

CENTRAL LIONS SENIORS ASSOCIATION

at Central Lions Seniors Recreation Centre

11113 - 113 Street, Edmonton, Alberta T5G 2V1

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Program information subject to change

****Indicates program supported
by provincial ECALA grant.*

ALL ABOUT US!

Central Lions Seniors Association (CLSA) is an independent non-profit society formed in 1979 "to encourage, promote and provide opportunities for recreation, education, socializing, and to improve and enhance the well-being of adults 55 years of age and older".

Funded through program, club fees, donations and fundraising, CLSA is responsible for providing all daytime recreational and social programs at Central Lions Seniors Recreation Centre.

Central Lions Seniors Recreation Centre is owned and operated by the City of Edmonton, Community Services Department. Since 1979, the City of Edmonton has partnered with CLSA to provide quality recreation and social activities for older adults in a warm, senior-friendly atmosphere. Opportunities exist 'all in one place' for social connection, volunteer involvement, and participation in a huge variety of programs, services and clubs.

Our facility features a Fitness and Wellness Centre (weight room, fitness studio, change rooms and sports gym), over 17 general and specialized classrooms, an auditorium, atrium, cafeteria and meeting areas. Our building is fully accessible and parking is free.

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WINTER 2012 PROGRAMS

CLSA Member Registration begins Tuesday, November 22nd (on-going) 10 am - 2 pm
Non CLSA Member Program Registration begins Monday, December 12th.

PROGRAMS

- * All programs are organized and operated by Central Lions Seniors Association.
- * Winter Programs will begin the week of January 16 unless otherwise noted.
- * Registration is 1st come 1st served.
- * You are not registered until you pay.
- * Classes may be cancelled or altered if there is not sufficient registration.
- * Program updates are published monthly in the Central Lions Seniors newsletter.
- * Costs of supplies are extra for most programs and payable to the instructor.
- * *Dates and time are subject to change.*

MEMBERSHIPS

- * CLSA Memberships available to adults 55+
- * 2012 memberships on sale. Fee: \$30 (valid Jan. 1 - Dec. 31, 2012)
Note: Membership fees are not refundable, transferable or pro-rated.
- * *Please note that the Non-senior Seasonal Pass has been discontinued.*

REFUNDS

- * No refunds are given for programs, presentations, clubs or Fitness Centre unless cancelled by CLSA.
- * Any concerns may be brought to the CLSA Program Committee for review.
- * All refunds must be picked up within 30 days of being issued.

REGISTRATION

- * Payment by cash or cheque only.
- * Please note NSF cheques are subject to administration fees.
- * We cannot take phone registrations at this time.
- * Due to the unfortunate damage to Northgate Lions Seniors Recreation Centre, CLSA will be honouring current NESAs memberships for participation in programs and clubs at our Centre. Please welcome these folks to our facility.
- * Membership from other Senior Centres will be honoured for instructional classes, however, CLSA members will be given priority. You will be placed on a waitlist until Non-CLSA Member program registration begins. (You will be asked to show your "membership" card).
- * Under 55 can register for programs at an additional \$30 per program.

DISCLAIMERS

- * Opinions expressed by presenters do not necessarily reflect the view of the CLSA Program Committee or the CLSA Board of Directors.
- * CLSA is not responsible for injuries incurred during any program.
- * All participants (member/non-member) must sign a waiver before being permitted to take CLSA programs.

Bookings & Rentals

We have space to accommodate events & gatherings of up to 350 guests. Our rooms are suitable for private functions, birthday and anniversary parties, weddings, banquets, workshops, meetings, conferences and much more.

For more information contact the
Booking & Rental Coordinator at 780 496-1627.

COMPUTERS

Note: CLSA Computers are configured to the latest Windows 7 operating system and Microsoft Office 10 software. For Internet related classes, participants should have completed basic computer training or equivalent and have basic typing skills.

****IMPORTANT NOTICE:**

Your own personal laptop is permitted for most computer classes. However, you are required to set-up, get connected and adapt use - especially if using a different version of software - without taking away 1 from class time.

Computers with Shawn Gramiak

CHAT WITH WEBCAMS & SKYPE

Mon., Jan. 30, 1 – 4 pm or **CW-001a**
Mon., Feb. 27, 9 am - 12 pm **CW-001b**
Fee: \$30 (\$60 non-members)

Cut down on those long distance bills. Skype is a free program that allows you to use your computer like a telephone or video phone. Learn how to sign into a Skype account for 'free' instant messaging calls over the internet. Have fun staying in touch with friends and family.

CLEAN SWEEP

Mon., Mar. 5 & 12, 9 am - 12 pm **CW-002**
Fee: \$54 (\$84 non-members)

This course will review basic file management techniques including: folder development; file allocation; defragmentation; checking of drives; creating and working with shortcuts; using the Control Panel and help functions; managing favourites and more! Instruction in higher level Internet functions such as downloading; advanced search techniques, creating contact lists, and saving to external devices will also be covered.

COMPUTER "BRAIN" GAMES

Mon., Jan. 30, 9 am – 12 pm **CW-003**
Fee: \$30 (\$60 non-members)

Some people consider computer games to be a waste of time. However, there are plenty of games on the internet that help with eye-hand coordination, memory and even learning how to type. Keep your brain sharp and active. Learn how to access sites in order to play games that stimulate your mind.

COMPUTER TUNE-UPS

Mon., Mar. 26 & Apr. 2, 1 - 4 pm
Fee: \$54 (\$84 non-members) **CW-004**

How much do you actually know about your computer? This course will teach you how to:
1) clean up and defragment your hard drive;
2) download and use the Belarc Advisor to determine what is in your computer; and
3) run Windows Updates and anti-spyware programs to keep your computer safe and clean. Ensure your computer is operating to its full potential.

eBAY: The World's Largest Online Auction

Mon., Mar. 19, 10 am - 12 pm **CW-005**
Fee: \$20 (\$50 non-members)

eBay is the world's largest online auction site. Whether you want to buy, sell or just like to browse, eBay may be just what you need. This overview will cover how to find items on eBay, how to interpret the auction listings, and how to buy and sell safely.

Add life to Your Years

HELLO KIJJI

Mon., Jan. 9, 1 – 3 pm or **CW-006a**
Mon., Mar. 26, 10 am - 12 pm **CW-006b**
Fee: \$20 (\$50 non-members)

Kijji is a website that thousands of people use to sell what they don't need, and to find a deal. Like the Bargain Finder newspaper or on-line garage sale, it is easy to place an ad. The final sale is done face to face. There is no need to worry about credit card numbers or sending money through the mail. Learn how to create an ad, look for items, and respond to a sale. It's fun and it's easy.

INTRO TO E-MAIL

Mon., Jan. 16 & 23, 1 - 4 pm **CW-007**
Fee: \$54 (\$84 non-members)

E-mail is a fun and easy way to keep in touch with family and friends. Using popular e-mail programs such as Windows Mail learn how to: send, receive and reply to e-mail; include attachments; create an e-mail address book; and filter junk mail. Keep in touch with friends and family by learning what e-mail has to offer.

INTRO TO THE INTERNET

Mon., Jan. 16 & 23, 9 am - 12 pm **CW-008a**
or
Mon., Mar. 5 & 12, 1 – 4 pm **CW-008b**
Fee: \$54 (\$84 non-members)

Improve your knowledge of the Internet. Learn how to navigate the Net using addresses, hyperlinks and search engines, and how to sift through the 'garbage' to find information faster. Safety, security and protection against spyware and viruses will also be covered.

JUST GOOGLE IT!

Mon., Feb. 6, 9 am - 12 pm **CW-009**
Fee: \$30 (\$60 non-members)

You may already know that Google is great for searching the Internet. Did you also know you can use it for maps and driving directions or, that it has its own word processor and spreadsheet? This course will review the multitude of other programs and services Google has to offer.

MAXIMIZE YOUR E-MAIL

Mon., Apr. 2, 9 am – 12 pm **CW-010**
Fee: \$30 (\$60 non-members)

Do your e-mails run on in a long list? Has your e-mail box ever been emptied? Are you frustrated by spending excessive time searching for lost information? Learn tips and tools to manage and organize your e-mail effectively. Discover how to reduce the amount of e-mail clutter that enters your box, and how to organize information for easy retrieval.

SPREADSHEETS:

NEW

A Useful Home Tool

Mon., Feb. 13, 9 am - 12 pm **CW-011**
Fee: \$30 (\$60 non-members)

Excel is a great program for developing spreadsheets. It can crunch numbers, format figures, and make easy-to-understand graphs of the information. Learn the basics of Excel and how to use electronic spreadsheets for budgeting, whether it is for your household or elsewhere.

Register Early!

Registering for a program at the last minute can lead to class cancellation due to insufficient registration.

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TEST DRIVE WINDOWS 7

Mon., Feb. 6, 1 – 4 pm

CW-012

Fee: \$30 (\$60 non-members)

Windows Vista has been replaced. The latest Windows version is Windows 7. But don't panic; you do not need to relearn everything! This workshop will introduce the Windows 7 operating system and all the neat features that have been added. Take a 'test drive'.

TIPS for BUYING or UPGRADING YOUR COMPUTER

Mon., Jan. 9, 10 am - 12 pm

CW-013

Fee: \$20 (\$50 non-members)

With the New Year comes many sales. In the digital world changes come so quickly it is hard to keep up. What are all those gizmos that are out there and what should you look for when planning to purchase/upgrade your system? Computer whiz Shawn works in the electronic industry. Join him for this informative session.

WHERE DID I PUT THAT FILE?

Mon., Mar. 19, 1 – 4 pm

CW-014

Fee: \$30 (\$60 non-members)

File management is an essential computing skill. Learn how to organize files, name them, create new files and folders, and clear the clutter. Turn your computer's hard drive into a well organized and efficient management machine.

How to Get Here!

Bus Routes - 125 & 127

** see map on back cover**

WHERE DID ALL THE BUTTONS GO?

Mon., Feb. 27, 1 – 4 pm

CW-015

Fee: \$30 (\$60 non-members)

From MS Office 2003 to MS Office 2007, the computer screen looks quite different. The buttons are still there, you just need to know where to look. By the end of this class, you will see that although grouped differently, the 'new' MS Office works the same as it always has.

Computers with Nathan Burge

ARCHIVING OLD PHOTOGRAPHS: Store & Ease the Search!

Wed. Feb. 29 & Mar. 7, 9 am – 12 pm

Fee: \$52 (\$82 non-members)

CW-016

Learn to use the computer to archive your old photographs into digital formats (and file those that are newer). Using a basic scanner or digital camera, discover how to capture, organize, store and share your memories easily with family and friends over the Internet. *Pre-requisite: A basic understanding of how to use the computer is recommended.*

DIGITAL CAMERAS: How to Use

Wed., Jan. 18 – Feb. 1, 9 – 12 pm CW-017a

or

Wed., Jan. 18 – Feb. 1, 1 – 4 pm CW-017b

Fee: \$80 (\$110 non-members)

Still can't figure out that new digital camera? Take the stress away in this three week program. Topics covered include: camera features; point and shoot features; manual controls; working with a flash; scene models; choosing the best resolution; connecting to the computer; photo editing; and making prints. Learn how to become a 'happy shutterbug'.

Active and Ageless!

EDITING YOUR DIGITAL PHOTOS

Wed. Feb. 8 – 22, 9 am – 12 pm **CW-018a**
or

Wed. Feb. 8 – 22, 1 – 4 pm **CW-018b**
Fee: \$80 (\$110 non-members)

Learn to edit and improve your digital photographs the easy way – with Google's free and easy-to-use Picassa software. Improve colour and sharpness, fix red-eye, add special effects, and more. Learn how to store your photos electronically so they are easy to retrieve. Discover how to share photos online with your free web album. *Be sure to bring your digital camera and cables.*

BLOGGING 101

Wed., Feb. 29, 1 – 4 pm or **CW-019a**
Wed., Mar. 14, 9 am - 12 pm **CW-019b**
Fee: \$26 (\$56 non-members)

Join in with millions of people worldwide who enjoy blogging on the Internet. Not only learn what it is all about, but how to set up your own blog and what to do to make it a great place for family and friends to 'visit' or keep up with your current activities. *Pre-requisite: Basic typing skills and Internet experience.*

DIGITAL CAMERAS: What's New! What to Buy!

Wed. Jan. 11, 1 – 3 pm **CW-020**
Fee: \$15 (\$45 non-members)

Interested in buying a digital camera? Get an update on what's new in the world of cameras. Review basic digital camera features including the pros and cons of certain features over others. Gain insight so you can choose the camera that is right for you.

FACEBOOK & SOCIAL NETWORKING

Wed., Jan. 11, 9 am – 12 pm or **CW-021a**
Wed., Mar. 14, 1 – 4 pm **CW-021b**
Fee: \$26 (\$56 non-members)

Facebook, Twitter and Social Networking – they are popular and newsworthy; but what exactly are they; how do they work and are they safe to use? Learn how to protect privacy while having fun sharing and networking with friends, family and colleagues near and far.

MARVELLOUS MACS: Questions & Answers

Wed., Mar. 7, 1 - 4 pm **CW-022**
Fee: \$26 (\$56 non-members)

The Apple Mac is a popular computer operating system – especially for home and laptop use. Learn how to navigate, check e-mail, surf the web, organize files, install applications and more with this user-friendly system. *Note: Participants must bring their own laptop to class.*

Computers with Marg Vogel

"COMPUTERS FOR YOU"

Fee: \$99 (\$129 non-members) each
+ \$10 handouts

Instructor: Marg Vogel

Note: WordPad, MS Works Word and MS Office Word software are all used in the Word processing classes. All participants will be contacted by the instructor to ensure they are in the correct class. Courses are subject to change pending instructor interviews.

A LITTLE BIT OF THIS & THAT

Tues., Jan. 17 – Feb. 21 **CW-023a**

10:15 am - 12:15 pm

or

Tues., Feb. 28 – Apr. 3 **CW-023b**

2:15 – 4:15 pm

This program is for those who have completed the 'Computers for You' curriculum and are looking for more guided practice time. Review of several Microsoft Office concepts using Word, Excel and PowerPoint plus Internet research and file creation will be included. *Pre-requisite: Complete 'Computer for You' curriculum or equivalent*

BASIC COMPUTERS: Level 1

Tues., Jan. 17 – Apr. 3 **CW-024a**
9 – 10 am

or

Thurs., Jan. 19 – Apr. 5 **CW-024b**

2:50 - 3:50 pm

This program is for the 'scared stiff' and 'absolute beginners!' Learn in a friendly and relaxed atmosphere how to: conquer the mouse; use the Start Menu to access programs; use the buttons or ribbons on the toolbar; and practice typing tips. Discover typing tips, keyboard shortcuts and more in a friendly and relaxed atmosphere.

EMAIL: Essentials

Tues., Jan. 17 – Feb. 21 **CW-025a**

2:15 – 4:15 pm

or

Fri., Feb. 24 – Mar. 30 **CW-025b**

12:45 – 2:45 pm

Using Windows Live, learn to create, send, receive and delete e-mails; use attachments; create a contact list; plus much, much more. Stay in touch with family and friends.

WINDOWS EXPLORER & FILE MANAGEMENT **CW-026**

Fri., Jan. 13 – Feb. 17, 12:45 – 2:45 pm

Can't find a file? Don't know where to 'store' stuff? Learn how to 'house clean' your computer by creating folders and files, and using a Memory Stick. Discover how to search for lost files and folders, and how to empty or restore files from the Recycle Bin. With a bit of knowledge, your computer system will be looking organized in no time! *Pre-requisite: Level 4 of 'Computers for You' curriculum or equivalent.*

WORD PROCESSING: Level 2

Tues., Jan. 17 – Apr. 3 **CW-027a**

1 - 2 pm

or

Thurs., Jan. 19 – Apr. 5 **CW-027b**

8:45 – 9:45 am

Folders are where files, pictures, jokes and e-mails are stored. In this level, participants will learn to create, open and close folders, files and documents; work with a website; and copy and paste information in a specific folder on the computer and on a memory stick. Typing practice is included. *Pre-requisite: Basic Computers: Level 1 of 'Computers for You' curriculum or equivalent.*

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WORD PROCESSING: Level 2/3

Thurs., Jan. 19 – Apr. 5 **CW-028**
1:40 - 2:40 pm

In Level 2/3, participants will complete their work from Level 2 then move onto learning exciting formatting changes with special effects. Continued work with a Memory Stick will also be covered. Time permitting, participants will practice their newly learned highlighting skill on the Internet.

Pre-requisite: Basic Computers: Level 1/2 of 'Computers for You' curriculum or equivalent.

WORD PROCESSING: Level 3

Tues., Feb. 28 – Apr. 3 **CW-029**
10:15 am – 12:15 pm

Learn how to make exciting formatting changes using different methods of highlighting text. Discover how to open documents from a Memory Stick. Adventure into the Internet and learn how to copy and paste highlighted information into newly created folders and files.

Pre-requisite: Level 2 of 'Computers for You' curriculum or equivalent.

WORD PROCESSING: Level 4/5

Thurs., Jan. 19 – Apr. 5 **CW-030**
11:10 am - 12:10 pm

In Level 4/5, participants will complete their work from level 4 then move onto learning how beneficial the copy and paste function is in re-organizing text in a document, copying information from the Internet, or inserting items into E-Mails or folders on the computer's hard drive. *Pre-requisite: Level 4 of 'Computers for You' curriculum or equivalent.*

WORD PROCESSING: Level 6

Thurs., Jan. 19 – Apr. 5 **CW-031**
10 - 11 am

In level six, reinforce your file management skills by working with the spell checker and thesaurus, adding numbering and bullets to the text then discover how handy the F5 function key. *Pre-requisite: Level 5 of 'Computers for You' curriculum or equivalent.*

Computers with Diane Marshall

Instructor Bio: After 20 years in the insurance industry, Diane Marshall started her own Creative Memories consultant business ten years ago. Her Creative Memories motto is "preserve the past, enrich the present, and inspire hope for the future" - something she strongly promotes in her classes. Diane's passion is photo and memory celebration, and helping others preserve their heritage. She has been teaching computer photo workshops and Finished in Five Memory Album classes at Central Lions for the past five years.

Participant Feedback:

"Diane is a patient & knowledgeable teacher who helped me create and preserve our family history. The photo record is more beautiful than I could have imagined."

"Excellent instructor. Very detailed, structured and patient. Nice to have nearly one on one instruction."

DIGITAL BOOTCAMP: Memory Manager 101

Fri., Jan. 20, 9:15 am – 12:15 pm **CW-032a**
or

Fri., Feb. 17, 9:15 am – 12:15 pm **CW-032b**

Fee: \$26 (\$56 non-members) each

**Incls. basic software CD*

Are you feeling overwhelmed with many digital photo memory cards and no plan on how to get them organized, printed or saved? Learn how to get all your photos into one place, and then: organize, cross-reference, edit, make copies and backup your photos - all in one easy program - Memory Manager. Great for people who are not computer 'techie's'. *Note: Bring photos on your memory stick or CD. Advanced software (optional) available for purchase (\$48).*

Pre-requisite: Basic or intermediate computer training/working knowledge.

DIGITAL PHOTOBOOKS 101:

Getting Started! CW-033

Fri., Jan. 27 – Feb. 10, 9:15 am – 12:15 pm

Fee: \$76 (\$106 non-members) + *supplies*

**Incls. basic software CD)*

Digital Photobooks are the latest 'craze', and a fun way to showcase either your digital photos and/or scanned images. Learn how to create your own pages quickly using pre-designed templates, or design from scratch with "Storybook Creator Plus" software. See our display for examples. *Note: A memory stick or disk with 100 photos required. Advanced software (optional) available for purchase (\$75).*

Prerequisite: Basic or Intermediate computer training/working knowledge.

DIGITAL PHOTO DESIGN 201/202

It's easy to create something amazing with your photos and become a graphic designer. (See the display!) Learn how to bring your photos alive with step-by-step instruction. It's fun and it's easy. Note: Bring digital photos on a Memory Stick. *Pre-requisite: Intermediate computer working knowledge.*

Fee: \$26 (\$56 non-members) each

**Incls. basic software CD)*

Course #201

CW-034a

Fri., Mar. 2, 9:15 am – 12:15 pm

Learn how to: play with Word Art; use photo & word merges; do text wrapping; and apply spheres to your photos.

Course #202

CW-034b

Fri., Mar. 9, 9:15 am – 12:15 pm

Discover how to apply: photo grids and mosaics; embossing; fancy frames and edges; and filters to your photos to create that 'wow' effect.

Digital Devices with Jim Krysto

VIDEO PRODUCTION 101: Family History Video

Fri., Mar. 16 – 30, 9 am – 12 pm **CW-035**

Fee: \$77 (\$107 non-members)

Want to leave your family a wonderful legacy? Why not consider a Family History Video? In this course, participants will learn the important steps required for producing a video including: planning steps; choosing pictures and topics; and production techniques. Review of how to videotape with a camcorder, plus editing basics will also be covered. Leave with the knowledge and confidence it takes to create your own family history video – an heirloom in the making.

Online Services with Edmonton Public Library Staff

ACCESSING LIBRARY SERVICES AND RESOURCES ONLINE

Fri., Feb. 24, 10 am - 12 pm **CW-036**
Fee: \$2 (you must pre-register)

Did you know that your library card gives you access to more than just books? This workshop will focus on how to access your library account and negotiate your way around the Library website to find books, place holds and renew your materials, access the databases to do genealogical research, get medical information, read local and international newspapers and much more.

READERS ADVISORY ONLINE AT THE LIBRARY

Wed., Mar. 28, 1:30- 3 pm **CW-037**
Fee: \$2 (you must pre-register)

Looking for your next great read? Let EPL staff show you how to use the Library catalogue and Library databases to find your favourite authors, author read-a-likes, reader reviews, award winners and more.

E-BOOKS & E-READERS for BEGINNERS

Mon., Feb 13, 1:30 - 2:30 pm **CW-038**
Fee: \$2 (you must pre-register)

Are you thinking of purchasing an e-book read, but not sure what kind? Did you receive one as a gift and are not sure what you can do with it? Technology continues to change quickly. EPL Staff will be onsite to demonstrate the Sony E-reader, Kobo and iPad. Bring your questions and your own E-reader if you have one. Discover what all the excitement is about.

CARDS, CRAFTS & HOBBIES

BRIDGE

Bridge is a sequential game that requires methodical thought and understanding. Programs are meant to build on one another, and are adaptable to the learning pace of the class. For more information, contact Eric Bjorklind at 780-244-2672.

Instructor Bio: Eric Bjorklind has been teaching bridge lessons for twenty years at various Senior Centres around Edmonton. A bridge hobbyist since a young man, Eric is a Bronze Life Master in the ACBL (American Contract Bridge League). Eric likes to provide lots of practical experience (via playing of hands) along with textbook instruction when teaching. Due to interest in the game (some of his participants have been taking his classes for 6-7 years), Eric continues to be drawn out of retirement to share his "passion".

BRIDGE: Bidding (for Beginners)

Fri., Jan. 13 – Mar. 30, 1 – 4 pm **CW-039a**
Fee: \$72 (\$102 non-members)

Instructor: Eric Bjorklind

Participants will learn to bid in an organized and orderly fashion so that your partner will know what your hand consists of. This program is ideal for beginners or bridge players with some experience who wish to improve their bridge skills. *Required text: "Bidding in the 21st Century" (approximate cost: \$25).*

BRIDGE: Defense

Mon., Jan. 9 – Apr. 2, 1 – 4 pm **CW-039b**

Fee: \$72 (\$102 non-members)

Instructor: Eric Bjorklind

Learn how to play the best card and communicate with your partner so you have the best chance to defeat the declarer. One half of the time will be spent defending against your opponents. *Pre-requisite: Completion of Bridge: Bidding or knowledgeable experience. Note: This course is not suitable for beginners.*

BAG LADY CREATIONS **CW-040**

Tues., Jan. 24 – Feb. 28, 1 – 3:30 pm

Fee: \$24 (\$54 non-members) + *supplies*

Instructor: Sandi Harcourt

Wondering what to do with those plastic shopping bags you have been saving? Learn how to create your own tote bag and rug through the magic of crocheting. All you need is a pair of scissors for cutting plastic, a crochet hook, and your favourite coloured plastic shopping bags. Crochet experience is an asset but not a requirement.

Note: The first class will be spent on preparation of materials.

BIRD CARVING:

Common Loon - Part 2 **CW-041**

Wed., Jan. 18 – Apr. 4, 9 am – 12 pm

Fee: \$92 (\$122 non-members) + *supplies*

Instructor: Hugh Acheson

This program is a continuation of the Beginners Bird Carving program started in the fall. Participants will be shown the steps to take their carving from its initial stages to finished project. Note: As most bird carvings take 60-70 hrs to complete (or more than one session), those interested in beginning a new project will need to wait until the Spring session.

CALLIGRAPHY &

TRADITIONAL INK DRAWING

Fri., Mar. 2 – 23, 9:30 am – 12 pm **CW-066**

Fee: \$60 (\$90 non-members)

Instructor: Teachers with the Confucius Institute of Edmonton

See page 18 for more information.

CARDS & PAPER CRAFTS

Mon., Jan. 16

CW-042a

Mon., Feb. 6

CW-042b

Mon., Mar. 12

CW-042c

Wed., Apr. 4

CW-042d

12:30 – 3:30 pm

Fee: \$8 (\$38 non-members) each + *supplies*

Instructor: Pat Arsenault

Rediscover your creative self. Enjoy a fun, social time making greeting cards and paper crafts using ribbon, stamps and more. Bring your scissors and ruler. Take home 3 or 4 projects per class for yourself or as gifts.

Note: Supplies, \$3, per person per workshop, payable to the instructor.

Instructor Bio: A Master Goldsmith, Lew Houle was trained in the craft after serving a seven year apprenticeship under his uncles (who themselves were both master goldsmith and master silversmith). He then went on and served an additional five year apprenticeship in the art of jewellery repair and restoration. Lew majored in miniature sculpture and cameo cutting, and his specialty is in the classic and neo-classic style. An owner and operator of his own jewelry repair and manufacturing business for approximately thirty years, Lew has taught metal arts crafts for approximately twenty years. His philosophy: *"You only stop learning when you pass into the great beyond. Keep on learning - that is what keeps you young!"*

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CARVING

CW-043

Tues., Feb. 7 – Mar. 27, 9 am – 12 pm
Fee: \$108 (\$138 non-members) + *supplies*

Instructor: Lew Houle

As requested – a continuation of the popular “bone carving” program with scrimshaw and wood carving added. An opportunity for past participants to finish projects and new participants to learn to “carve in the round”. Recommended woods are Bass Wood, White Pine or Black Walnut (participants to supply). Bring any carving tools you have. Rotary tools available. For those wanting to carve in bone, materials (by weight) can be purchased from the instructor.

CHOCOLATE MAKING: Molds, Dipping and More

New

Mon., Mar. 5, 1:30 – 4:30 pm
Fee: \$28 (\$58 non-members)

all supplies included

Instructor: Jane Paliachuk

Create decadent mouth watering chocolates using a variety of techniques such as molds, dipping and more. Spend an afternoon delving into chocolate with Jane as she takes you from the basics of creating your own divine assortment of chocolates to take home to family and friends – just in time for Easter.

*Note: Please bring a container to class for your chocolates. **Nuts will be used.***

“Oh no! You cancelled the program!”

Did you know it is program policy to cancel classes one week prior to the start date if there are not enough registrations?

Don't delay - sign up today!

CLAY JEWELLERY with a BEADED TWIST:

New

Beginners Level 1

CW-045a

Thurs., Feb. 9 & 16, 9:30 am – 12:30 pm
Fee: \$20 (\$50 non-members) + *supplies*

Instructor: Sally Shuttleworth

Have fun creating beautiful and unique jewellery that will stand out in a crowd. In this workshop, participants will learn how to work with special air dry clay to create intricate floral pieces. Once the clay has dried, it is then attached to wire and finishing, and embellished with beads. Participants will complete two projects (earrings and a necklace) in this workshop. *Note: Supplies approx. \$20 – \$25 are payable to the instructor on first day.*

CLAY JEWELLERY with a BEADED TWIST:

New

Intermediate Level 2

CW-045b

Thurs., Mar. 8 - 29, 9:30 am – 12:30 pm
Fee: \$40 (\$70 non-members) + *supplies*

Instructor: Sally Shuttleworth

In this longer course, participants will learn more advanced techniques to work with thinner clay and complete finer, more complicated projects. Enjoy a sense of accomplishment as you complete your own beautiful jewellery creations including a bracelet, necklace and ring. *Pre-requisite: While completion of Level 1 is not mandatory, some experience working with clay is beneficial. Note: Supplies approx. \$20 – \$25 are payable to the instructor on first day.*

Active and Ageless!

CLOCKOLOGY: Funky Jewellery with Old Clock Parts

Fri., Mar. 2 – 23, 1 – 4 pm **CW-046**

Fee: \$54 (\$84 non-members) + *supplies*

Instructor: Lew Houle

Have fun creating contemporary and whimsical 'jewellery art' (pendants, brooches and earrings) using old mechanical clock parts and watch faces. Bring an old wind up alarm clock, pocket or wrist watch to class plus small hammer, chain nose pliers, pencil, paper and masking tape. Patterns and instruction sheets (plus basic 'supplies' if needed) will be available from instructor for \$10. Bring your ideas and explore this fun project together.

FINISHED IN FIVE: A Photo Memory Album

Thurs., Jan. 19 – Feb. 16 **CW-047**

9:30 am – 12:30 pm

Fee: \$66 (96 non-members) + *supplies*

Instructor: Diane Marshall

A photo history is one of the greatest legacy gifts that one can leave behind. In this class, participants will complete a 30-page creative album full of preserved memories. Tips on how to organize, complete a power sort and layout, crop pictures and add journaling notes will be covered, as well as how to deal with digital photos. *Note: *Bring photos.*

Cost of a project can range from \$40 - \$175+ depending on supplies chosen.

HERITAGE SPOON CREATIONS

Fri., Feb. 3 – Mar. 9, 9 am – 12 pm **CW-048**

Fee: \$81 (\$111 non-members) + *supplies*

Instructor: Lew Houle

Wondering what to do with those old coffee spoons and cake forks from your grandmother's silver drawer? Join Lew for this popular class and learn how to turn heritage tableware into fun and funky 'creations': rings, bracelets, pendants, belt buckles, and even ornaments for everyday use. Students need to bring silver table ware on first day. *Note: Please - no stainless steel. Materials (\$0 - \$15) are payable to the instructor at first class.*

SILVERSMITHING:

Navajo & Zuni Jewellery **CW-049**

Wed., Feb. 8 – Mar. 28, 9 am – 12 pm

Fee: \$108 (\$138 non-members) + *supplies*

Instructor: Lew Houle

Discover the uniquely Southwestern American Native technique of jewellery making. Conchos, which can be made into belts, bracelets, pendants, earrings and buckles will be demonstrated along with simple punches using recycled materials from home. Prior experience an asset but beginners also welcome!

STAINED GLASS:

Level 1 – Start Shining!

Mon., Mar. 5 – 26, 1 - 4 pm **CW-050a**

Fee: \$51 (\$81 non-members) + *supplies*

Instructor: Lori Boutestein

A class for beginners or anyone interested in exploring their creative side. No experience required. Come explore the textures and colours that make up stained glass. Have fun experimenting with the tools to create a patterned 8" x 10" masterpiece by scoring, breaking, grinding and shaping the glass. It's easy and the results are beautiful! Learn techniques to move to bigger projects - fast! *Materials (approx. \$50) are available from the instructor.*

STAINED GLASS:

Lead Came Workshop

Mon., Apr. 2, 1 - 4 pm

CW-050b

Fee: \$13 (\$43 non-members) + *supplies*

Instructor: Lori Boutestein

Learn to work with colourful glass and hobby came to create translucent art. Techniques on cutting glass for came, putty and final polish will be covered. The difference between foil and lead came methods will be discussed including safety precautions when handling lead came. *Pre-requisite: New to Stained Glass for beginners or previous experience working with glass including knowledge of cutting procedures. Materials (\$25) available from the instructor.*

WIRE WRAPPING

Fri., Feb. 3 – 24, 1 – 4 pm

CW-051

Fee: \$54 (\$84 non-members) + *supplies*

Instructor: Lew Houle

All skill levels welcome! Expand your jewellery wardrobe with one of a kind pieces using only wire – no soldering involved. Learn how to wrap a “free form” object or a “pre-cut” stone in an attractive and ornate setting. Simple weaving, netting, coiling, and attachments will be taught. Participants need to bring: round and flat nose pliers, and side cutters. *Note: Wire, patterns and instructions will be available from the instructor (approx. \$25).*

Register Early!

Registering for a program at the last minute can lead to class cancellation due to insufficient registration.

780 496-7369 www.clsa2.com

CREATIVE WRITING

A FRESH TAKE on JOURNALING

Wed., Jan. 25 – Feb. 15, 1 – 3 pm CW-052

Fee: \$64 (\$94 non-members)

Instructor: Susan Beach **NEW**

Do you keep a journal? Have you ever wanted to but couldn't get started? Maybe you're not the type to write a lot of words? Come try out lots of different approaches to journaling and find your strengths and unique voice as a writer. Whether you are a seasoned writer, a beginner or somewhere in between, you can learn and contribute in this class.

A TASTE OF CREATIVE WRITING

Wed., Jan. 18, 1 – 3 pm

CW-053

Fee: \$17 (\$47 non-members)

Instructor: Susan Beach

Have fun expanding all your senses and diving deep inside. Try out techniques that novelists, poets and screenwriters use to create lively original writing. Come ready to play. All are welcome.

BANISH WRITER'S BLOCK

Wed., Feb. 22 – Mar. 14, 1 – 3 pm CW-054

Fee: \$64 (\$94 non-members)

Instructor: Susan Beach **NEW**

Do you enjoy writing, but sometimes get stuck or can't figure out where to start? Make time for your writing! Gain new inspiration and tools every week to hone your writing skills and develop your own voice and style. Share your writing (optional) and write more. Banish Writer's Block this winter.

COMPUTER MESSAGES MADE CLEAR!

New

Wed., Mar. 21, 1 – 3 pm
Fee: \$17 (\$47 non-members)

CW-055

Instructor: Susan Beach

Blogging and Social Media texting are fast becoming the easiest, quickest and most used methods to communicate, but the messages are not always clear. Learn tips on how to create *effective* messages on-line, whether it's a little tweet or a daily blog. Write messages that others will want to read.

LYRICS for a SONG

New

Thurs., Feb. 23 & Mar. 1, 1 – 4 pm
Fee: \$32 (\$62 non-members)

CW-056

Instructor: Jade O'Riley

Have fun creating melodic lyrics, hooks & song titles that leave an impression. Open to anyone interested in song writing, this workshop will explore three song styles: Verse-Chorus-Bridge, Blues, and Folk & Country Refrain. There will be time in class to complete and present at least one song for feedback. Bring pen & paper, dictionary, and a rhyming dictionary if you have one. Bring your guitar if you'd like to debut your song in class.

WRITER'S WEEKLY WORKSHOPS

New

Wed., Jan. 25 – Feb. 29, 10 am – 12 pm
Fee: \$96 (\$126 non-members)

CW-057

Instructor: Susan Beach

You're writing a series of short pieces—or a longer memoir or book. How do you keep going? Who to share it with? Bring your ideas and work-in-progress to class. You can share your achievements and process. We'll try out new writer's tools and exercises each week, as well as reading our ongoing writing projects aloud for support, feedback, and encouragement.

DANCE

Whether you are a beginner dancer or have some experience on the dance floors, have fun learning the techniques of fast and smooth movement dance. It's fun, easy and great exercise.

Instructor Bio: Lynn Magnaye has served over twenty years as a volunteer in dance, figure skating and community leagues. This experience has provided her with an opportunity to enjoy the arts and the rewards of sharing. Lynn started dancing in 2006, participating in group lessons and performing shortly after. She began teaching Ballroom Dance in 2009 and is constantly in training working towards her DVIDA Certification. Lynn believes that "dance should be accessible to everyone" and strives to teach "dance as a healthy, social activity".

BALLROOM - ANYONE CAN DANCE: Introduction

CW-058a

Thurs., Jan. 19 – Feb. 23, 2:30 – 3:30 pm
Practice time to follow: 3:30 – 4 pm
Fee: \$45 (\$75 non-members)

Instructor: Lynn Magnaye

Never been on the dance floor or a little shy? This program will focus on the basic steps to becoming a comfortable social dancer. Dances to be taught include: Fox-trot, Jive, Rhumba and Waltz.

BALLROOM – ANYONE CAN DANCE!

CW-058b

Thurs. Mar. 1 – Apr. 5
2:30 – 3:30 pm
Practice time to follow: 3:30 – 4 pm
Fee: \$45 (\$75 non-members)

Instructor: Lynn Magnaye

In this session, participants will continue to build on the basics, learning new patterns and groupings. Dances will include: Fox-trot, Jive, Rhumba and Waltz.

Central Lions - Great people! Great programs! Great place!

BALLROOM DANCE:

Intermediate/Advanced

Tues., Jan. 17 – Feb. 21

CW-059a

or

Feb. 28 - Apr. 3

CW-059b

10:30 am – 12 pm

Fee: \$63 (\$93 non-members) each

Instructor: Richard Tan

In this session, participants will learn the techniques of the Rumba, Samba and International Tango. Whether it is the slow movement and affectionate feeling of the Rumba, the strong movement and rhythm of the Samba or the uniqueness and sexiness of the Tango, participants will enjoy adding more learning more refined techniques. Have fun adding finesse to your dancing style.

HULA DANCE

Thurs., Jan. 19 – Apr. 5

Fee: \$37 (\$67 non-members) each

Instructor: Donna Legault

Aloha! Welcome to Hula the art form of Hawaiian dance. Good for low impact exercise and memory. Enjoy the music and learn the meanings of steps and the unique History of the Hawaiian culture. Up to two performance opportunities included. Note: Nominal \$5 fee to instructor. Other opportunities available to perform with "Hula Honeys" as a community service is optional.

Level 1 3 - 4 pm

CW-060a

Level 2 1:45- 2:45 pm

CW-060b

1 year of experience

Level 3/4 12:30 – 1:30 pm

CW-060c

You must have 2 or more years experience.

LINE DANCING

Instructor: Dwayne Tulik

Wed., Jan. 11 – Mar. 28

Fee: \$72 (\$102 non-members) each

Instructor: Dwayne Tulik

Beginner/Intermediate

CW-061a

12 – 1:30 pm

Kick up your heels and join us for some fun while toning muscles and strengthening your heart! You will learn the basic steps to a variety of popular line dances. Bring comfortable flat or low heeled indoor shoes. No partner required.

Intermediate/Advanced

CW-061b

1:30 – 3 pm

At the intermediate level, the pace is a little faster and a little more challenging with more turns, and longer routines! An excellent mental and physical exercise alternative. Great music! Great fun!

TAP DANCE

Wed., Jan. 18 – Apr. 4

Fee: \$68 (\$98 non-members) each

Instructor: Mary Anne Kuebler

Level 2

CW-062a

9 – 10 am

If you want exercise, fun and laughter, this class is for you! Dance instructor Mary Anne will teach the basics of tap using Al Gilbert Tap Techniques. Join the group and 'step into spring'!

Level 4

CW-062b

10:15 – 11:15 am

Expand your dance repertoire following Al Gilbert Tap techniques. Excellent exercise and lots of toe-tapping fun! Performance opportunities included.

Pre-requisite: Beginners Tap or previous tap experience.

Active and Ageless!

TANGO GOLD: Tango Romantica

Mon., Jan. 16 - Feb. 13 or **CW-063a**

**No class Feb. 20*

Mon., Feb. 27 - Mar 26 **CW-063b**

1:45 – 2:45 pm

Fee: \$30 (\$60 non-members) each

Instructor: Maria Yakula

No other dance brings to mind glitter, glamour and sex appeal than the Tango. In this class, participants will learn the style of Argentine Tango performed in the Tango dance halls of Buenos Aires. This is a partner dance but singles can register and match up in class. Come enjoy the music, the movement and the fun.

DRAWING & PAINTING

ACRYLIC PAINTING

Fri., Feb. 10 - Mar. 16, 1 – 4 pm **CW-064a**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Muhammed Salayi

Create landscapes, seascapes, flowers, still life and much more using this non-toxic, allergy-friendly medium. Participants will receive fundamental, step-by-step instructions, tutorials, and expert advice as well as new ideas and inspiration.

Note: Supply list available.

ACRYLIC PAINTING -Workshop

Fri., Mar 23 & 30, 1 – 4 pm **CW-064b**

Fee: \$25 (\$55 non-members) + *supplies*

Instructor: Muhammed Salayi

New images! New exercises! If you are short on time or wanting to further explore working with acrylics, this workshop is for you. Be inspired with new ideas and advice.

Note: Supply list available.

BASICS OF LANDSCAPES USING ACRYLICS

Tues., Jan. 17 - Feb. 21 **CW-065**

1 - 4 pm

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Frank Haddock

Still searching for that perfect medium to express yourself? Try Acrylics. Learn about paint materials and procedures, colour theory, and how to get a variety of effects to create your own beautiful Alberta landscapes using this amazing medium! Learn how to paint mountains, trees, and water while also learning how an artist selects colours and develops a painting. Easy to follow demonstrations and individual attention are the cornerstone that makes this course a great learning experience.

CALLIGRAPHY & TRADITIONAL INK DRAWING

Fri., Mar. 2 – 23 **CW-066**

9:30 am - 12 pm

Fee: \$60 (\$90 non-members)

Instructors: Teachers with the Confucius Institute of Edmonton

This program is an introduction to Calligraphy, an ancient art of writing Chinese characters. There are several forms, all of which consider the story and meaning of the character. The calligraphy techniques are designed to enhance the beauty or meaning of the character. Learn about Chinese culture as you try this popular Chinese art form.

Central Lions - Great people! Great programs! Great place!

DRAWING FOR PAINTERS CW-067

Tues., Jan. 24 - Mar. 13, 9:30 am – 12 pm

Fee: \$95 (\$125 non-member) + *supplies*

Instructor: Frances Alty-Arscott

To be a successful painter, an artist needs to have a plan before beginning to paint. This course emphasizes the basic skills, methods and techniques in drawing and planning a painting including: information, composition and value sketches; value contrasts; and order of colour. Designed for painters wanting a refresher course in drawing and for those new to drawing. Demonstration and discussions will provide opportunity to create sketches for 'future paintings'. *Note: Supply list available.*

DRAWING: Fundamentals

Fri., Jan. 13 – Feb. 3, 1 – 4 pm **CW-068**

Fee: \$50 (\$80 non-members) + *supplies*

Instructor: Muhammed Salayi

Drawing provides an excellent foundation for all other art mediums. Suitable for both beginner and intermediate skill levels, this basic drawing program will provide tips on how to draw realistically. Proper techniques using a variety of mediums will be explored. Come learn from an experienced artist.

Note: Supply list available.

DRAWING & PAINTING with a DIP, a DAB, and a DO

Thurs., Mar. 8 – 29, 1 – 4 pm **CW-069**

Fee: \$54 (\$84 non-members) + *supplies*

Instructor: Nancy Corrigan

Have you ever wanted to just 'jump' into the paint and colour a canvas? Using a variety of tools including brushes, palette knife, sponges and more, learn basic design principles such as colour, visual unity, form and pattern. Come 'dip, dab and do' to create colourful art as individual as you. Emphasis is on fun, individual inspiration, and painting at your own pace. *Note: There will be an additional \$20 fee (due first class) for supplies which the instructor will provide.*

EXPRESSIVE ART

New

EXPLORATIONS

Thurs., Jan. 19 – Feb. 23, 1 – 4 pm **CW-070**

Fee: \$81 (\$111 non-members) + *supplies*

Instructor: Nancy Corrigan

Explore your creativity with pen, pencil and paint. In the first two weeks participants will be shown how to work with India ink and brushes to create free style figures. Using palette knives, learn how to apply layers of acrylic paint colour to create visual depth and interest. In the last two weeks, explore creative drawing using doodles and squiggles. *Note: There will be an additional \$20 fee (due first class) for supplies which the instructor will provide.*

OIL PAINTING: Level 1

Mon., Jan. 9 – Feb. 13, 1 – 4 pm **CW-071a**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Muhammed Salayi

Under the guidance of an exceptional artist and teacher, learn how to transfer a simple drawing into a beautiful oil painting. Enjoy exploring a range of oil painting techniques, tools and brush strokes. With many demonstrations, this program is ideal for both the absolute beginner and as a refresher for the experienced painter.

Note: Supply list available. Nominal fee for photo reference material.

OIL PAINTING: Level 2

Mon., Feb. 27 – Apr. 2, 1 – 4 pm **CW-071b**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Muhammed Salayi

Continue to enjoy exploring a range of oil painting techniques, tools and brush strokes. Plenty of demonstrations. This program is for students who have taken Level 1 or have some experience. *Note: Supply list available.*

Nominal fee for photo reference material.

Add life to Your Years

PAINTING THE FOUR SEASONS USING ACRYLIC/OIL PAINT

Wed., Feb. 29 - Apr. 4, 1 - 4 pm **CW-072**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Frank Haddock

Beginners and intermediates will find this a great class to review and learn new techniques to paint 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.

WATERCOLOUR: Beginners

Wed., Jan. 18 - Feb. 22, 1 - 4 pm **CW-073**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Frank Haddock

Have you ever wanted to create a landscape painting using watercolours?

Well here's your chance. Discover how to make clouds, mountains, trees and so much more in these two fun-filled afternoons. You will also learn about the materials artists use when painting with watercolours! Includes, handouts, demonstrations, and plenty of professional attention.

WATERCOLOUR EXPLORATIONS - Intermediate

Tues., Jan. 24 - Mar. 13, 1 - 3:30 pm **CW-074**

Fee: \$95 (\$125 non-members) + *supplies*

Instructor: Frances Alty-Arscott

Enhance freshness in your art by experimenting with new ideas and alternative painting techniques. Students will be encouraged to explore their own personal direction through individualized instruction, demo's and discussion. *Pre-requisite: Watercolours for Beginners or watercolour experience required. Supply list available.*

WATERCOLOUR PENCILS: Level 1

Wed., Jan. 18 - Feb. 22, 1 - 4 pm **CW-075**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Susanne Lamoureux

Explore this relatively new and remarkable medium similar to watercolour yet easy to manipulate with step-by-step instructions and techniques. You will also be introduced to colour theory. No experience required.

Note: Nominal fee for photocopies.

ESSENCE OF WATERCOLOUR PENCILS

Wed., Feb. 29 - Apr. 4, 1 - 4 pm **CW-076**

Fee: \$74 (\$104 non-members) + *supplies*

Instructor: Susanne Lamoureux

With step by step demonstrations, learn techniques and secrets for creating luminous colours and beautiful landscapes. By the end of the course, you will have lots of information and tips on how to use this versatile and inexpensive medium to create amazing landscapes. *Note: nominal fee for photo reference will be charged.*

Pre-requisite: Intro. to watercolour Pencils.

BENEFITS of BELONGING to the CLSA MEMBERSHIP

- * Make new friendships
- * Meeting people with like interests
- * Contribute to a community
- * Life-long learning
- * Keeping Fit
- * Improving Health and wellness
- * Central location
- * New and attractive facility
- * Fun! Fun! Fun!
- * Opportunities to "Add Life to Your Years"

Active and Ageless!

Join our Fitness Centre!

Note: It is advised to check with your doctor prior to taking any exercise program.

Even if you have never been to a Fitness Centre before, getting started is easy.
For more information or to meet our certified fitness coordinators
drop by the Fitness Centre or call 780 442-0949.

Take a FREE Orientation - The orientation will provide you with information about Centre operations, introduce you to the equipment, and provide some tips on exercising safely.

Note: Must be a member of CLSA prior to joining the Fitness Centre

Fitness Hours:

Monday to Friday 9 am - 3:30pm

Fees:

Drop-in \$3.50

10 Visit Pass \$30

Monthly Pass \$35

Check out our Equipment!

Easy to use, designed for all ability levels,
great for improving cardio & for increasing
muscle strength and bone density.

- * Squat Machine
- * Seated Leg Curl
- * Leg Extension
- * Ab Crunch
- * Chest Press
- * Seated Row
- * Lat Pull Down
- * Dual Adjustable Pulley Machine
- * SciFit Pro-Armagometer
- easy to use programs
- * Various sizes of dumbbells
- for a more advanced workout
- * Bosu Balls & Exercise Balls
- * Body Bars
- * Foam Rollers
- * Walking Poles

The Benefits of Physical Activity

- * A healthy and active lifestyle
- * Relaxation and reduced stress
- * Better physical and mental health
- * Improved quality of life
- * More energy
- * Better posture and balance
- * Weight maintenance
- * Stronger muscles and bones
- * Reduces heart disease, obesity, diabetes,
osteoporosis , stroke, colon cancer,
depression, falls & injuries
and premature death

Prices and hours are subject to change

Add life to Your Years

What fitness program is right for you?

Step 1:

It is advisable to check with your doctor prior to taking any exercise program

Step 2:

Decide what it is you enjoy doing

Step 3:

Determine your ability level

Gentle: A person who has been sedentary for the last few months; gets breathless easily; lacks joint flexibility; and lacks muscle tone. This individual doesn't feel ready for vigorous physical activity. Look for these **Gentle** exercise programs:

- * Better Balance
- * Gentle Move & Groove
- * Roaring Lions Walking Group
- * Tai Chi - Yang Style
- * Yoga - Gentle

Moderate: A person who has been participating in physical activities of a moderate nature over the past few months. Look for these **Moderate** exercise programs:

- * Belly Dancing Goldies
- * Cardio Salsa
- * Co-Ed Keep Fit
- * Dance into Shape
- * Fitness for Golfers
- * Fitness Fun Karate Style
- * Strength Training
- * Stretch and Strength
- * Tai Chi - Yang Style
- * Yoga for You
- * Yoga Stretch & Relax

Active: A person who has been active for months and who can do vigorous activity for 30 minutes or more at a time. Look for these **Active** exercise programs:

- * Core Strength
- * iFlow Fitness
- * Muscle Up
- * Total Fitness
- * Zumba Gold

Step 4:

Register...and you are on your way to an improved and healthy lifestyle.

Congratulations! It is that easy!

Central Lions - Great people! Great programs! Great place!

FITNESS

It is advisable to check with your doctor prior to taking any exercise program.

Note: As requested by participants request, fitness classes have been staggered and/or extended to reduce break time between sessions. As a result, prices may be showing an increase.

ARTHRITIS & PHYSICAL ACTIVITIES - Seminar

Thurs., Jan. 19, 1 - 2:30 pm **CW-077**
Fee: \$7 (you must pre-register)

Presenter: Chris Ha

Do aches and pains keep you from participating in fitness programs? It is important to keep moving no matter what in order to maintain the ability to carry out daily functions. Learn more about how to keep actively safely from Fitness expert Chris Ha.

ATTITUDE & EXERCISE: HOW TO STAY MOTIVATED - Seminar

Thurs., Feb. 9, 1 - 2:30 pm **CW-078**
Fee: \$7 (you must pre-register)

Presenter: Chris Ha

The new year brings all kinds of excitement and new beginnings, but often it does not take long before resolutions go by the way side. Attitude and measurable goal setting are important components of staying motivated when it comes to exercise. Join Chris to learn tips on how to stay on track.

Spelling and grammatical errors are sprinkled throughout the brochure for your entertainment.

BETTER BALANCE

NEW

Thurs., Jan. 19 – Feb. 23, 12:45 pm **CW-079**
Fee: \$25 (\$55 non-members)

Instructor: Rita Suter

Balance exercises for older adults in conjunction with strengthening endurance can contribute toward a reduced risk of falls. The goal of this program is to improve balance with simple, low risk exercises; progressing towards exercises that require maintaining balance while moving. Participants will be encouraged to progress at their own pace. *Note: This program is suitable for all fitness levels except those individuals confined to a chair.*

CARDIO SALSA

CW-080

Tues., Jan. 17 – Mar. 20, 10 – 11 am
Fee: \$60 (\$90 non-members)

Instructor: Maria Yakula

Back by popular demand – Salsa Maria teaching Cardio Salsa on Tuesdays. Fun and easy! Skill and technique not required. This dance exercise class gets you moving to well-loved Latin and internationally based music such as Merengue, Cha Cha, Samba, Salsa and more. *“Why dance if you can Salsa!”*

CORE EXERCISES FOR DIFFERENT BODY TYPES - Seminar

Thurs., Mar. 8, 1 - 2:30 pm **CW-081**
Fee: \$7 (you must pre-register)

Presenter: Chris Ha

Imbalances in our bodies occur through improper posture, misuse or injury. In this active presentation, Chris will show some correctional exercises to help rehabilitate the body. As you learn to use these exercises in sequence, the body will begin to become more aligned. Be prepared to do some mat work in this class.

CO-ED KEEP FIT

Moderate to Active

Fee: \$38 (\$68 non-members) each

Mon., Jan. 9 - Apr. 2 *No class Feb. 20

9 - 10 am **CW-082a**

Instructor: Alison McIntyre

Wed., Jan. 18 - Apr. 4

9 - 10 am **CW-082b**

Instructor: Wendy Davies

Combined Levels

Fee: \$34 (\$64 non-members)

Fri., Jan. 13 - Mar. 30 *No class Jan. 27

1:30 - 2:30 pm **CW-082c**

Instructor: Alison McIntyre

For those who like a high energy work-out, improve your heart's 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 & agility through active movement.

Gentle to Moderate

Fee: \$38 (\$68 non-members) each

Mon., Jan. 9 - Apr. 2 *No class Feb. 20

10:10 - 11:10 am **CW-082d**

Instructor: Alison McIntyre

Wed., Jan. 18 - Apr. 4

10:10 - 11:10 am **CW-082e**

Instructor: Wendy Davies

Walk, stretch and exercise your way to improved balance, strength, endurance and flexibility. This class builds from 20 - 30 min. of active aerobics followed by balance, chair and/or resistance exercises. Everyone is encouraged to work out at their own pace.

CORE STRENGTH

Mon., Jan. 16 - Apr. 2 *No class Feb. 20

1 - 2 pm **CW-083**

Fee: \$59 (\$89 non-members)

Instructor: Wendy Davies

Focusing on lower back and abdominals, this program emphasizes strength development, balance and flexibility. Stability balls, light hand weights and therabands are used.

Note: Floor exercises are part of this class.

DANCE INTO SHAPE

NEW

Fri., Jan. 13 - Mar. 30, 9:30 - 10:30 am

Fee: \$78 (\$108 non-members) **CW-084**

Instructor: Barb Anderson

Indulge in your love of dance and movement while improving your health! Enjoy cardio, strength and balance training as you "Swing" your way through Jazz, Latin and Line dance moves. No partners necessary!

GENTLE MOVE & GROOVE

Fee: \$30 (\$60 non-members) each

Mon., Jan. 9 - Feb. 13 or

CW-085a

Mon., Feb. 27 - Apr. 2

CW-085b

11:30 am - 12:30 pm

Instructor: Alison McIntyre

Wed., Jan. 11 - Feb. 15 or

CW-085c

Wed., Feb. 22 - Mar. 28

CW-085d

11:30 am - 12:30 pm

Instructor: Wendy Davies

Fri., Jan. 13 - Feb. 17 or

CW-085e

Fri., Feb. 24 - Mar. 30

CW-085f

1 - 2 pm

Instructor: Marilee Barry

Do conditions and concerns such as arthritis, osteoporosis, and/or mobility issues keep you from exercising? Integrating gentle exercises in both standing and sitting positions, the aim of this program is to promote functional fitness. Stay independent with exercises that improve heart health, strength, balance and joint range of motion.

FITNESS "FORE" GOLFERS

Tues., Mar. 13 - Apr. 3, 2 - 3 pm **CW-086**

Fee: \$20 (\$50 non-members)

Instructor: Susan Redl

For golfers of all levels, this program focuses on specific stability and mobility exercises for legs and arms, and rotational exercises for the body. Mat work, a small fitness assessment and balance work using the stability ball, bosu ball and medicine balls are included. Prepare now and take numbers away from your game, and stiffness and soreness away from your round.

FITNESS FUN KARATE STYLE *NEW*

Fri. Jan. 13 - Mar. 30, 11 am - 12 pm

Fee: \$81 (\$111 non-members) **CW-087**

Instructor: John Priegert

A small size fitness class with a martial arts twist! Sound fun? Come join John as he shares more than 30 years of Japanese training. This program involves low impact group training with partner drills to keep your mind alert. Ordinary workout clothes are all that's needed! Come start the year with something new!

IFLOW FITNESS

Tues., Jan. 17 - Apr. 3 **CW-088**

11:30 am - 12:30 pm

Fee: \$64 (\$94 non-members)

Instructor: Wendy Davies

Burn 10 calories per minute while toning your muscles. iFlow is a new style of exercise program that combines strength, flexibility and cardiovascular training to tone and sculpt the entire body. It is a blend of Yoga, Pilates and Mixed Martial Arts that can be done indoors, outdoors and while travelling.

MUSCLE UP

Tues., Jan., 17 – Apr. 3 or

Thurs., Jan., 19 – Apr. 5

11:10 am – 12:10 pm

Fee: \$64 (\$94 non-members) each

Instructor: Chris Ha

Muscle Up is functional resistance training that targets the entire body. This medium to high impact program includes walking, lunges, squats, floor exercises/mat work and lots of stretching and utilizes several types of fitness devices including tubing, dumbbells and exercise balls. Improve your overall fitness with proper training techniques.

STRETCH AND STRENGTH

Tues., Jan., 17 – Apr. 3 or

Thurs., Jan., 19 – Apr. 5

10 - 11 am

Fee: \$64 (\$94 non-members) each

Instructor: Chris Ha

Finished rehab? Looking to improve fitness? This program is for individuals who have experienced active injuries such as hip/knee replacements or back surgery, or have chronic muscle dystrophy. A short moderate light weight strength training followed by a balance and stretching session gives your mind and body a total revitalization. Exercise devices may include tubing, exercise balls, and small dumbbells.

ROARING LIONS - Walking Group

Tues. & Thurs., 10 - 11 am - Drop-In

\$1 CLSA Member/ \$2 Non-Member per visit

Facilitator: Rita Suter

Join this active, social group and participate in a regular walking program at your own level. All you need is desire and ability to walk independently. It is safe, interactive and fun. Bring a friend. Come meet others.

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STRENGTH TRAINING

Tues., Jan. 17 - Apr. 3

Level 1/2 1 – 2 pm **CW-091a**

Level 2/3 2:15 – 3:15 pm **CW-091b**

Fee: \$64 (\$94 non-members) each

Instructor: Wendy Davies

Improve your balance, strengthen your bones, tone your muscles and give your body better shape. Various arm and leg movements using weights will be taught. Exercise ball used in Level 2/3.

TAI CHI – Yang Style

Mon., Jan. 16 – Mar. 26 *No class Feb. 20

Level 1: 1 – 2 pm **CW-092a**

Level 2: 2:05 – 3:05 pm **CW-092b**

Fee: \$75 (\$105 non-members) each

Instructor: Leslie Sarabin

Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Improved focus and concentration are also key benefits. In Level 1, participants will learn the first 15 – 20 movements with focus on body alignment, coordination and memory. *Pre-requisite: Ability to stand for 30 continuous minutes.*

Level 2 is a 'continuation' of movements learned in Level 1. *Pre-requisite: Tai Chi: Level 1*

TOTAL FITNESS

Tues., Jan. 17 - Feb. 21 or

CW-093a

Tues., Feb. 28 – Apr. 3

CW-093b

12:45 am - 1:45 pm

Fee: \$19 (\$49 non-members) each

Instructor: Susan Redl

This cardio sculpting class combines core conditioning, strength training exercises, balance, and stretching to achieve an all around total body workout. Listen to the old time tunes while becoming fit.

Instructor Bio: Trained in Toronto, Maxine Cowan has been teaching yoga since 1993 and is a certified Iyengar Yoga instructor. She has been teaching restorative yoga (Yoga Stretch and Relax) at Central Lions Since 2010. She also teaches yoga to veterans with extreme stress related injuries. Her classes combine active yoga and total relaxation. Maxine's interest is in structural alignment of the body, and how stacking our bones supports our health and facilitates ease of movement.

YOGA STRETCH AND RELAX

Fri., Jan., 13 – Mar. 30

CW-094

9:30 - 11 am

Fee: \$82 (\$112 non-members)

Instructor: Maxine Cowan

This class is a combination of active yoga and total relaxation. Dress in layers - light to stretch and warm to relax. Bring a yoga mat, a small fleece blanket and wool socks - the extra warmth facilitates relaxation. Come to enjoy a total body experience. Please bring your own yoga mat, towel and white socks

YOGA FOR YOU

Mon., Jan., 9 – Apr. 2 or

CW-095a

*No class Feb. 20

Thurs., Jan., 12 – Mar. 29

CW-095b

9:30 – 11 am

Fee: \$82 (\$112 non-members) each

Instructor: Sylvia Galbraith

Yoga focuses on improving your physical and mental well being using a combination of poses, breathing & meditation exercises. It is an effective tool for increasing strength and flexibility, relieving stress, calming the mind, and achieving complete physical and mental relaxation. Please bring your own yoga mat, towel and white socks.

YOGA GENTLE

Mon., Jan. 9 – Apr. 2 or

*No class Feb. 20

CW-096a

Thurs., Jan. 12 – Mar. 29

CW-096b

11:15 am – 12:15 pm

Fee: \$61 (\$91 non-members) each

Instructor: Sylvia Galbraith

Emphasizing flexibility, balance, breathing and body Awareness, gentle yoga exercises are done “seated” using equipment supplied.

There are no floor exercises. Everyone is encouraged to work at their own pace and comfort level. “Please bring towel, yoga mat & white socks”.

Instructor Bio: A group fitness instructor, Grace McDonald has been teaching Zumba since 2008. She is certified in Zumba (regular); Zumba Gold (older adults); Zumba Toning (body sculpture & strength), and Zumbatonic (fitness for kids). Grace is passionate about Zumba, having attended the national Zumba Conventions in 2009 and 2011. She hopes to “see you ZUMBA-ing soon!!!”

ZUMBA GOLD

Mon., Jan. 9 – Feb. 13

CW-097a

or

Mon., Feb. 27 – Apr. 2

CW-097b

12:30 - 1:30 pm

Fee: \$30 (\$60 non-members) each

Instructor: Grace McDonald

Ditch the workout and join the party! Come work out at your own pace with this Latin-inspired dance fitness class. It is so much fun you won't even know you're exercising! Move to current Latin and international rhythms, and golden oldies. Technique is not important. Just enjoy the music and get moving with new instructor Grace McDonald!

GENERAL INTEREST

DON'T THROW AWAY \$

Thurs. Feb. 16, 1:30 - 3 pm

CW-098

Fee: \$2 (you must pre-register)

Presenter: John Bucci

Don't throw your postcards, envelopes or stamps; they may be worth money! There is a renewed interest in collecting with the price of material going up with varied collecting interest. Join John for an informative session on a long lost hobby. For more information, visit www.mjrpostcardsandcovers.ca.

DRAMA: Just Clowning Around

Wed., Mar. 7, 1 – 4 pm

CW-099a

Fee: \$18 (\$48 non-members)

Instructor: Gertie Groeneweg

Come explore your inner clown with Frieda the Freeloader. She'll show you how she picks her costume and gets into character. Be prepared to “clown-around”. She'll share some original Red Skelton “Gertrude & Heathcliffe” tales and tickle your funny bone as she teaches you how to find the clown within you. Laughter is such a precious gift. Come have fun and let stress melt away.

DRAMA: Clown Balloon Creations for Beginners

Wed., Mar. 21, 1 - 3 pm

CW-099b

Fee: \$15 (\$45 non-member) + *supplies*

Instructor: Gertrude Groeneweg

Amaze your family. In this beginner workshop, clown Freida the Freeloader will show you how to make basic balloon animals. Let out the “snap, crackle & pop” as you bend and twist colourful balloons into fascinating shapes. *Note: Supplies including 100 balloons & 'pump' of \$15 – 20 payable to the instructor.*

Add life to Your Years

FINANCIAL FUNDAMENTALS FOR RETIREMENT

Wed., Jan. 25, 10 am – 12 pm **CW-100**

Fee: \$7 (\$37 non-members)

**Presenter: Gerry Lepine,
Financial Advisor**

The best way to avoid getting into financial difficulties and secure retirement savings is to plan ahead. Start the New Year right! This workshop will provide an overview of important topics for financial well-being: Going forward – risks, concern and opportunities; investment safety - savings; and insurance safeguards – travel, critical illness, mortgages and long term care. Be informed!

GENEALOGY: An Introduction

Mon. Jan. 30, 9 am – 12 pm **CW-100a**

Fee: \$21 (\$51 non-members) + \$10 manual

**Presenter: Kathleen Rae,
The Family Tree**

This introductory, hands-on workshop covers the basic rules of genealogy: pedigree charts; Family Group sheets; and where to look for information. Discussion will include related books, and viewing of actual genealogical records.

GENEALOGY: Internet

Mon. Feb. 27, 9 am – 12 pm **CW-100b**

Fee: \$21 (\$51 non-members) + \$10 manual

**Presenter: Kathleen Rae,
The Family Tree**

No computer experience required! Information will be presented on a large screen. Topics include: where to find good research sites and mailing lists; how to post proper queries; the Privacy Laws in Canada; and what you will or will not find compared to other countries. *Note: Participants may bring a list of family names, dates and places to class for the instructor to research.*

GENEALOGY:

Research Plans That Work

Tues., Feb. 21, 11 am – 12 pm **CW-101**

Fee: \$15 (\$45 non-members)

Presenter: Lyn Meehan

Preliminary research, course-plotting, and charting are strategies for successful genealogy. If there is no strategy, frustration (and expense) can easily offset any plans. Learn how to keep focused in your research by: setting goals; thinking through purpose and procedures; and writing self instructions. Start your research on the right path to success! Handouts included. *Pre-requisite: Must have some basic knowledge of genealogy and started your ancestry search.*

JUST FOR LADIES: Body Type & Image for Mature Women

Mon., Mar. 5, 10 – 11:45 am **CW-102**

Fee: \$21 (\$51 non-members)

Presenter: Susanne Urbina

Feeling blue; looking for an image update? By learning how to showcase your finest features and camouflage those pesky trouble spots, you can improve your whole well-being. Join Susanne for lively discussion and analysis of body styles, face types, and tips to help you look and feel your best.

Watch for advance Genealogy
programs this Spring

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**INTERNATIONAL AFFAIRS:
Historical & Modern Israel -
Problems & Possibilities**

Thurs., Jan. 26, 1:30 – 3:30 pm **CW-103**
Fee: \$2 (you must pre-register)

Presenter: Abe Silverman

This presentation will provide an overview of the Biblical and archaeological history of the land of the Jewish people and the founding state of Israel. The relationships between Israel and its neighbours will be examined. Join Holocaust survivor Abe Silverman as he shares Israel's remarkable achievements as well as its profound difficulties and future prospects.

Overwhelmed by Clutter

Fri., Jan. 20, 1:30 - 3 pm **CW-104**
Fee: \$7 (\$37 non members)

Presenter: Anita Beil, Organizer

Are you or someone you know downsizing, relocating or modifying their home? Join professional organizer Anita for an informative session on how she can help: develop an overall move or "age in place" plan; organize and sort; arrange for disposal of unwanted items; customize floor plans; unpack and set up the new home; and assist with related services.

**SOUPS ON: Winter Soups to
Soothe the Soul**

Mon., Feb. 13, 1 – 3 pm **CW-105**
Fee: \$15 (\$45 non-members)

Presenter: Karin Adshead

What better way to get warm on a cold day than with a delicious soup! A soup is an easy way to incorporate a lot of healthy ingredients into a simple meal that can be frozen in small portions. It is also a great way to get your daily quota of vegetables. Back by popular demand, join Karin for a fun afternoon of recipe sharing and tasting. Make one soup, sample three others, and bring home recipes to help soothe your soul throughout the long winter season.

**THE TITANIC TRAGEDY:
100TH Anniversary**

Mon., Apr. 2, 1:30 – 3:30 pm **CW-106**
Fee: \$5 (you must pre-register)

Presenter: Wayne Macdonald

April 14, 2012 is the 100th Anniversary of the tragic sinking of the RMS Titanic. Thousands lost their lives. Using archival photos and personal stories of the survivors, join local historian Wayne Macdonald as he discusses the "unsinkable" ship and what life was like for the passengers on board the vessel during its ill-fated maiden voyage.

In celebration of this anniversary, Wayne has kindly offered to donate a signed Titanic print by Millvina Dean, the youngest survivor of this disastrous sinking who passed away in 2009. This signed print, currently valued at \$250, is expected to increase to over \$1100. Don't miss out. Be sure to attend this presentation to have your name entered for this draw.

TRAVEL TALK:

Discover South America

Tues., Feb. 28, 1:30 – 3 pm **CW-107a**
Fee: \$2 (you must pre-register)

Presenter: Roma Newcombe

Discover the beauty of South America's Ecuador, Peru and Chile - from the exotic orchids and birds of the Tropical forests of Ecuador, to the giant sand dunes of Peru, to the splendour of the many volcanoes geysers and beaches that are unique to Chile. Beat the cold weather blues and join Roma on this pictorial tour.

TRAVEL TALK: Jordan and Egypt

Tues., Mar. 20, 1:30 – 3 pm **CW-107b**

Fee: \$2 (you must pre-register)

Presenter: Roma Newcombe

Enjoy a beautiful photo journey of the architectural wonders that are found in Egypt and Jordan. Experience a fascinating tour of the pyramids where pharaohs and queens once walked. Escape Edmonton's icy grip for a few hours and join Roma for a tour of extraordinary sights that date back to biblical times.

TRAVEL TALK: Qatar and Turkey

Tues., Mar. 27, 1:30 - 3 pm **CW-107c**

Fee: \$2 (you must pre-register)

Presenter: Roma Newcombe

Turkey and Qatar are part of a diverse and intriguing area of the world that is rich in history and legend. Castle ruins and palaces of great empires abound. Come see where Achilles battled the Trojans, and where the Ottoman Empire fought battles that would shape the world. Travel to the small peninsula of Qatar where for centuries the main occupation for the coastal people was fishing and pearling. Join Roma as she shares an area of our world that few have seen.

TRAVEL TALK: Scotland - Cities, Highlands & Islands

Tues., Jan. 24, 1:30 – 3 pm **CW-107d**

Fee: \$5 (you must pre-register)

Presenters: Dr. Edgar & Muriel Toop

Enjoy a beautiful, pictorial tour of Scotland with its historic buildings, gardens, parks and islands. Explore picturesque Edinburgh with its spectacular, rugged setting and vast Medieval and Georgian architecture. See Aberdeen, Glasgow and the beautiful city of Oban. The final 'journey' is a recount of the 12 day voyage to the remote Hebrides, Orkney and Shetland Islands where geological formations, ancient ruins, and seabird colonies abound. *A great addition to CLSA's Robbie Burns' celebrations on Friday, Jan. 27.*

HEALTH & WELLNESS

Note: The courses listed do not necessarily reflect the philosophy of CLSA.

BONE & JOINT SURGERY

Tues., Jan. 17, 12:30 – 1:15 pm **CW-108**

Fee: \$2 (you must pre-register)

**Presenter: Barb Turner, Volunteer –
Canadian Orthopaedic Foundation**

The Canadian Orthopaedic Foundation has many resources to help prepare and recover from bone and joint surgery. A short 20 minute presentation followed by Q & A will show the different resources available to people having or recovering from surgery. The Ortho Connect Peer Support Group will be presented to anyone that wants to talk to someone who has had a similar surgery. An informative session for those in need.

Register Early!

Registering for a program at the last minute can lead to class cancellation due to insufficient registration.

780 496-7369 www.clsa2.com

Active and Ageless!

CAREGIVING -

When You, Your Spouse or Other Needs Help

Tues., Mar. 13, 1:30 – 2:30 pm **CW-109**
Fee: \$2 (you must pre-register)

Presenter:

Alberta Caregivers Association

Caregiving and compassion can be overwhelming and exhausting. It is important for caregivers to recognize the need to care for themselves. Alberta Caregivers Association provides caregiver support and information assistance regarding housing, transportation, financial planning, legal issues and more. Realize you are not alone! Join this informative session.

CONFLICT WITHOUT TEARS:

Series 1

Wednesdays, 1 – 4 pm **CW-110**
Fee: \$46 (\$76 non-members)

Presenter: Trudianne Dolman, M.A., Chartered Mediator, Pathways Through Conflict

Where there are people, conflict is inevitable. The key is to learn and reinforce tools within oneself to be able to deal with conflict calmly. In this in-depth series, Trudianne will help you look for 'pathways through conflict' in various issues.

Feb. 8

Understand Your Conflict Style and Why Conflict Happens

Feb. 29

Listen Up! And Help Others to Hear You

Mar. 14

How to Stand Your Ground & When to Let Go

CONNECTIONS

Thursdays, 10 am – 12 pm **CW-111**

Are you 65+ looking for fun, friendship, and social interaction? Do you want to laugh and exercise in a safe setting? Are you feeling isolated and lonely? Join Connections for coffee time, exercise, and creative activities.

Note: At time of printing, dates for this program had not yet been confirmed.

For more information on dates and fees, call 780-496-7369 and leave a message for Carol.

DENTAL HEALTH DIGEST

Tues. Feb. 7, 11 am – 12 pm **CW-112**
Fee: \$2 (you must pre-register)

Presenter: Tracy Fedorak –R.D.H., Periosmart Dental Hygiene & Rigo Cruz – DD, East Edmonton Denture Clinic

Did you know there is a link between gum disease and heart disease? What is the cause of that bad breath? Mobile hygienist Tracy and dentist Rigo will review the causes of gingivitis, gum disease, and the consequences of ill-fitting dentures. Learn how to keep your teeth – and smile – forever. Find out more in this informative session about good dental and denture care.

FINDING BALANCE

Thurs. Jan. 26, 10:30 am – 12 pm **CW-113**
Fee: \$2 (you must pre-register)

Presenter: Bev Theroux, Community Health Nurse, AHS

Did you know falls are the most common cause of injury for people over 65? Yet falling is not a natural part of getting older. Many things (including vision, medications and muscle strength) can affect balance, not just age. Come learn positive steps that you can take to minimize your risks and prevent a fall before it happens.

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HYPERTENSION & STROKE:

Be Heart Wise

Thurs. Feb. 9, 10:30 am – 12 pm **CW-114**

Fee: \$2 (you must pre-register)

Presenter: Bev Theroux, Community Health Nurse, AHS

February is Heart month. How is yours? Do you know what those blood pressure numbers mean? Learn what high blood pressure and stroke are; what you can do to reduce heart and stroke risks; and how you can keep your blood pressure in a 'healthy heart' range. A personal blood pressure assessment will also be included.

JEEPERS PEEPERS: Not Seeing As Well As You Used To?

Thurs., Feb. 2, 11 am – 12 pm **CW-115**

Fee: \$2 (you must pre-register)

Presenter: Mindy Bodnarchuk, CNIB

Aging and vision loss are common concerns of older adults. Become informed about common eye conditions including: glaucoma, diabetic retinopathy, and age-related macular degeneration. Learn about prevention, treatments, and available aids to assist vision impairment. Don't be left in the dark!

KEEP HAPPY in the COLD: Chase those Blues Away!

Wed., Jan. 18, 1 - 3 pm **CW-116**

Fee: \$7 (\$37 non-members)

Presenter: Elizabeth Manuel

Staying happy during the cold and dark winter months is possible with a little effort and mindfulness. You may prefer to be on a sunny, warm winter vacation but if your reality is a harsh climate then learn to make the best of what is happening and you will keep your happy'ometer high. Come discover life enhancing tricks to stay warm and boost your happiness.

LOOK OUT WINTER: Fight Infection & Build Your Immune System Naturally

Tues., Jan. 17, 1 – 2:30 pm **CW-117**

Fee: \$10 (\$40 non-members)

Presenter: Dr. Anne Mageau, Natural Path Clinic

There are many kinds of immune challenges – from basic infections to major inflammations. It seems when the cold weather is here, we are more susceptible to getting sick. Join "Dr. Anne" as she shares alternative health choices to battle infections and tips on how to build your immune system naturally.

MICRO MOVES for RELAXATION

Tues., Mar. 6, 1:30 – 2:30 pm **CW-118**

Fee: \$7 (\$37 non-members)

Presenter: Julie Leblanc, Registered Massage Therapist

Back, shoulder, neck and lower limbs can all benefit from micro movements. The best thing is that they can be done anywhere. Whether sitting or in a standing position, discover how they can have a positive effect on posture and relaxation.

NUTRITION MADE CLEAR

Wed., Feb. 22, 2 – 3:30 pm **CW-119a**

Fee: \$15 (\$45 non-members)

Presenter: Ashley Cattell

Everyone seems to have an opinion about what to eat and what not to eat, the hottest superfood and latest no-fail diet. Nutrition information is spread via multiple media outlets from magazine headlines, to celebrity and talk show hosts. Together we will expose the leading misconceptions in nutrition.

NUTRITION & THE PSYCHOLOGY OF FOOD CHOICES: Eating Mindfully

Wed., Jan. 25, 2 – 3:30 pm **CW-119b**
Fee: \$15 (\$45 non-members)

Presenter: Ashley Cattell

Join our Dietitian for a fascinating look into the hidden dynamics behind our food choices. What food marketing techniques persuade us to overeat? How do cues, emotions, and habits drive our dietary patterns? Learn how to make more mindful food choices and enjoy the whole food experience.

NUTRITION: Thyme to Shake Your Need for Salt

Wed., Mar. 28, 2 – 3:30 pm **CW-119c**
Fee: \$15 (\$45 non-members)

Presenter: Ashley Cattell

Did you know only 6% of the sodium in our diet comes from salt added at the table. Closely linked to high blood pressure, "the silent killer"; there simply isn't room for excess sodium in our diets. Explore strategies to prepare meals with natural flavour enhancers, alternatives to high-sodium processed foods and recipe ideas that may just become your ultimate favourites.

RELAX with REFLEXOLOGY

Tues., Feb. 7, 1:30 – 2:30 pm **CW-120**
Fee: \$7 (\$37 non-members)

Presenter: Julie Leblanc, Registered Massage Therapist

Reflexology is a safe, non-invasive therapy suitable for all ages. It helps relax, re-energize and rejuvenate the body. Find out how "happy feet = a happy body" in this introduction to reflexology. A sample demonstration will be given.

RELAXATION for HEALTH CW-121

Thurs., Mar. 22 & 29, 1:30 – 3:30 pm
Fee: \$15 (\$45 non-members)

Presenter: Marlene Skaley

Do you find it hard to slow down? Do you feel tension even if you are not feeling stressed? Daily relaxation is important to help heal the mind, body and soul. Come explore different relaxation techniques that you can do at home or anywhere. Learn how to relax more deeply than you thought possible.

CLINICS

FOOTCARE CLINIC

2nd & 4th Tuesday, 9 am - 3 pm
\$35 per treatment, payable to VON.
Appointment needed; call 780 496-7369.

HEARING CLINIC

Debrah Raeen,
Practitioner with The Better Hearing Centre
2nd & 4th Thursday, 9:30 am – 3:30 pm
This clinic provides hearing aid tests, evaluations hearing aids, listening devices, repairs and batteries. Free clinic.
Appointment needed; call 780 496-7369.

PROFESSIONAL FRIEND & COUNSELLOR

**Dr. Joyce Kryswaty,
Retired Psychologist**

1st & 3rd Tuesday, Jan. 18 - Apr. 5
9:30, 10:30 or 11:30 am

If you have a personal concern you need to discuss, call 780 496-7369 to book an appointment. Home consultations are available for seniors unable to come to the Centre. Consultations are free, private and confidential.

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LANGUAGES

FRENCH - Level 1

Mon., Mar. 5 – Apr. 2, 10 – 11 am **CW-122**

Fee: \$25 (\$55 non-member)

Instructor: Graham Cooke

This beginners' level program is designed for those who want to learn basic phrases and vocabulary for travelling in Quebec or France. The following topics will be covered:

greetings, numbers, food, ordering a meal, seasons, weather and telling time. A few French songs will be learned as well. Have fun learning Canada's other national language. *Note: Nominal fee for photocopying payable to instructor.*

INTRODUCTION TO CHINESE

Tues., Jan. 17 – Apr. 3

Fee: \$96 (\$126 non-members) each

Instructors: Teachers with the Confucius Institute of Edmonton

Beginners Level 2: **CW-123a**

9 – 10:30 am

Pre-requisite: must have completed Level 1

Beginners Level 1: **CW-123b**

10:30 am – 12 pm

An introduction to Mandarin for people wishing to learn Chinese. These sessions are taught by experienced, expert instructors and are for individuals with little or no Chinese language background. Level 2 will be a continuation of the basics learned in Level 1 in the fall session. Level 1 will be for those just starting out. Learn introductory skills and a basic understanding of the Chinese language – pronunciation, vocabulary and new words. Limited introduction to simplified Chinese characters.

INTRODUCTION TO SPANISH for TRAVELLERS

CW-124

Tues. Jan. 24 - Mar. 27, 9 - 10:30 am

Fee: \$56 (\$86 non-members)

Instructor: Juan Acevedo

Planning a holiday to Mexico or other Spanish speaking destination? Make it more enjoyable by learning how to speak simple and common phrases of the culture. Grammar, greetings, numbers, time and spelling will be covered.

At the end of this course, participants will have tools to carry on everyday useful dialogue when travelling.

MUSIC

CENTRAL SINGERS:

Choral Sing-A-Long **CW-125**

Thurs., Jan. 19 – Mar. 22, 2 – 3:30 pm

Fee: \$38 (\$68 non-members)

Instructor: Kristine Reid

Do you enjoy singing? Would you like to be part of an enthusiastic group? Everyone from beginners to experienced are welcome to join in an afternoon of fun, laughter, learning and song. Various music styles will be explored including choral work and sing-a-long pieces. Occasional performance opportunities optional.

CLASSICAL GUITAR

Tues., Feb. 21 - Mar. 27

CW-126

12:45 – 1:30 pm

Fee: \$45 (\$75 non-members)

Instructor: Andrew Switzer

In this six week course learn to play entirely with both the left and right hand. Reading basic music will also be taught. By the end of the course students should be able to read and play simple classical guitar music by composers Bach, Sor, and Giuliani.

Note: Participants must come with a classical (nylon string) guitar.

Active and Ageless!

ELECTRIC GUITAR

Fee: \$50 (\$80 non-members) each

Instructor: Andrew Switzer

Note: All participants are required to bring an electric guitar, a portable guitar amplifier, and a guitar cable to class.

Beginner: Level 1 2:50 – 3:50 pm

Tues., Jan. 17 – Feb. 21 or **CW-127a**
Tues., Feb. 28 – Apr. 3 **CW-127b**

Learn to read music notation, including notes and chord charts. Music notation is learned by playing familiar folk and rock tunes. The focus is on melodic guitar playing. Learn new chord forms, such as rock, blues and chords from other lesser used positions.

Intermediate 1:40 – 2:40 pm

Tues., Jan. 17 - Feb. 21 or **CW-127c**
Tues., Feb. 28 - Apr. 3 **CW-127d**

Intermediate is a continuation from previous sessions. Learn to read music notation including chords and chord charts by playing familiar folk, blues and rock tunes. The focus is on melodic guitar playing. Learn new chord forms and chords from other lesser used positions. Discover your creative side!

GUITAR – Campfire Music

Mon., Jan. 16 – Apr. 2 (*No class Feb. 20*)

Instructor: Gilles Benoiton

Level 1 2 – 3 pm **CW-128a**

Fee: \$41 (\$71 non-members)

No musical experience necessary - just a desire to have some fun! You will learn how to play simple one and two-finger chords as you sing along. Join us for some campfire style pickin'. *Note: Some guitars are available for class use - notify us if you require one.*

Level 2 12:30 – 2 pm **CW-128b**

Fee: \$62 (\$92 non-members)

You must have experience with open chords such as D and E, and feel comfortable using them. Have fun learning additional chords, various strumming methods, and more.

HAVE 'FUN' with HAND DRUMS

Thurs., Jan. 19 – Feb. 23 or **CW-129a**

Thurs., Mar. 1 – Apr. 5 **CW-129b**

12:30 – 1:30 pm

Fee: \$71 (\$101 non-members) each

NEW

Instructor: Marcus Fung,
Sounds Awakening

**Includes use of drums for six weeks.*

The Drum is an ancient musical instrument that comes from all cultures. In this easy, FUN, and exciting class, take a journey into the joyful, healing nature of creative-making music. Learn how to hold and speak through the drum; how to play drum rhythms and create your own. Enjoy singing 'drum' songs. No experience required. Come smile, tap, shake and laugh to the rhythm of the beat. Everyone welcome!

PIANO LESSONS

(1/2 hr Private Lessons)

Fri., Jan. 13 – Feb. 17 or **CW-130a**

Fri., Feb. 24 – Mar. 30 **CW-130b**

8:30 am – 4 pm

Fee: \$115 (\$145 non-members) each

Instructor: Gloria Jones, A.R.C.T.

One-on-one instruction for beginners to advanced levels. New students learn how to read music and play simple, well-know 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 tune.

Looking for Dance classes?

See pages 16 - 18.

Instructor Bio: George (Keoki) Lake has been a professional musician for 65 years. During that time he has played with many prestigious groups; been associated with well know orchestras (including Edmonton's Trocadero Alumni Orchestra which he founded in 1991); performed for radio, television and on the Royal Caribbean Cruise Ship (Vision of the Sea from Vancouver to Hawaii); produced an LP; performed on three CDs; and taught many, many students of all ages. In 1995, George brought his talents to Central Lions - teaching Hawaiian Steel Guitar and eventually, Ukulele to CLSA members. The Hawaiian Treasures was formed as an adjunct to the classes. This unique group to Edmonton averages 14 performances per year entertaining at seniors residences, attraction sites, and various churches. As a senior teaching seniors, George enjoys the challenge of keeping his mind and those of the participants continually active.

HAWAIIAN STEEL GUITAR

Mon., Jan. 9 – Apr. 2 **CW-131**

9 am – 12 pm

Fee: \$67 (\$97 non-members)

Instructor: George Lake

Discover the joys of creating beautiful music on the Hawaiian Steel Guitar. This exiting group is part of the "Hawaiian Treasures" performing ensemble. Some experience required. Bring your Electric guitar.

UKULELE PICKIN'

Thurs., Jan. 12 – Mar. 29 **CW-132**

9 am – 12 pm

Fee: \$67 (\$97 non-members)

Instructor: George Lake

Ukulele students accepted year round. Ukulele required along with lots of enthusiasm! Enjoy opportunities to perform with the "Hawaiian Treasures".

ACTIVITIES, CARDS & GAMES

These informal, activities are provided at low cost. All participants must be CLSA members.

No instruction is provided and participants pay a \$1 drop-in fee collected by the group coordinator.

BRIDGE - CENTENNIAL

Wednesdays, Meet year round

12 - 3 pm

Fee: \$4/week

Coordinator: Mel Jackson

Knowledge of bridge play is required.

For more info call Mel @ 780 473-0185.

BRIDGE - PRACTICE

Mondays, 1 - 4 pm

\$1 drop-in fee

Need a little practice trying different hands of play? Experience in Audrey Grant Series Bridge lessons preferred.

CRIBBAGE

Thursdays, 1 - 3 pm

\$1 drop-in fee

Join us for a game or two.

HERITAGE/DIGITAL DROP-IN GROUP

Thurs. Jan. 19 – Feb. 16

9:30 am – 12:30 pm

Fee: \$1 drop-in fee + \$2.50/hr to club

In this social/support group we will focus on completing either our digital or traditional projects. Bring your laptops or photos. Instruction and tools provided. For more info. call Diane Marshall @ 780-466-0834.

SCRABBLE

Mondays, 12:30 pm

\$1 drop-in fee

Drop by and put your brain to work in this fun, social game. Denise @ 780 455-1494.

MAH JONG

Tuesdays, 12:30 – 3 pm

\$1 drop-in fee

Join this drop in group for a game of Mah Jong and socializing. No experience required; guidance and instruction available from activity members.

SHUFFLEBOARD

Thursdays, 1 – 4 pm

\$1 drop-in fee

Join us for an afternoon of fun and exercise. Beginners are welcome.

WHIST

Wednesdays

1 – 3 pm

\$1 drop-in fee

Join us for an afternoon card game of socializing and bidding.

WELCOME TO CLSA CLUBS

CLSA Clubs are organized to provide members with similar interest to participate in activities with more than 8 members on a regular basis. They are self directed under the CLSA Club guidelines and operated independently. Dates and times for individual club activity is arranged by the Club and CLSA Club Committee. All Club activities take place at the Central Lions Centre during regular business hours.

You must be a current member of CLSA to participate in any of the Clubs. User fees must be paid at the front office at the start of each season.

Most Clubs also have additional Club Dues to pay for supplies, administrative expenses, etc., payable to the Club Coordinators. For more information on any of the Clubs, please contact the Club Coordinators or drop-in during the Club activity.

BADMINTON CLUB

Monday & Wednesday

Jan. 4 – Apr. 4, 1 - 4 pm

User fee: \$19

Club dues: \$30 annually (prorated by club)

Need a little practice? Come and join us!

Coordinator: John Victor 780 418-5959

DRAMA CLUB

Thurs., Jan. 12 – Apr. 5, 1 - 4 pm

User fee: \$13

Club dues: \$15 annually (prorated by club)

CLSA Drama Group is now open to accept new members. Our aim is to present three productions per year. There are many areas where you can be involved even if you do not wish to act. We believe in enjoying the process. Come join us for the fun, excitement and laughs.

Coordinator: Maura @ 780 460-9238.

Central Lions - Great people! Great programs! Great place!

EDMONTON SCHOOL BOYS ALUMNI BAND

Thurs., Sept. 8 – June 21, 9 am - 12 pm
User fee: \$40 payable to band
Club dues: \$60 payable to band
Auditions are required. Great music!
For more info call Armand @ 780 432-7914.

JAMMERS

Tues., Jan. 3 – Apr. 14, 1 - 4 pm
User fee: \$14
Club dues: N/A
An acoustic guitar group who meet for singing and fellowship.

JOY OF WRITING CLUB

Tues., Jan. 10 – Apr. 3
10:30 am - 12:30 pm
User fee: \$13
Club dues: N/A
This group is a social group who enjoy a friendly gathering. Share your "past" or let your imagination fly - fiction is fun.
Coordinator: Coral @ 780 452-1684.

KNIT & CROCHET FOR FUN

Wed., Jan. 11 – Apr. 4, 10 am - 12 noon
User fee: \$13
Club dues: N/A
Share your knitting and crocheting talent, learn new techniques, and hear a tale or two at the meetings of this fun, social group. Want to learn how to knit or crochet, teaching available. Just let the club know!
Coordinator: Shirley @ 780 454-4917.

LAPIDARY ARTS

Tues., Jan. 10 – Apr. 3, 9 am - 4 pm
User fee: \$30 for daytime use
Club dues: \$25 annually
Lapidary is the art of cutting, shaping and polishing rocks and fine gem stones.
Learn basic techniques from club members.

LAWN BOWLING

Tues. & Thurs., Jan. 3 – Apr. 5
12:30 – 3:30 pm
User fees: \$20
Club dues: \$5 (Oct. - May)
New members welcome! No experience needed. Meet new friends and have fun!
Coordinator: Bob @ 780 436-0692.

LIONS SENIORS BIG BAND

Tues., Jan. 10 – Apr. 3, 9 - 11:30 am
User fee: \$13
Club dues: N/A
Remember the styling of those great Big Bands for dancing in the 30's, 40's and 50's? Well, we have one right here!
For info. call Aidan @ 780 460-9238.

ONE O'CLOCK JUMPERS

Wed., Jan. 5 - Apr. 4, 12:30 – 3:30 pm
Fee: \$14
Club dues: \$20
For fun, friends and Big Band sounds from Basie to the Beatles. Join the "Jumpers". Auditions required. Must be able to read music but we help.
Coordinator: Leith @ 780 929-7359.

PICKLEBALL

Jan. 3 - Apr. 5
Tues., & Thurs. - 8:30 am - 12 pm
Fri., 12:15 - 3:30 pm
User fee: \$34
Club dues: \$10
Discover this new sport. A combination of Badminton and Tennis. Join the fun.
Coordinator: Linda 780 436-0502 or 780 450-1600. Website: <https://sites.google.com/site/clsapickleball/>

SENIORS INVESTING CLUB

1st & 3rd Wednesday
Jan., 4 - Apr. 4, 1:30 - 3:30 pm
User fee: \$7
Club dues: N/A
Discover how your investment can earn income. Save your money by not paying commissions, fees and charges.
Coordinator: Don @ 780 424-3477.

SILVERSMITHING CLUB

Mon., Jan. 9 - Apr. 2, 9 am - 12 pm
User fee: \$18
Club dues: TBA
Share your knowledge and skills with other silversmithers.
Coordinator: Barbra Mikaluk

SNOOKER CLUB

Monday - Friday 8:30 am- 4:30 pm
Fee: \$100 a year or \$30 for 3 months
Club dues: \$60 annually (prorated by club)
Join this drop-in group for a game of pool or snooker. Everyone welcome.

STAINED GLASS CLUB

Thurs., Jan. 5 - Apr. 5, 9 am - 1 pm
User fee: \$20
Club dues: \$10 annually
This group meets to share ideas. It's fun!
It's beautiful!
Coordinator: Cliff @ 780 440-2353.

TABLE TENNIS CLUB

Mon., Wed., & Fri., Jan. 4 - Apr. 4
8:30 am - 12 pm
User fee: \$32
Club dues: \$40 annually (prorated by club)
Join the fastest growing sport in the City.
Meet new friends.
Coordinator: Keith @ 780 758-8271.

"YOUNG AT HEART" BAND

Mon., Jan. 9 - Apr. 2, 1 - 3 pm
User fee: \$12
Club dues: N/A
Just for fun and fellowship. Music group plays songs from past eras.
Beginners welcome! Must read music.
Coordinator: Gary @ 780 993-2005.

*Join us for a grand night of traditional
Scottish dinner and live entertainment*

A Tribute to Robbie Burns

Friday, January 27th

Come celebrate and enjoy a
Scottish Ceilidh complete with
Scottish entertainment
and a traditional meal
including Haggis & punch.

Good food! Good friends!
Good fun!

Look for more information in the
December newsletter.

Central Lions - Great people! Great programs! Great place!