



### **Central Lions Celebrates Its Third Annual Open House**

*Seniors of every age, interest, and fitness level will find something to enjoy at CLSA!*

CLSA is excited to host its annual Open House event on **Thursday, August 22** from 10 am to 3 pm. This event is specifically designed to welcome seniors and their families to explore and experience all that CLSA has to offer.

The Open House provides an excellent opportunity for attendees to:

- **Preview Our Programs:** Get a chance to learn more about our programs including demos in pickleball, fitness, art, music, and more!
- **Interact in Activities:** Participate in Spin-the-Wheel, a Scavenger Hunt, and win exciting door prizes!
- **Enjoy Entertainment:** Enjoy performances by CLSA's own member talent.
- **Free Swag Bags and Hot Dog BBQ:** While supplies last!
- **Peruse Our Tradeshow:** Showcasing a variety of services and products geared toward those who are 55 and older!

This event aims to highlight our commitment to providing excellent programming and demonstrate the importance of CLSA to the community.

We want more seniors from our community to join the activities we offer. After all, 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. Invite your neighbours, your friends, or your cousin twice removed. Lets get more older adults to join in the fun!

## Hold the Date!

- Aug 12 Registration Open for Preferred Members
- Aug 13 Last day to accept Garage Sale Items
- Aug 19 Registration is Open for all Members
- Aug 22 OPEN HOUSE, 10AM - 3PM
- Aug 26- CLSA CLOSED FOR  
Aug 30 MAINTENANCE WORK
- Sept 2 Closed for Labour Day
- Sept 3 Fall Season begins
- Sept 12 Cuppa Corner, 11AM - 1PM
- Sept 20 Harvest BINGO
- Sept 24 Crib Tournament
- Sept 26 Cuppa Corner, 11AM - 1PM



### CLSA Board of Directors 2024 – 2025

<b>Chair:</b>	Elaine Simmt
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Executive Director: Janice Pearson  
Operations Manager: Tara Harris

## Cuppa Corner Events

**11:00 AM — 1:00 PM**

**Coffee and Treats served at 11:00 AM  
Presentations begin at 12:00 PM**

### Sept 12 Elder Abuse, SAGE

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

### Sept 26 Powwow Dancer and Indigenous History of Dance, Vernelle Haisheff

**A powwow is a celebration of Indigenous culture and its power lies in bringing people together.**

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



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

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

**Services include:**

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

**Clinic by appointment only:**

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

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

If you have moved in the last year or changed your phone number or



email, help keep our records up to date! Let us know at [info@CentralLions.org](mailto:info@CentralLions.org)



## Message from the Board Chair, Elaine Simmt

Dear Fellow Members:

The [dog days of summer](#) are upon us. Do you need a break from the heat? How about a visit to the Central Lions Recreation Centre? Come for the air conditioning and stay for the programming and our members.

Thanks to our administrative team for putting together some great summer programming. I've been dropping in to the open art studio and joined fellow members on the trip to Stettler for the Alberta Prairie Railway Excursion. What fun my husband and I had. We took some great photos of the "robbery" to send to our grandchildren. While on the excursion, I also had the opportunity to meet people who aren't in my fitness or art classes, and I was reminded of why our executive director uses the phrase, "come for the programs and stay for the people".

Whenever I chat with members, my pride in the Association grows hearing about their experiences of CLSA. They love the facility, get great workouts in the fitness centre and in fitness classes, enjoy expressing themselves through the visual and performing arts, keep active doing yoga and tai chi, play games ranging from pickleball to mahjong, and sometimes they come to find a new book or puzzle. But mostly, they tell me about how they enjoy the company of others and look forward to conversations they will have with new found friends.

I am convinced that CLSA is doing precisely the work it needs to do to achieve its mission-- to encourage, promote, and provide opportunities through recreation, education, and socializing, to enhance the well-being of persons aged 55 and older.

I hope in the coming months I will get to meet more of you. Please stop me in the halls and introduce yourself. Like you, I come for programs but I stay for the people.

Elaine Simmt



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





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

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



**Central Lions Singers  
 (FM-021)**

Do you enjoy singing? Consider joining the Central Lions Singers, a non-auditioned choir, and improve your breath control, singing voice, music reading, and feeling of well-being. Our conductor, Dianne Eustace, will review selections from last year and add new and fresh music to perform. If you've ever heard the choir sing, you know you'll want to join in.

**Member Rate: \$63  
 Oct 16—Dec 18 (10 weeks)  
 Wed. 1:00-2:45 PM**

**How to Read Sheet Music  
 (FM-022)**

Whether you play an instrument, sing or just want to learn a new skill, you will learn the rudiments of music notation, pitch reading, and rhythm recognition. Learning to read the written language of music is a great way to enhance your life and exercise your brain. Join Daron Panko as he shows you the gift of music.

**Member Rate: \$42 plus \$10  
 workbook  
 Sept 18 - Oct 23 (6 weeks)  
 Wed. 12:30– 1:30 PM**

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

Join Shumka's Creative Director, Tasha Orysiuk, for an afternoon of dance! Learn a variety of dance styles including Ukrainian, Social, English, and French. Delve into the countries and cultures that each dance originates from and move your body to the unique rhythms. All ability levels are accepted, accommodated, and encouraged. Fun is guaranteed!

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



Here are the winners of our first Annual Puzzle Competition. Congratulations on winning 10% off of your next class!

**JCS PAINTING**

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[jason@jcspainting.ca](mailto:jason@jcspainting.ca)  
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**Seniors Discount**

**Avoid Disappointments — with Early Registration!**

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



If the activity that you wish to register in is full, you can be waitlisted. If there is a cancellation and a free spot available, we will contact members in the order received on the waitlist.

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

In an effort to control costs and be more efficient, we are trying to reduce mail outs for our newsletters and program guides.

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

## Lock It Down: Keep Your Valuables Safe and Sound

Each day we welcome hundreds of people into our facility. Most are members, but Central Lions Recreation Centre is a public building owned and operated by the City of Edmonton. That means that there may be other people in the building such as trades people, our cafeteria staff, potential members, and the general public who come to search our used book library, get orders from the cafeteria, visit some of our classes, use the washroom, or fill their water bottles.

To ensure the safety and security of your valuables, please use the purse lockers located across from the south office, near the fitness centre at the north end, or in the locker rooms in the change rooms. Some of the lockers have a lock and key that you can use, free of charge. You will need to supply your own lock for the lockers located in the men's and women's change rooms.

Do not take chances with your valuables. Lock them up.

Bicycles are another hot commodity and need to be securely locked up when parked outside. You may want to remove the seat and secure it in a locker to ensure the bike is not a desirable target. Unfortunately, we cannot guarantee the safety of your bike, scooter, or board.

Lastly, ensure your vehicle is locked and valuables are out of sight. No one wants to come out after a fun time to find their vehicle has been broken into.

The City of Edmonton has placed security cameras around the facility in common and public areas such as the north and south hallways, outside the front and back doors, and in other public places. However, they are not staffed during the daytime and footage can only be retrieved under exceptional circumstances. They are there more for the nighttime when City staff are here to monitor evening programs.

Should you notice anyone suspicious hanging around, please notify a CLSA staff member immediately. Do not try and engage with these individuals. That is the job of CLSA staff.





# Do you want to volunteer at CLSA to Mentor a Child?

CLSA is considering partnering with Big Brothers/Big Sisters Club of Edmonton and a local school to provide mentoring for youth by CLSA members at CLSA. How would it look?

A group of children from a neighboring school would be bussed to CLSA for 1-1 mentoring. This occurs on the same day weekly during the lunch hour following the school's calendar. A facilitator will supervise and provide all the activities and supplies. You just have to enjoy spending time with a child. Together you can work on homework, read, play games, make arts and crafts, chat, and have FUN!

## What is mentoring?



Mentoring is the presence of a caring adult who provides a young person with support, advice, friendship, reinforcement, and constructive role modeling over time. Many people think it takes special skills or accomplishments to be a mentor, but the fact is mentors come from all walks of life, have different life experiences and different things to offer. What mentors have in common is the desire to make a positive difference in the life of a child or youth.

## The Benefits to the Children:

Children with mentors are:

- 80% more likely to finish high school
- 46% less likely to use drugs
- 27% less likely to use alcohol
- 52% less likely to skip school
- 78% less likely to rely on social assistance as an adult

## The Benefits to You:

- Social Connection
- Intergenerational Learning
- Improved Cognitive Function
- Community Building
- Encouragement of Lifelong Learning
- Fun and Engaging



If you are interested in becoming a CLSA Mentor/Volunteer please send an email to [Janice@centrallions.org](mailto:Janice@centrallions.org) or call 780-496-7369.

All Mentors will need to follow the Volunteer Screening Process as outlined by the **Boys & Girls Clubs, Big Brothers/Big Sister of Edmonton & Area**. This organization believes in the promise of all children. Our team works with community volunteers, partners, and other supporters to create **safe environments** for children to be between school and home and in the summer and to provide **caring mentoring relationships** for children and youth. What I can tell you today is the number of children and youth waiting for service is growing and thus needing more volunteers to support them.

## Future of Aging

The future of aging is set to be revolutionized by advances in biotechnology, personalized medicine, and artificial intelligence (AI). Regenerative medicine and gene editing technologies like CRISPR hold the promise of repairing or replacing damaged tissues and organs, potentially reversing aspects of aging and significantly extending healthy lifespans. Personalized medicine, driven by genetic profiling, allows for treatments tailored to an individual's genetic makeup, improving effectiveness and minimizing side effects. This approach can delay the onset of age-related diseases such as Alzheimer's, cardiovascular conditions, and cancers.

AI and big data analytics are transforming healthcare by enabling predictive analytics, optimized treatment plans, and real-time health monitoring. Wearable technology and remote monitoring devices will provide continuous tracking of vital signs and health metrics, allowing for early detection of health issues and timely interventions.

Social and economic dimensions of aging are also evolving, with a growing need for age-friendly environments and policies supporting elder care. Innovative workforce solutions will be necessary to accommodate older adults who wish to remain active and engaged. Intergenerational collaboration and lifelong learning will become increasingly important to ensure that the aging population remains productive and valued.

The future of aging is not just about living longer but about enhancing the quality of life, supported by advances in medical technology and societal changes that promote dignity, purpose, and fulfillment in older age. (Written by ChatGPT-AI)



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# The Impact of Social Media on Seniors

In recent years, social media has transitioned from a youthful trend to a significant aspect of daily life for people across all age groups, including seniors. In Canada, this shift has profoundly impacted the older population, transforming how they connect, engage, and experience life.



## **Connecting with Loved Ones**

One of the most significant benefits of social media for seniors is its ability to help them stay connected with family and friends. Platforms like Facebook, Instagram, and WhatsApp allow seniors to maintain relationships with loved ones who may be geographically distant. This connectivity can combat feelings of loneliness and isolation, which are common among older adults, particularly those living alone or in retirement communities.

Video calls and instant messaging have made it easier for seniors to see and interact with their grandchildren, friends, and family members, fostering a sense of inclusion and emotional support. The visual and interactive nature of these platforms helps bridge the physical distance, making communication more personal and meaningful.

## **Access to Information and Services**

Social media also serves as a valuable tool for accessing information and services. Many seniors use these platforms to stay informed about current events, health tips, and community news. Additionally, social media can provide updates about local events, classes, and volunteer opportunities, enabling seniors to engage more actively in their communities.

Groups and forums dedicated to specific interests or health conditions offer a support network and valuable resources. For example, seniors with particular health concerns can join groups to share experiences, seek advice, and find comfort in knowing they are not alone.

## **Promoting Active Lifestyles**

Many older adults use these platforms to find and join fitness groups, learn new hobbies, or participate in online challenges that encourage physical activity and

**Continue on Page 10**

## Continued from Page 9

mental stimulation. The availability of online tutorials and virtual exercise classes has made it easier for seniors to stay active from the comfort of their homes.

Additionally, social media has facilitated the organization of virtual events and activities, such as book clubs, cooking classes, and educational seminars, that cater to the interests of seniors. This has been particularly beneficial during times of physical distancing, such as during the COVID-19 pandemic.

### Challenges and Risks

Despite its benefits, social media also presents challenges and risks for seniors. The digital divide remains a significant issue, with some older adults struggling with technology adoption or lacking access to the necessary devices and internet connectivity. This gap can exacerbate feelings of isolation for those who are less tech-savvy or lack digital literacy.

Seniors are often targeted by online scams and fraud. Cybercriminals exploit their unfamiliarity with online security to perpetrate scams, phishing attacks, and identity theft. Educating seniors about online safety and providing them with the tools and

knowledge to protect themselves is crucial.

In conclusion, social media has had a significant impact on seniors in Canada, offering numerous advantages in terms of connectivity, access to information, and active living. However, addressing the challenges associated with digital literacy and online safety is essential.

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## History of Labour Day in Canada

Labour Day in Canada has its roots in the labor union movement of the 19th century, reflecting the struggle for workers' rights and fair working conditions. The first significant event leading to Labour Day was the Toronto Typographical Union's strike in 1872, which demanded a nine-hour workday instead of 12. At that time, labor unions were illegal in Canada, and the striking workers faced severe legal repercussions, including the arrest of key union leaders.

The strike garnered public support and led to a mass protest on April 14, 1872, when thousands of workers marched in solidarity through the streets of Toronto. The public outcry and pressure from the labor movement prompted Prime Minister John A. Macdonald to pass the Trade Union Act, legalizing and recognizing the rights of unions. This was a monumental victory for workers' rights in Canada.

Following the Toronto march, similar labor parades and demonstrations began to take place. In 1894, the government officially designated the first Monday in September as Labour Day, recognizing the importance of the labor movement and providing workers with a day off to celebrate their contributions to society.

This newsletter celebrates CLSA, its members, and the choices CLSA provides!



# Outreach Program Comes to CLSA

In partnership with the Seniors Coordinating Council, Central Lions will be providing an Outreach Worker located right in our facility. The Outreach Worker will be available on the third Wednesday of each month from 1:00 - 4:00 PM.

An Outreach Worker is a social worker who provides support to older adults, helping connect them with the resources and supports they need to thrive. They are community connectors that work with an older adult to provide short-term support through referrals, introduction to community services, form filling, support with navigation, and follow ups for participants within the system.

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

Community Supports may include:

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

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

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



# Alberta and the Federal Dental Program

As of now, Alberta has not officially opted out of the Federal Dental Program. The Federal Dental Care Plan, announced in 2022 as part of the Liberal government's agenda, aims to provide dental care to low- and middle-income Canadians who do not have access to private dental insurance.

However, healthcare, including dental care, falls under provincial jurisdiction in Canada. This means that while the federal government can propose and fund national health initiatives, the implementation often requires cooperation with provincial governments. There have been discussions and some pushback from provinces, including Alberta, concerning the implementation and funding of such programs. Provinces may express concerns about how federal programs align with existing provincial services and budget priorities.



For the latest updates on Alberta's position regarding the Federal Dental Program, it's essential to refer to recent government announcements or credible news sources, as the situation can evolve with ongoing negotiations and political decisions.

If you are concerned about the future of this program in Alberta, please reach out to:

**Premier Danielle Smith**  
Legislature Building  
Unit 307 - 10800 97 Avenue  
Edmonton, Alberta T5K 2B6  
[premier@gov.ab.ca](mailto:premier@gov.ab.ca)

Or your local MLA or MP.





*Aspire To A Better Care, At Home.*

## **HOME SERVICES**

- \*Companionship
- \*Personal Care
- \*Light Housekeeping
- \*Meal Preparation
- \*Transportation Assistance
- \*Alzheimer's and Dementia Care
- \*Respite Care
- \*FSCD Care
- \*Pet Care
- \*24 HOUR Care

## **HEALTH SERVICES**

- \*In-Home Nursing Care
- \*Post Hospitalization and Post-Surgery Care
- \*Palliative Care
- \*Medication Management
- \*Wound Care
- \*Foot Care



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## SENIOR FRAUD ALERT

spot & stop senior scams

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

## Reflexology & Chair Massage Clinic

4th Wednesday of Every Month at CLSA

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

### Services:

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

1 Hour Reflexology - CLSA Members \$60; Payable to Julie Leblanc

### Clinic by Appointment Only:

To book an appointment call Julie at 780-920-3149.

Must be a CLSA member to book.



## Got Bottles? Bring them To CLSA!

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

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

**We will even help unload them.**

**CLSA raises funds to relieve conditions associated with  
aging such as social isolation and loneliness, and  
physical or mental wellbeing.**

**We have raised \$668 to date. Thank you!**

# ALL ABOARD!!!

On July 26, 78 CLSA members enjoyed a trip to Stettler to take a ride on the Lone Star, a 1920 style steam locomotive. Unfortunately, the train was robbed by the infamous "Reynolds Raiders", however after a short but furious gun battle, the money was recovered and donated to charity.

CLSA is grateful for the grant from RBH that paid for the transportation.



*We're serving up a celebration.*



Seating is limited. Please call Logan at 780-935-5922 to RSVP today.

*Indulge your taste buds with a  
Happy Hour at Our Parents' Home.*

Be our guest on the 14th floor and come experience the vibrant lifestyle community. It's going to be an experience worth savouring!  
Family and friends are welcome or come meet someone new.  
Tours are also available during the event. Call today and reserve your spot.

**Thursday, August 8th and 22nd**

2pm - 4pm

Hosted by  
Our Parents' Home

**Our Parents' Home**  
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# SENIORS HOME SUPPORTS PROGRAM FOR CLSA

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

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

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

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

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

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

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

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

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

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

<p><b>Contact: Barbara</b> (780) 860-2931 <a href="mailto:homesupport3@jfse.org">homesupport3@jfse.org</a></p>	<p><b>Contact: Kathy</b> (780) 995-2908 <a href="mailto:homesupport4@jfse.org">homesupport4@jfse.org</a></p>	<p><b>Contact: Gaby</b> (780) 483-1209 <a href="mailto:gaby@weseniors.ca">gaby@weseniors.ca</a></p>	<p><b>Contact: Jenny</b> (587) 594-7884 <a href="mailto:homesupport1@jfse.org">homesupport1@jfse.org</a></p>
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**Delivered by Jewish Family Services Edmonton**



## “Fees by Donation” and Other Fundraising Ideas

We are trying something new with a few of our talks and instead of charging a flat fee we are asking that you pay your fee by donation. A donation fee gives participants an opportunity to provide an amount that is appropriate for their budgeting needs.

CLSA generates revenue through charging program fees for most activities. However, these fees are not enough to cover all the expenses of the Association. Each year we need to raise additional funds, above our programming fees, amounting to between \$40,000 and \$60,000 to ensure we meet our mandate.

We raise funds through fundraising events such as our plant sale, bottle drive, garage sale, book sales, and spring concert. In addition, we also have generous donors who help each year and those that give when they can. These donations are greatly appreciated, and the donated money is carefully spent. Everything adds up and helps our members have a wonderful experience while at the Centre.

As costs rise, so do our expenses, such as our license fee to the City of Edmonton, office supplies, instructors’ pay, staff wages, banking and Moneris fees, software licenses, free social events, volunteer training and appreciation, advertising, bookkeeping, auditing, new and replacement equipment, and the program guides, to name just a few.

Fees by Donation is just one way we try and cover our costs. A suggested donation for one of our Fees by Donation talks is between \$5 - \$10.

Other ways you can help is by participating in our fundraising events. Bring your bottles and cans, donate books and items for our garage sale, and attend events such as our spring concert and fall carnival.

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

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

#### Ways to give...

- ♦ Go to our [give.crowdfunding.alberta.ca/GivetoCLSA](https://give.crowdfunding.alberta.ca/GivetoCLSA)
- ♦ Go to <https://www.canadahelps.org/en/dn/79408>
- ♦ In person at 11113-113 Street, Edmonton
- ♦ By phone: 780-496-7369
- ♦ By mail: 11113 – 113 St., Edmonton, AB T5G 2V1



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

# MORE FROM THE COUNTY HIDEAWAY TRAIN



## Lets Talk About Social Media...



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



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

Follow us on Facebook and Instagram, just search for:

[CentrallionsSeniors](#)



# Easy is always on hand.

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



Locally owned by Chetan and Roshni Bahl

Get your **FREE** Menu  
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[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)

\*Some conditions  
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With age comes wisdom's gentle light,  
A tapestry of days so bright.  
A heart that knows true love and care,  
A soul with time to deeply share.  
Through seasons passed and stories spun,  
Life's journey, rich, has just begun.  
In every wrinkle, grace is found,  
In aging, beauty does abound.

## **Support for Low Income Members at CLSA**

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

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

## A Final Thought....

August is upon us and soon our Fall programs will begin. We have a great lineup of programs to choose from and you need to sign up as early as you can to avoid disappointment.

Did you know that we have a COMMENT BOX right next to the office door? You can drop in an idea for a new program, a concern that you might have, or a compliment to someone. I look at them all and will respond to you directly should you leave your name. Even if you don't leave your name, I take all the comments seriously and will act on them if it's within my power and its in the best interests of the Membership. Not everything is possible but I do try my very best.

We have another great Open House planned for this August 22. Please invite your neighbours, friends, or relatives to see what CLSA has to offer. We continue to grow our membership and would love to see some new faces around the centre, enjoying their best life.

*Janice Pearson, Executive Director*



### Got Books? We Got Room!

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

## Let's Talk Refunds

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