-F1035 | Jan 3 - Apr 25 | 16 Weeks (no session Apr 18)

Table Tennis Mon-Wed-Fri 8:30 - 10:30 AM (no session Feb 17, Apr 18)

Member Rate \$245 | Non-Member Rate \$285 | Flex Rate \$7 (Per Session)

Great sport for exercise and hand-eye coordination. Make new friends and have fun being active! Come and enjoy a pleasant workout.

WTableTennis | Jan 3 - Apr 30 | 50 Sessions

Uninstructed Activities

Arts & Crafts

Knitting & Crochet Wed 10:00 AM - 12:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Meet, mingle and share tips with fellow knitters and crocheters. This is a friendly group that gets together weekly to socialize, practice and share techniques. Sharpen your knitting skills and have some fun with this tight 'knit' group.

WKnit | Jan 8 - Apr 30 | 17 Weeks

Lapidary Tues 9:00 AM - 3:00 PM

Member Rate \$85 | Non-Member Rate \$125 | Flex Daily Rate \$7 (Per Session)

Lapidary is the art of cutting, shaping and polishing rocks and fine gemstones. Learn the basic techniques from fellow members.

WLapidary | Jan 7 - Apr 29 | 17 Weeks

Open Art Studio Tues 9:00 AM - 12:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Open art studio is to help inspire, connect and create. Whether you are working on a project from class or from home this is a friendly space. Come find your happy place. All levels of artist welcome.

WOpenArt | Jan 7 - Apr 29 | 17 Weeks

Silver Stage Drama **Thurs 1:00 - 4:00 PM**

Member Rate \$40 | Non-Member Rate \$80

Our goal is to present two productions per year. Interested in acting or helping behind the scenes? New members welcome.

WDrama | Jan 9 - Apr 24 | 16 Weeks

Stained Glass **Wed 9:00 AM - 3:00 PM**

Member Rate \$85 | Non-Member Rate \$125 | Flex Daily Rate \$7 (Per Session)

This group meets in our well-equipped studio space to work on projects in a supportive and friendly environment. Members are expected to have a working knowledge of stained glass processes. This is not for beginners.

WStainedGlassW | Jan 8 - Apr 30 | 17 Weeks

Stained Glass **Thurs 9:00 AM - 3:00 PM**

Member Rate \$85 | Non-Member Rate \$125 | Flex Daily Rate \$7 (Per Session)

WStainedGlassTh | Jan 2 - Apr 24 | 17 Weeks

Cards

Bridge **Mon 12:30 - 3:30 PM (no session Feb 17)**

Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$3 (Per Session)

Bridge is a social card game played by sociable people. Need a little practice trying different hands of play? Come join our fun and casual group of players for an afternoon of Bridge.

WBridge | Jan 6 - Apr 28 | 16 Weeks

Cribbage **Thurs 1:00 - 3:00 PM**

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Cribbage is a game for two to four players, in which the object is to play so that the value of one's cards played reaches exactly 15 or 31. Join us every week as we discuss the latest issues facing seniors in between games.

WCribbage | Jan 2 - Apr 24 | 17 Weeks

Mahjong **Tues 10:00 AM - 12:00 PM**

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Similar to the western card game rummy, Mahjong is a game of skill, strategy and luck. The game is played with a set of 144 tiles based on Chinese characters and symbols. No experience required as guidance and instruction are available.

WMahjong | Jan 7 - Apr 29 | 17 Weeks

Whist Wed 1:00 - 3:00 PM

Member Rate \$42.50 | Non-Member Rate \$82.50 | Flex Daily Rate \$3 (Per Session)

Join us for this fun afternoon card game where each person or team wins "tricks" and scores points. The most points at the end of play wins the game.

WWhist | Jan 8 - Apr 30 | 17 Weeks

Movement

Hall Walkers Tues & Thurs 8:30 - 10:30 AM

Member \$85 | Non-Member \$125 | Flex Daily Rate \$3 (Per Session)

Studies have proven that walking is the best thing we can do to improve our overall health and increase our longevity and functional years. Lace up your shoes and join the fun in this self-directed, safe, friendly and interactive environment.

WWalkers | Jan 2 - Apr 29 | 34 Sessions

Snooker Mon-Fri 9:00 AM - 4:00 PM (no sessions Feb 17, Apr 18)

\$35 10-punch passes are available (Members Only)

Member Rate \$166 | Non-Member Rate \$206

Play Snooker or other competitive billiard games in a congenial and professional setting. Some billiard experience preferred.

WSnooker | Jan 2 - Apr 30 | 83 Sessions

Tai Chi Practice Tues & Fri 1:15 - 2:30 PM (no session Apr 18)

Member Rate \$82.50 | Non-Member Rate \$122.50 | Flex Daily Rate (Per Session) \$3

Practice time for individuals wishing to work on their Tai Chi form. No formal instruction provided. The group is led by a peer; two complete yang styles are practiced weekly and sabre form is practiced on Fridays. Come and improve your technique in this friendly and supportive atmosphere.

WTaiChiPractice | Jan 3 - Apr 29 | 33 Sessions

Music

NOTE Bands are by audition only. If you are interested in auditioning for any of our bands please come to the front desk or call 780-496-7369 and we will put you in touch with the band leader.

Firefighter Alumni Band & Swingtime Band Wed 10:00 AM - 12:00 PM

Member Rate \$34 | Non-Member Rate \$74

Get together and play good music! **Must be able to read music.**

WF&SBand | Jan 8 - Apr 30 | 17 Weeks

Guitar Jam (Practice) Fri 12:30 - 1:30 PM (no session Apr 18)

Member Rate \$40 | Non-Member Rate \$80 | Flex Daily Rate \$3 (Per Session)

Come jam your heart out at this uninstructed practice session. Improve your skills while enjoying the company of your peers.

WGuitarJam | Jan 3 - Apr 25 | 17 Weeks

Lions Big Band Tues 9:30 AM - 12:00 PM

Member Rate \$34 | Non-Member Rate \$74

Get together and play good music. **Must be able to read music.**

WLionsBand | Jan 7 - Apr 29 | 17 Weeks

Schoolboys Alumni Band Thurs 9:00 AM - 12:00 PM

Member Rate \$40

For more information call Carol at 780-259-9707. Auditions not required, must be 55+ years old to participate.

WSchoolboys | Jan 9 - Apr 24 | 16 Weeks

Young @ Heart Band Mon 1:00 - 2:00 PM (no session Feb 17)

Member Rate \$32 | Non-Member Rate \$72

Join us for fun and fellowship. This group plays songs from past eras.

Must be able to read music.

WYoung | Jan 6 - Apr 28 | 16 Weeks

Did You Know?

CLSA is a non-profit charity organization. Donations are gratefully accepted and all donations over \$20 will receive an income tax receipt.

You can make a donation by:

- <https://give.crowdfunding.alberta.ca/GivetoCLSA>
- <https://www.canadahelps.org/en/dn/79408>
- **In person at our front desk or by phone at 780-496-7369**

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

How to Use Flex Registration

Flex Registration lets you pick and pay for the dates that you want to attend. Flex Registration is available for paddle sports and for some uninstructed activities this Winter season.

What does this mean?

For paddle sports and some uninstructed activities, there are two options for registration.

1. Buy a barcode that covers all of the dates in the Winter season; or
2. To secure your space, pre-register with Flex Registration to pick your times.

How to use it:

1. Log in to your Online Registration Account
<https://app.booking.ca/centrallionspub/account/index.asp>
2. Search for your barcode, or the name of your sport or activity.
3. Pick your barcode:
 - **Full-Season Barcode** – Click '**Course Session**' (left side of the page, in blue colour) to select all of the course dates. Click '**Finish**' (green button at bottom right) to proceed to payment page.
 - **Flex Registration** – Select the dates you want on the calendar. After you've selected your dates, proceed to the payment page. Your total will appear on the payment page. You can pay by Debit Visa, Visa or MasterCard. We do not accept American Express
4. You're registered!

Please note for Flex Registration: If you need to change the dates you've picked, call our front desk at 780-496-7369 for assistance.

Severe Weather Policy

Inclement weather is a part of living in Alberta. As we work in an adult based organization, it is expected that participants and instructors will make their own determination as to their own personal safety. However, refunds will not be issued to participants unless CLSA determines that the weather is a safety hazard for all. Instructors will be expected to make-up the class at a later date.

CLSA Code of Conduct

CLSA believes in creating a positive community and strives to maintain a respectful, friendly and supportive environment for all. Everyone will...

- Be protective of the safety, security, well-being and goodwill of others and the Centre.
- Not participate in any action that disrupts or disturbs the morale, efficiency, safety, or operations of CLSA.
- Conduct themselves in a respectful and responsible manner in all interactions with others.

CLSA does not tolerate inappropriate, abusive, or undesirable language or behaviours. Violations of the Code of Conduct will be dealt with in accordance with established CLSA procedures. We reserve the right to revoke membership to anyone not complying with our Code of Conduct.

Payment and Confirmation

- Participants are not considered registered until full payment has been received.
- Payment can be made using VISA, MasterCard, cheque, debit, or cash. Please make cheques payable to Central Lions Seniors Association. Postdated cheques are not accepted. Online registration is by credit card or debit visa only.
- **Please review the program dates listed on your invoice, as dates can be excluded due to holidays or City of Edmonton rentals.**

Disclaimers

- All participants (member/non-member) must agree to the liability waiver and agree to abide by the CLSA Code of Conduct before attending any CLSA programs, activities, or special events.
- Opinions expressed by program presenters do not necessarily reflect the views of CLSA.
- CLSA is not responsible for injuries incurred during any program, sport or activity, or other sponsored CLSA activity.

Cancellations, Refunds and Transfers

Courses may be cancelled due to low enrollment, extreme weather, instructor unavailability and facility maintenance.

- Please note that Membership fees are not refundable nor transferable. This allows us to plan for future activities and maintain the quality of our programming for all Members.
- If it is necessary for CLSA to cancel a program, you will be notified by phone or email prior to the program start date. In this situation, refunds or credits will be issued to your account.
- Generally, no refunds or credits are given for programs, presentations, activities, or Fitness Centre registrations unless cancelled by CLSA, except in the event of a serious illness or injury where refund requests may be forwarded in writing to the CLSA Executive Director for review. We will not refund for any reason once a program ends.
- Withdrawals or Transfers to another program are permitted, subject to availability, without penalty up to 15 days prior to the program start date. Careful consideration needs to be taken by CLSA staff when a transfer is requested 14 days or less prior to the program start date or if the program has started. A transfer may not be possible. A \$10 administration fee will be charged. If applicable, any credit balance will be refunded.

Please Note...

- Program dates, times, instructors and fees are subject to change.
- From time to time programs and activities may not occur due to educational programming, facility maintenance, special events, emergencies and external bookings.
- Any registration after the program start date must be completed in person or by phone, space permitting. If in doubt of details, we recommend calling us at 780-496-7369.

Stay Informed!

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), follow us on Facebook @CentralLionsSeniors and Instagram @CentralLionsSeniors, check out our website occasionally, or buddy up with a CLSA friend who can share information with you.

2025 CLSA Memberships

Valid Jan 1 – Dec 31, 2025

55+ Membership

(In-person, over the phone, & online)

Eligibility: 55+ Years

Price: \$40 (prorated at \$20 starts Sept 1)

Benefits:

- **Preferred Member**
- Early program registration
- Full voting privileges at Annual General Meeting
- Member rates on CLSA programs and activities
- Reciprocal member rates at participating seniors centres

Gold/Lifetime Membership

(In-person only)

Eligibility: 85+ Years (Must be a member for 3 consecutive years)

Price: Free

Benefits:

- **Preferred Member**
- Early program registration
- Member rates on all activities
- Reciprocal member rates at participating seniors centres
- Full voting privileges at AGM

Queen Mary Park and Prince Rupert Partnership Pass

(In-person and over the phone only)

Eligibility: 55+ Years. (Must have a Queen Mary Park or Prince Rupert Community Association Membership)

Price: \$5

Benefits:

- **Preferred Member**
- Early program registration
- Member rates on all activities
- No voting privileges at AGM

Partnership Pass (Reciprocal)

(In-person only)

Eligibility: Members of Reciprocal Seniors Centres, Marigolds 55+.

Price: \$5

Benefits:

- Member rates on all activities
- No voting privileges at AGM

Associate Membership

(In-person and over the phone only)

Eligibility: Residing at same address as 55+ Membership holder.

For spouse/partner aged 34–55.

Price: \$65

Benefits:

- Member rates on all activities
- No voting privileges at AGM

Note: Membership fees are not refundable nor transferable.