

Welcome Back! Fall Term 2 is Underway!

It's been wonderful seeing so many of you back at the centre this fall! Thank you to all of our members for their continued support to help limit the spread. Here's what's new at CLSA this term.

Alberta's Restrictions Exemption Program (REP)

CLSA will continue will to take part in REP, requiring proof of double vaccination and mandatory masking to continue operating as usual.

Following provincial guidelines, starting November 15th we will accept Vaccine QR codes as the ONLY valid proof for members who have NOT provided their vaccination records yet. Members who have already provided proof will NOT need to show it again for Term 2.

You can show your proof at the front desk, or send a photo or scan to

IamVaxxed@CentralLions.org. Please note your email will be deleted as soon as your proof is verified and noted in our system.

For a full list of our COVID protocols, please visit the COVID FAQ page on www.CentralLions.org.

Fall Program Guide, Registration Dates, and Memberships

The Winter 2022 Program Guide will be posted on our website and sent out by early December. Members without email will receive their catalogues through Canada Post. Fall registration and memberships will be available online and in-person **December 6th**. Registration desk hours are Mon –Fri 10–2 p.m. (last member served at 1:45 p.m.).

Winter 2022 Programs and Circles start on **January 10th**.

Christmas Luncheon Cancelled...Look Forward to a February Fiesta!

Due to COVID-19, we will not be hosting a Christmas luncheon this year. We are planning to host a Fabulous February Fiesta! This will be something to look forward to and a fun way for us to celebrate in the new year. We'll keep you posted on our plans!

Ageism Course – Staff and Board are Certified

Age Friendly Edmonton offers a Respect and Inclusion workshop on ageism. All CLSA staff and the board of directors have taken the course and are now certified.



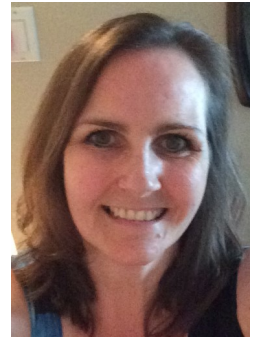


Welcome new Board Member Dan Moynagh!

I raised 7 children and worked around the world. I recently retired and have many interests and hobbies. It gives me great satisfaction and joy to volunteer at CLSA. This facility and staff are value added to many lives.

Meet our Newest Staff Member Tami!

Hello! It is my pleasure to be your Customer Service Representative/Cashier at CLSA. I have worked in many different industries in both clerical and customer service positions, which includes seven years as an optometric assistant. Prior to my last two positions in administrative support, I spent three years as a caregiver and recreation aide for seniors with dementia. These were my favorite roles as I found it very rewarding creating and facilitating activities for the seniors to enjoy.



My passions are learning, practicing, and sharing good mental, physical, and emotional health. Regular exercise, healthy eating, mindfulness, a positive attitude, and a sense of humour are the keys to keeping our minds healthy and vibrant. I appreciate how important CLSA is for the 55+ community and am very impressed with the variety of programs available to enhance bodies and minds.

I have a new marriage of five years with an amazing man who keeps me laughing every single day. He has taught me to laugh at myself and not take myself too seriously. This is helping me to live each day in the moment. We enjoy biking, walking, camping, lattes at our favorite 124 Street Café, and hosting a weekly games night with friends.

I am very happy to be part of this incredible team at CLSA and doing my part for your successful health journey.

Urgent call for Musicians!

The **Young @Heart Band** is looking for a few talented players to join their band!



If you play piano, trombone or saxophone, drums, or are just excited to back into playing, let us know! The band gets together every Monday from 1–3 pm to play. Call our front desk, or email info@centrallions.org with your information.

10-Pass available at Fitness Centre

Did you know you can now purchase a 10-pass at the Fitness Centre? Visit the Fitness Centre Desk or call 780-442-0949 to get yours today! (credit card only).

Pfizer Booster Shot Clinic

Wednesday, December 1st

9:00 a.m. to 12:00 p.m.

- Available for people aged 70 and up.
- Second dose at least 6 months ago.

*If eligibility criteria changes, we will follow AHS mandates.

Book at CLSA Front Desk or call (780) 496 – 7369.

Bring your Alberta Health card.



Hold the Date!

Some important dates remember:

November 11	Closed for Remembrance Day
November 23	Gymnasium closed
December 1	Pfizer Booster Clinic
December 6	Winter Registration starts
Dec 23 @ noon	CLSA closes for the holidays
January 4	Centre opens
January 10	Programs and Circles begin
February 24	February Fiesta
March 17	AGM

Table Tennis on Mon, Wed & Fri!

We have added an extra Table Tennis Circle for Fridays 9-11 am (FSCircle-091). Registration available in person or over the phone only. Come and play or practice!

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



scent free zone

Please avoid the use of scents at the Centre. Scents can cause migraines, asthma, and respiratory distress. This can be especially an issue in confined spaces.

Thank you for your cooperation!

CLSA Board of Directors 2021 - 2022

Chair:	Dennis Horrigan
Vice Chair:	Allan Mah
Treasurer:	Keith Anderson
Secretary:	Marie Danielson

Directors:

Sharon Campbell	Bob McKenzie
Tony Spencer	Alex Paterson
Elaine Simmt	Dan Moynagh

Past Chair: Vic Kowalewich

Executive Director: Susan Mann

We are on Facebook! Like us, share and comment on our posts. Get the latest news updates and more!

[@CentralLionsSeniors](#)



Central Lions Seniors Association

11113 – 113 Street, Edmonton AB T5G 2V1

www.CentralLions.org

Phone: 780-496-7369 Fax: 780-442-0946

Email: info@CentralLions.org

Hours of operation: 8:30 a.m. to 4:30 p.m.

How to Avoid Foggy Glasses When Wearing a Mask

While masks help prevent virus transmission, glasses-wearing members know all too well that masks can also cause foggy glasses! We've heard from a few members that foggy glasses prevent them from enjoying their activities. Tracy from the admin team has a few tips to fight the fog:

- Try to find a mask with a tight fit. For some, N95 masks may work well, but masks with a nose bridge will keep warm air from escaping up to your glasses.
- Make sure your mask fits securely over your nose. This is the most important part to prevent warm air from fogging up your glasses.
- Place your glasses overtop of your mask, and *voilà!* Your glasses will not fog!



Have questions or need help getting the right fit? Visit Tracy at the front desk!

VOLUNTEERS NEEDED!

Volunteer Opportunities

We are in need of a few volunteers to help at our ambassador desk and in the gymnasium. If you are interested in helping out, please send an email to Francine@CentralLions.org with your name and phone number or call our front desk 780-496-7369.

Volunteer opportunities available:

Ambassador - Greet and screen members; distribute masks; ensure everyone practices distancing and personal hygiene; act as host for instructors and general interest presentations; escort members to their classes, help provide centre schedule information.

***NEW* Gym Monitor** - Monitor activities in the gym; check for wristbands; help set up and take down equipment; help with COVID protocols (e.g. masking); report on any incidents; provide emergency support for Fitness Monitor; clean and stock equipment as needed.

Volunteers with at least 25 hours of support are our guests at the annual Volunteer Appreciation Event in the spring. Your help is greatly appreciated!

Improve your skills at our Practice Circles!

Ukulele Practice Circle Thursdays (FCircle-091) @ 12:30 – 2:00 p.m.

This peer-to-peer assembly supports individuals working on their timing, chords, strumming and picking techniques. Register at the front desk or over the phone 780-496-7369.

Tai Chi Practice Circle Monday (FCircle-095) & Friday (FCircle-038) @ 1:15 – 2:30 p.m.

This group is led by a peer; two complete Yang styles are practiced weekly and Sabre form is practiced at the end of the session. Come practice in this friendly & supportive atmosphere.

Upcoming November Workshops, Courses, and Presentations

Don't miss out! Here's a list of upcoming events that have spots available, see our program guide for more details!

- Legal Documents: Protecting your Legacy - FGI-022
- Self Defense Workshop for Older Adults - FF-070
- Pressed Flower Art: Snowflake Suncatchers - FC-012
- Pressed Flower Art: Wooden Treasure Boxes - FC-014
- Music Appreciation: A Christmas Carol - FM-001
- Supplements: Sorting the good from the bad - FHW-011
- Watercolour & Pen: Whimsical Creatures - FPD-016



River Cree Resort & Casino Offsite Adventure (FO-003)

Nov 25, 10:00 a.m. – 3:00 p.m. Member Fee: \$5

"Everyone enjoyed their time, the food was great, and they had very friendly service! I'd go back!" – Kelly Clark (CLSA)



Back by popular demand! Fee includes round trip transportation (walkers welcome, no wheelchairs please); \$5 play money and a complimentary lunch at Tap 25 restaurant. 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. Sign up today!

Book Court Time with *NEW* Flex Registration

We are piloting a *NEW* registration option for paddle sports! We have introduced extra court time for players to play or practice badminton, pickleball, or table tennis.

Now, members can book a court for up to 6 players using the NEW Flex Booking option. Select your sport and book a court for \$25 for 1.5 hours of play available 11:30 am – 1:00 pm on Mondays & Wednesdays.

All players must be CLSA members. A list of all players' full names must be provided at the time of booking. Nets or tables will be provided, but all players are responsible for all other equipment. Be aware that this could mean mixed sports are being played on the courts at any given time.

Book Online now:

<https://app.booking.ca/centrallionspub/courses/index.asp>

- Click on the Blue-coloured "Filters" tab on the left side of the page
- Under Course Name, type "Court" and click the green "Apply" button
- Under Circles, Clubs & Drop-In Activities, click on "Circles (1)" to view details and register.

Hidden Gem at the North End!

Many of us were lucky to come through the pandemic without getting sick. And for some of us, isolating during COVID-19 is now about the 8.5 kilograms we gained while we hunkered down to Zoom and watch Netflix.

It's is now time to rejoin society, and CLSA has a hidden gem that will help us lose some of those kilos we found over the past 18 months.

Our Fitness Centre has what you need to get your heart going again and strengthening 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.

Get the full bang for your buck while you do an entire circuit using these self-directed tools for a weight-bearing workout in minutes. The entire *LifeFitness* circuit is great for beginner and experienced exercisers alike. Do you want to maintain or build bone density or continue rehab for hip or knee surgery? This could be the routine for you!

You may not become a bodybuilder, but you will build your body's strength, resiliency and stability using these machines. It's fun and easy to get started in fulfilling your fitness goals using this excellent grouping awaiting you in the Fitness Centre.

And of course, the reliable offerings of treadmill, bike, recumbent, rowing and elliptical machines are also available to get your heart going and body warmed up. Stretching instructions and free-weights to off your work out. All this in the comfort of your peers.

Workouts are based on 90-minute appointments at \$5 each hour, or you can purchase a 10-pass for \$35. Call 780-442-0949 to book an orientation or appointment for your workout!



How to Register Online

55+ Memberships for 2022 are now available for the rate of \$35. Winter Program and Circle Registration start on **January 10th**. Visit www.Centrallions.org and click on "My Account" in the top right to visit our registration page.

If you are a new member and have never purchased a membership before, drop by our centre to confirm the type of membership that's right for you. Registration Desk Hours are 10 a.m. - 2 p.m. Mon–Fri (last member served at 1:45 p.m.)

Online Registration – How to:

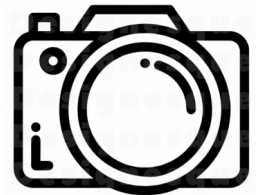
Avoid the line-ups and beat the rush by registering for your program or activity online! Here's what you need to know about accessing our registration system.

If you are logging into the registration system for the first time, follow these instructions: Visit our registration page at this link: <https://app.booking.ca/centrallionspub/account>

1. Under "I Forgot My Password," click "[Click here to retrieve your Account Information](#)"
 2. Then enter your first name, last name, username (which is the email that was given to CLSA when you filled out your membership forms)
 3. Enter the security check and click on "[Send Email](#)"
 4. Go to your email account and find the email that was sent to you with the subject title "[Account Lookup Request](#)"
 5. Please click on the link contained in the email message. You will be automatically logged on to the edit account page where you can select a new password.
- Online registrations must be completed before the program start date.
 - You will need access to a printer if you wish to print out your confirmations or your registration will be emailed to you.
 - Follow the instructions to complete your registration.
 - Payments must be made by credit card.

IMPORTANT NOTICE Regarding Photographs Taken in the Centre

From time to time, our staff and volunteers will be taking photographs and videos of activities, clubs, sporting events, individuals and general gatherings of our members. We may use these photos to promote the activities of the centre in our newsletters, on our website and our Facebook account and other material intended for the public.



Your image is your personal information. All personal information, including images taken by CLSA is subject to Section 33(c) of the Freedom of Information and Protection of Privacy (FOIP) Act.

CLSA respects this and realizes that not everyone wishes to be included in photos or videos. **IF YOU DO NOT WANT YOUR PHOTO TO APPEAR** in our promotions/publicity etc., please STEP ASIDE, TURN YOUR BACK or otherwise make your position known to the photographer. If you have questions or concerns about this matter, please contact our Executive Director at 780-496-7369 or susan.mann@Centrallions.org.



Calling All Artists, Writers, Poets, and Creators!

Do you write, draw, paint, make jewelry, or consider yourself an artist of sorts? We are hoping to create a gallery on our website that features some of the talents and accomplishments of our members. We'd love to see your impressive work! If you'd like to share, please submit a photo or excerpt of your work to francine@centrallions.org.

WILLS, ESTATES & NOTARY.

MARRAZZO LAW OFFICE

Lina Marrazzo B.A, LL.B

Call us today at (780) 756-5500

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



Our qualified nurses provide foot care for those who:

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

Services include:

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

Clinic by appointment only:

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

Fee: \$30 per visit for CLSA Members only



Reflexology & Chair Massage Clinic

4th Wednesday of Every Month at CLSA

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

Services:

1/2 Hour Chair Massage – CLSA Members \$35; Payable to Julie Leblanc
1 hour Reflexology – CLSA Members \$55; Payable to Julie Leblanc

Clinic by appointment only:

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

Must be a CLSA Member to book.

We are now accepting ads for the next edition of the Lions' Roar Seniors News with a reach of approximately 1,500 readers. For more information and rates, email Francine@CentralLions.org.

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