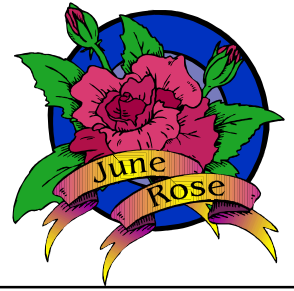




Central Lions Seniors News



Issue 4

Add Life to Your Years

June 2008



New north end reception area.

It's just around
the corner!

WATCH FOR OUR
GRAND OPENING &
HOME COMING EVENTS IN
SEPTEMBER

Table of Contents

PAGE	
2	News from the Board
3	CLSA Volunteer Opportunities
4	Volunteer Application
5	Photos of our new centre
6	Odds & Ends
6	NESA News



A List to Live By

The greatest joy ... giving
 The most satisfying work ... helping others
 The most endangered species ... dedicated leaders
 The greatest "shot in the arm" ... encouragement
 The greatest problem to overcome ... fear
 The most effective sleeping pill ... peace of mind
 The most powerful force in life ... love
 The world's most incredible computer ... the brain
 The two most power filled words ... I Can
 The greatest asset ... faith
 The most prized possession ... integrity
 The most contagious spirit ... enthusiasm
 The most beautiful attire ... **SMILE!**

*Great opportunities to help others
 seldom come, but
 small ones surround us every day!*

CLSA Volunteers wanted!
 For more information read on.

News from the Board

The Grand Opening

It's about to happen; the final count-down has started. Our building is coming along. Updated pictures continue to be posted on our web site - www.clsa2.com. Are we ready?

For months the CLSA Board and City staff have been busy with committee meetings planning this grand occasion. On paper it looks great. *But you know that the main participants are you!* Now is your golden opportunity to help us out.

We need your assistance and skills to ensure a fantastic grand opening and home coming, and successful year of operation. With your help, we can create memorable 'welcome back'.

Most importantly, we need your **positive attitude** and active support in the coming years to ensure our Seniors Association remains strong.

Attached is an application form for anyone interested in helping at our home coming events in September, *and/or*



helping our Association prosper. Please take a moment to read if there are any volunteer jobs that would be of interest to you and that you could donate some time. More positions will be posted in our next newsletter in August.

We are pleased that for thirty years, Central Lions Seniors Association and City staff have worked together as real partners. Due in part to our relationships and the experience of those wonderful years working together, we now have a superb recreation centre that is on par to any in Alberta, Canada and beyond. Our close partnership continues to work hard and advantageously for our members and the citizens of Edmonton.

To Wendy, Maggie, Carol, and Kelly we say it is just lovely working with you all.

To our future volunteers, thank you. Together we can create wonders!

Maura McGarrigle

Chair, CLSA Board of Directors



Watch for your
FALL BROCHURES
coming in the mail
early to mid - August.
Great programs! Great people!
Great *New Place!*
Memberships on sale in September
Home coming Special = \$30
September 2008 - December 2009

Mark your Calendars and plan to attend
**CLSA FALL REGISTRATION
& HOME COMING**
Wed., September 3rd, 10 am - 2 pm

- Take a Tour of the Building
- Register for your favourite programs
- Enjoy coffee & muffins in our new Social Heart area courtesy the *Edmonton Host Lions Club*



CLSA Volunteer Opportunities

As we gear up for the opening of our new and renovated Centre, we realize we will need to fill a number of volunteer positions to help us keep things running smoothly. A major change is that we will now have two entrances and two reception desks.

Following is a list of positions for which we will be needing help. Position times and commitments are flexible. Schedules will be established at the Volunteer Training Session (see next page). If you would like to help, complete the application (next page) and mail:

**c/o Volunteer Management Committee
Central Lions Seniors Association
#9, 10440 - 108 Ave.
Edmonton, AB T5H 3Z9**

Volunteer Positions - We need your help!

- **Office Volunteer – Reception & Registration**
hr shifts, weekly, bi-weekly or monthly)
- **Office Volunteer – Computers: Data Entry**
(pending set-up, time flexible)
- **Registration Volunteer**
(Seasonal - Note: Main registration day September 3rd, 10 am - 2 pm)
- **Tour Guide**
(Flexible schedule / esp. needed during Grand Opening / Registration & Home coming and first few weeks of classes)
- **Host & Greeter**
(2hr shifts, weekly or bi-weekly, two entrances)
- **Phone Caller**
(Approx. once every two months / call list of about 20—30 members)
- **Social & Special Event worker**
(Flexible / On call as per event)
- **Friday Evening Dance Coordinator**
(One or two Friday evenings per month)
- **Friday Afternoon Dance Coordinator**
(Once a month, 3rd Friday)
- **Move – in Helper**
(July & August - Dates to be confirmed. If interested, let us know & we'll call.)
- **Photo Display Researcher**
(To help prepare a historical display of our centre for the Grand Opening.)



(3-4

THE SATISFACTION OF BEING A VOLUNTEER — TAKE IT FROM A LONG TIME VOLUNTEER

Coral Davids-Fry has been a CLSA Office Volunteer for many years. Many of you may know her as she has been working Thursdays at the Church Trailer and Fridays at the Centre when we were open. In an article she submitted on volunteering, she wrote: *“Most of my life had been centered around people and things connected with my own existence. [Being a] volunteer [has] taught me the satisfaction of sharing both my time and knowledge with others.”* Certainly volunteering provides the benefit of purpose and the opportunity to meet wonderful new friends. We encourage you to consider giving it a try. Help us make our Centre as active as it is beautiful.



Volunteer Application

Name: _____ Member #: _____

Address: _____

Phone #: _____ Cell #: _____

E-mail: _____

Availability: (Please check appropriate boxes)

Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
a.m.	a.m.	a.m.	a.m.	a.m.	a.m.
p.m.	p.m.	p.m.	p.m.	p.m.	p.m.
				Eve	

Area(s) of Interest (see previous page). List in order of preference.

Qualifications/Special Skills: _____

My past volunteer experiences (List organization and type of volunteer experience): _____

Additional Comments: _____

Date: _____ Signature _____

We will be holding **Volunteer Training** sessions in August. Please select your first and second choices below as to when you would like to attend. All sessions will be held from **9 am - 12 noon** & will include a centre tour.

Wednesday, August 13 _____ **or August 20** _____ **or August 27** _____

Photos of our new Centre



Odds, Ends & Other Centres

GOLF FOR SENIORS

It's not too late to join
Central Lions Seniors Golf Club.

The group meets every Tuesday
at Terrae Pines Golf Course.

Club fees are \$8 plus
daily green fee of \$10.

CLSA membership required.

Come out - have fun -
meet new friends - exercise and
enjoy in the great outdoors.

For more information,
contact Larry at 454-4917.



2008

**EDMONTON QUEEN RIVERBOAT
SENIOR APPRECIATION PACKAGES
Thursday and Fridays**

Lunch Cruise: \$25 + GST

Boarding Time 11 am; Sailing from
12—1 pm. Includes your choice of
soup and sandwich, coffee or tea

Tea-time Cruise: \$20 + GST

Boarding Time 2 pm; Sailing from
3—4 pm. Includes your choice of
dessert, coffee or tea

For info call Melissa Felt
at 424-2628 or

www.melissa@edmontonqueen.com

STEADY A YOU GO

*Fall Prevention Program
for Older Adults*

Date:

Fridays, June 6 & June 27

Time: 9:30 - 11:30 am

Place:

Wood croft Public Health
Centre, 13221—115 Avenue

For more information:

Call Capital Health Link at
408-5465

To register, call 401-2665 or
www.capitalhealth.ca



Northgate Lions Seniors Recreation Centre

7524 - 139 Ave.

For direct programming information, call 496-6969.

Join us for a time of Laughter, Learning & Living!

UPCOMING EVENTS AT NORTHGATE



Looking for interesting travel trips
this summer? NESA is hosting a

Safari Registration Day

on Thursday, June 5

12 - 1 pm for NESA members

1 - 2 pm for non-members

For more information,
contact Josie at 496-6969.

Tea with the Mayor

Thursday, June 5, 2 -3 pm
Free coffee & entertainment.

Centre's 30th Anniversary

June 20 - Three cheers!

NEW Program - Personal Emergency Preparedness Workshop

June 10, 1 - 3 pm

Come find out tips to help you be ready
for any kind of emergency.

JOIN THE FUN ALL SUMMER LONG!



There are lots of classes in July & August
to keep you active. From Fit for Life to
Gentle Yoga to Manly Workout; from
Lean Machines to Walkless Workout to
Soft Pilates, there is something for all.
For the creative types, there are guitar
lessons, art workshops & glass etching.

We look forward to seeing you!