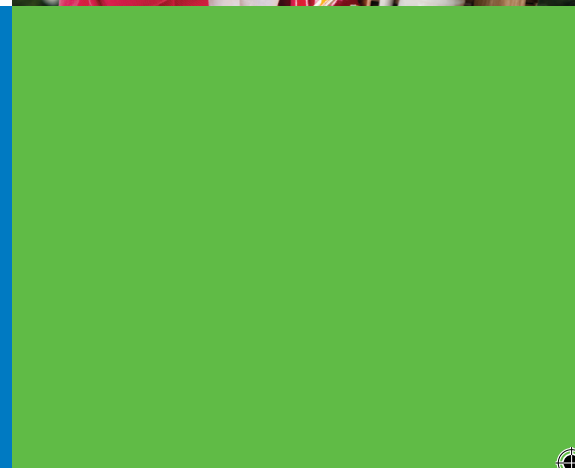




Physical Activity and Recreation Directory for Older Adults 2013-2014



EDMONTON
SENIORS
COORDINATING
COUNCIL



Physical Activity and Recreation Directory for Older Adults

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Edmonton Seniors Coordinating Council (ESCC)

#255 Bonnie Doon Shopping Centre
8330 – 82 Avenue
Edmonton, Alberta T6C 4E3
780-423-5635
www.seniorscouncil.net



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COUNCIL

**Thank You to all our
submitters!**

What Is It?

The Physical Activity and Recreation Directory is a listing of active living opportunities for older adults living in Edmonton. It contains information about physical activity, recreational, health & wellness, and educational programs offered across the city. It can be used by service providers and older adults to find activities and programs.

What We Do

The ESCC takes the lead in bringing stakeholders together to plan for improvement to senior services. We support and encourage shared planning, coordination and collaboration among senior-serving organizations in Edmonton, and we facilitate joint planning to enhance the capacity of organizations to provide effective, accessible services to meet the diverse needs of seniors.

We are the communication hub for the senior sector through weekly electronic bulletins, our website, databases, the Physical Activity and Recreation Directory for Older Adults, the Seniors Scene published monthly in the Edmonton Examiner, and other reports and publications.

The ESCC facilitates regular senior sector meetings of Board representatives and Executive Directors; Interagency Programmers; Interagency Outreach Workers; and other committees.

Getting Started

Check out **City of Edmonton parks, recreation facilities, and attractions** like Fort Edmonton Park, Valley Zoo, and Muttart Conservatory. For more information on accessibility features and hours call 311.

The **City of Edmonton Leisure Access Program** gives low income Edmontonians the opportunity to use City of Edmonton recreation facilities and attractions for free or at a reduced cost. For more information call 780-496-4918.

The **Edmonton Public Library** has 17 locations and an online database to provide access to information and entertainment. For more information on services, programs and events visit www.epl.ca or call 780-496-7020.

Connect with your local **Edmonton Community League** to find out about events and programs offered in your neighbourhood. Visit www.efcl.org to find your local Community League.

Seniors Centres provide a wide variety of educational and recreational opportunities, supports, and services. To find your local seniors centre visit www.edmonton.ca or call 311.

Check out the **Priceless Fun Guide** for free and low-cost recreational opportunities in Edmonton (www.edmonton.ca). Also ask about special seniors rates or financial need discounts/delayed payments at recreation facilities and attractions.



Driving Angels

Earn Your Wings... be a Driving Angel and help someone in need!

To nominate your Driving Angel
Call **780-430-2352** or go online to
www.seniorscouncil.net

Driving Angels is proudly sponsored by:



ADVERTISEMENT

Submitters by Area of Edmonton

Central

Alzheimer Society

10531 Kingsway Avenue
780-488-2266
www.alzheimer.ab.ca

Arthritis Society

307, 10109 106 Street
780-424-1740
www.arthritis.ca

ASSIST Community Services Centre

9649 105A Avenue
780-429-3111
www.assistcsc.org

Canadian Hard of Hearing Association – Edmonton Branch

10, 9912 106 Street
780-428-6622
www.chha-ed.com

Central Lions Seniors Association (CLSA) @ Central Lions Seniors Recreation Centre

11113 113 Street
780-496-7369
www.clsa2.com

CNIB

12010 Jasper Avenue
780-488-4871
www.cnib.ca

Commonwealth Community Recreation Centre

11000 Stadium Road
311
www.edmonton.ca

Don Wheaton Family YMCA

10211 102 Avenue
780-452-9622
www.edmonton.ymca.ca

Edmonton Lifelong Learners Association (ELLA)

2-936B Enterprise Square
10230 Jasper Avenue
780-492-5055
www.extension.ualberta.ca/ella

Edmonton Seniors Centre

3Y, 11111 Jasper Avenue
780-342-8625
www.edmontonseniorscentre.ca

Edmonton Seniors Slo-Pitch Association

11113 113 Street
780-757-1907
www.esspa.ca

Jewish Senior Citizens' Centre (Jewish Drop-In Centre)

10052 117 Street
780-488-4241
www.jdic.ca

Ji Hong Wu Shu & Tai Chi College

11203 105 Avenue
780-424-8924
www.jihongtaichi.com

Meals on Wheels

11111 103 Avenue
780-429-2020
www.mealsonwheelsedmonton.org

Queen Mary Park Community League

10844 117 Street
780-447-5389
www.queenmarypark.ca

Seniors Association of Greater Edmonton (Sage)

15 Sir Winston Churchill Square
780-423-5510
www.MySage.ca

Northeast

North Edmonton Seniors Association (NESA) @ Northgate Lions Seniors Recreation Centre
7524 139 Avenue
780-496-6969
www.nesa1.ca

Northwest

Calder Seniors Drop-In Society
12963 120 Street
780-451-1925
www.calderseniors.org

Castle Downs YMCA
11510 153 Avenue
780-476-9622
www.edmonton.ymca.ca

Edmonton Valley Zoo
13315 Buena Vista Road
311
www.valleyzoo.ca

Glenrose Rehabilitation Hospital
10230 111 Avenue
780-735-7999 ext. 15394
www.albertahealthservices.ca

Jamie Platz YMCA
7121 178 Street
780-481-9622
www.edmonton.ymca.ca

Mayfield Community League
10941 161 Street
780-4834675
www.mayfieldcommunityleague.com

Westend Seniors Activity Centre
9629 176 Street
780-483-1209
www.westendseniorsactivitycentre.com

Southeast

Alberta Caregivers Association
10310 56 Street
780-453-5088
www.albertacaregivers.org

Family Yoga Centre Ltd.
4740 99 Street
780-465-4668
www.familyyoga.ca

Multicultural Women and Seniors Services Association
329 Woodvale Road W
780-465-2992
www.mwssa.org

Muttart Conservatory
9626 96A Street
311
www.edmonton.ca

South East Edmonton Seniors Association (SEESA)
9350 82 Street
780-468-1985
www.seesa.ca

Southwest

City Arts Centre
10943 84 Avenue
311
www.edmonton.ca/cityarts

Empire Park Community League
4804 107 Street
780-232-0869
www.empirepark.ca

Heritage Seniors Stop-In Centre
316 Saddleback Road
780-437-8759

Kinsmen Sports Centre
9100 Walterdale Hill
311
www.edmonton.ca

Petrolia Seniors

Greenfield Community
Hall
3808 114 Street
780-435-1045 or 780-
434-0711
www.greenfieldcommunityleague.com

SCONA Seniors Centre

10440 84 Avenue
780-433-5377

**South-West Senior's
Outreach Society**

10832 62 Avenue
780-435-9515

**Strathcona Place
Senior Centre**

10831 University Avenue
780-433-5807
www.seniorcentre.org

**Terwillegar Community
Recreation Centre**

2051 Leger Road
311
www.edmonton.ca

**Twin Brooks
Community League**

1120 113 Street
780-988-6262
www.twinbrooks.ca

William Lutsky YMCA

1975 111 Street
780-439-9622
www.edmonton.ymca.ca

City Wide**Alberta Health Services**

www.albertahealthservices.ca

**Rocky Mountain
Seniors Ski Club**

780-464-6728
www.seniorsski.com

Thank You to all our Submitters!

We rely on organizations and programmers to help us keep the Directory current and comprehensive. Their dedication to quality senior programming makes this Directory possible.

To **submit your programming information** for the next edition of the Directory, please contact the ESCC at 780-423-5635.

To **order hard copies of the Directory**, please also contact the ESCC at 780-423-5635.

Submitters by Area of Edmonton



□Aquatics

The pool is a great place to get active and involved in aquafit classes or individual swimming. Aquatic exercise limits stress on joints, provides resistance for muscle strength and carries less risks of falling in the water. Come on in, the water's great!



Activity:	Offered at:	Phone:
Adult Swim Lessons	Don Wheaton Family YMCA	452-9622
Aqua Size	Sage	701-9016
AquaFit Active Older Adult Shallow Water	Castle Downs YMCA	476-9622
AquaFit Active Older Adult Warm Water	Castle Downs YMCA	476-9622
AquaFit Deep Water	Castle Downs YMCA	476-9622
AquaFit Deep Water	Jamie Platz YMCA	481-9622
AquaFit Gentle Deep Water	Jamie Platz YMCA	481-9622
AquaFit Shallow Water	Don Wheaton Family YMCA	452-9622
AquaFit Shallow Water	Jamie Platz YMCA	481-9622
Deep Water Aquafit	William Lutsky Family YMCA	437-8477
Seniors Leisure Swim	Glenrose Rehabilitation Hospital	735-7999 ext 15394
Shallow Water Aquafit	William Lutsky Family YMCA	437-8477
Stretch-A-Cise Class	Glenrose Rehabilitation Hospital	735-7999 ext 15394
Adult Swim Lessons	Don Wheaton Family YMCA	452-9622

□ Computers & Electronics

Open up a new world of communication and information with computers, the Internet and eBooks. Learn to edit your photographs or create digital cards. The possibilities are only a click away!



Activity:	Offered at:	Phone:
Accessing Library Services	Northgate Lions (NESA)	496-6969
All About Browsers: Internet Explorer, Google Chrome, & Firefox	Central Lions (CLSA)	496-7369
Archiving Old Photographs: Store and Ease the Search!	Central Lions (CLSA)	496-7369
Avoiding Online Buying Pitfalls	Central Lions (CLSA)	496-7369
Basic Computer Skills	South-West Seniors Outreach Society	435-9515
Blogging Basics	Northgate Lions (NESA)	496-6969
Blogging Basics & 101	Central Lions (CLSA)	496-7369
Buying a Computer - Where to Start	SEESA	468-1985
Chat with Webcams and Skype	Central Lions (CLSA)	496-7369
Chat with Webcams and Skype	Northgate Lions (NESA)	496-6969
Clean Sweep: Computer Tune Ups and More	Central Lions (CLSA)	496-7369
Cloud File Storage: What Are the Options?	Central Lions (CLSA)	496-7369
Clutter Busting with Kijiji	SEESA	468-1985
Computer Basics	Central Lions (CLSA)	496-7369
Computer Brain Games	Central Lions (CLSA)	496-7369
Computer Classes (All Levels)	Westend Seniors Activity Centre	483-1209
Computer Literacy (All Levels)*	U of A Students at SCONA	433-5377

* Some classes offered evenings and/or weekends

Computers & Electronics

Computer Skills and Tutorials (One-on-One)	Central Lions (CLSA)	496-7369
Computer Tutorials (One-on-One)	Calder Seniors Drop-In Society	451-1925
Computer Tutoring	Westend Seniors Activity Centre	483-1209
Computers (Introduction)	Calder Seniors Drop-In Society	451-1925
Computers (Basic to Advanced Levels)	Edmonton Seniors Centre	342-8625
Computers for Beginners	Sage	701-9016
Create Your Own Cookbook	Northgate Lions (NESA)	496-6969
Cyber Security: The Internet and Social Networking	Central Lions (CLSA)	496-7369
Desktops, Tablets, and Phones: How to Connect	Central Lions (CLSA)	496-7369
Digital Calendars / Photobooks / Photocards	Central Lions (CLSA)	496-7369
Digital Camera 101 & 102	Edmonton Seniors Centre	342-8625
Digital Camera	Sage	701-9016
Digital Cameras: How to Use	Central Lions (CLSA)	496-7369
Digital Cameras: How to Use	Northgate Lions (NESA)	496-6969
Downloading and Printing Digital Pictures	SEESA	468-1985
DSLR Camera (Basics & Advanced)*	City Arts Centre	311
eBook Reader Introduction	Edmonton Seniors Centre	342-8625
eBooks and eReaders	Northgate Lions (NESA)	496-6969
eBooks: iPad and Tablet	Northgate Lions (NESA)	496-6969
eBooks: Kobo eReader	Northgate Lions (NESA)	496-6969
eBooks: On the iPad and Tablets	Central Lions (CLSA)	496-7369
eBooks: Sony eReader	Northgate Lions (NESA)	496-6969

* Some classes offered evenings and/or weekends

Computers & Electronics

Editing Photos - The Easy Way	Northgate Lions (NESA)	496-6969
Editing Your Digital Photos	Central Lions (CLSA)	496-7369
Edmonton Public Library Tour	Northgate Lions (NESA)	496-6969
Edmonton Public Library Travel Resources	Central Lions (CLSA)	496-7369
Email Essentials	Northgate Lions (NESA)	496-6969
Email Overview (Lecture)	Central Lions (CLSA)	496-7369
Entry Level One	Northgate Lions (NESA)	496-6969
eReader Classes	Sage	701-9016
eReader Introduction	Central Lions (CLSA)	496-7369
eReaders: All About Kobo and Sony	Central Lions (CLSA)	496-7369
Excel 4	Northgate Lions (NESA)	496-6969
Excel 101 - An Intro	Northgate Lions (NESA)	496-6969
Excel Spreadsheets: Creating an Electronic Budget for the Year	Central Lions (CLSA)	496-7369
Facebook	SEESA	468-1985
Facebook and Social Networking (Lecture & Hand-On Courses)	Central Lions (CLSA)	496-7369
Facebook and Social Networking	Edmonton Seniors Centre	342-8625
Facebook and Social Networking	Northgate Lions (NESA)	496-6969
Facebook "Hands On"	Northgate Lions (NESA)	496-6969
File Management: Where Did I Put That File?	Central Lions (CLSA)	496-7369
File Management / Windows Explorer	Northgate Lions (NESA)	496-6969
Flash Drives, External Drives, and Other Storage Devices	Central Lions (CLSA)	496-7369
Flash Drives, External Drives, and Other Storage Devices	Northgate Lions (NESA)	496-6969
Get Online Mentor Program	SEESA	468-1985

Computers & Electronics

Getting More with Google	SEESA	468-1985
Hidden Gems: Electronic Databases at the Library	Central Lions (CLSA)	496-7369
Internet (Introduction)	Calder Seniors Drop-In Society	451-1925
Internet (Advanced)	Northgate Lions (NESA)	496-6969
Internet (Introduction 101 & Intermediate 201)	Northgate Lions (NESA)	496-6969
Internet with Dwayne (Intro, Levels 1-3)	Edmonton Seniors Centre	342-8625
Intro to Computers	Central Lions (CLSA)	496-7369
Intro to Excel Elite	Central Lions (CLSA)	496-7369
Intro to Facebook	Westend Seniors Activity Centre	483-1209
Intro to Gmail / Hotmail	Central Lions (CLSA)	496-7369
Intro to Google Chrome	Central Lions (CLSA)	496-7369
Intro to PowerPoint Elite	Central Lions (CLSA)	496-7369
Intro to the Internet	Central Lions (CLSA)	496-7369
Intro to the iPad	Central Lions (CLSA)	496-7369
Intro to Word Elite	Central Lions (CLSA)	496-7369
Intro to Windows 7	Northgate Lions (NESA)	496-6969
Intro to Windows 8 (Hands-On)	Central Lions (CLSA)	496-7369
Intro to Windows Live Email	Northgate Lions (NESA)	496-6969
Introduction to iPad	Northgate Lions (NESA)	496-6969
iPad for Seniors: Digital Photography and Video	Central Lions (CLSA)	496-7369
iPad - Library Books	Edmonton Seniors Centre	342-8625
iPhones and iPads: For Beginners or New Users	Central Lions (CLSA)	496-7369
iPhones and iPads: Applications and More	Central Lions (CLSA)	496-7369
Just Google It!	Central Lions (CLSA)	496-7369

Computers & Electronics

Just Google It	Northgate Lions (NESA)	496-6969
Kobo eReader - Library Books	Edmonton Seniors Centre	342-8625
Make Your Own Music CD	Central Lions (CLSA)	496-7369
Make Your Own Music CD	Northgate Lions (NESA)	496-6969
Marvellous Macs (Getting Started & Level 2)	Central Lions (CLSA)	496-7369
Microsoft Word	Sage	701-9016
MS Office for Seniors	Central Lions (CLSA)	496-7369
Overview of Facebook	Northgate Lions (NESA)	496-6969
Overview of Email	Northgate Lions (NESA)	496-6969
Photo Editing	Edmonton Seniors Centre	342-8625
Point and Shoot Camera Basics*	City Arts Centre	311
Posit Science - Brain Fitness Program	Sage	701-9016
Posit Science - Insight Program	Sage	701-9016
PowerPoint Travels - An Intro	Northgate Lions (NESA)	496-6969
Scantastic	Central Lions (CLSA)	496-7369
Scantastic	Northgate Lions (NESA)	496-6969
Skype	Edmonton Seniors Centre	342-8625
Social Media Classes	Sage	701-9016
Specific Computer User Topics	ELLA	492-5055
Test Drive Windows 8	Central Lions (CLSA)	496-7369
Troubleshooting Computer Problems	SEESA	468-1985
What is a Browser?	Northgate Lions (NESA)	496-6969
Where Did All the Buttons Go?	Central Lions (CLSA)	496-7369

* Some classes offered evenings and/or weekends

Computers & Electronics

Where Did I Put That File?	SEESA	468-1985
Windows 8 "Hands-On"	Northgate Lions (NESA)	496-6969
Windows 8 Overview (Lecture)	Central Lions (CLSA)	496-7369

□ Crafts & Hobbies

Combine imagination and handiwork to create your own masterpiece from clay, fabric, paper, or wood. Take a class to learn a new skill or join a club to share your expertise. What will you create?



Activity:	Offered at:	Phone:
Antique Clock Repair	Northgate Lions (NESA)	496-6969
Art Painting Pals (Drop-In)	Edmonton Seniors Centre	342-8625
Aunt Milly's Soap Emporium Classes (Various)	Central Lions (CLSA)	496-7369
Bag Lady Creations	Central Lions (CLSA)	496-7369
Bath Treats*	City Arts Centre	311
Birch Bark Miniature Art	Central Lions (CLSA)	496-7369
Bird Carving - Blue Jay	Northgate Lions (NESA)	496-6969
Boot Jewellery: Design Your Own	Central Lions (CLSA)	496-7369
Busy Fingers - Knitting and Crocheting	Sage	701-9016
Calligraphy	Northgate Lions (NESA)	496-6969
Canning Vegetables	City Arts Centre	311

* Some classes offered evenings and/or weekends

Crafts & Hobbies

Card Making	Edmonton Seniors Centre	342-8625
Ceramics	Northgate Lions (NESA)	496-6969
Ceramics	Westend Seniors Activity Centre	483-1209
Chinese Art Sessions	Westend Seniors Activity Centre	483-1209
Chocolate Making*	City Arts Centre	311
Chocolate Making: Molds, Dipping, and More	Central Lions (CLSA)	496-7369
Christmas Boxes, Bags, and Tags	Northgate Lions (NESA)	496-6969
Christmas Chocolates - Molds, Dipping, and More	Northgate Lions (NESA)	496-6969
Christmas Craft Workshops	Edmonton Seniors Centre	342-8625
CNIB Craft Class	CNIB	488-4871
Collective Kitchen	Edmonton Seniors Centre	342-8625
Cook with a Chef: Knife Skills	City Arts Centre	311
Cook with a Chef: Mexican	City Arts Centre	311
Cook with a Chef: Seafood	City Arts Centre	311
Cooking: Appetizers*	City Arts Centre	311
Cooking: Artisan Bread Making	City Arts Centre	311
Cooking Classes (Various)	Central Lions (CLSA)	496-7369
Cooking: East Indian Flatbreads	City Arts Centre	311
Cooking: Easy Introduction to Gluten Free Baking*	City Arts Centre	311
Cooking: French for the Fun of It	City Arts Centre	311
Cooking: Fruit Carving	City Arts Centre	311
Cooking: Indian Pulse - Lentils*	City Arts Centre	311
Cooking: Vegetarian 101	City Arts Centre	311

* Some classes offered evenings and/or weekends

Crafts & Hobbies

Cooking: West African	City Arts Centre	311
Cooking Workshops	Edmonton Seniors Centre	342-8625
Craft and Art Classes	Jewish Drop In Centre	488-4241
Craft Circle	Edmonton Seniors Centre	342-8625
Crafts: Different Projects	Multicultural Women and Seniors Services Association	465-2992
Creating Your Own Canvas Tote Bag	Central Lions (CLSA)	496-7369
Creative Cards	Calder Seniors Drop-In Society	451-1925
Creative Christmas Cards	Northgate Lions (NESA)	496-6969
Creative Fun with Bows & Ribbons	Central Lions (CLSA)	496-7369
Crochet Basics	Edmonton Seniors Centre	342-8625
Crochet Beyond the Basics	Edmonton Seniors Centre	342-8625
Embrace the Face*	City Arts Centre	311
Embroidered Paper Class	Sage	701-9016
Fancying Up Your Handwriting - Calligraphy	Central Lions (CLSA)	496-7369
Fascinator Creative Workshop	Edmonton Seniors Centre	342-8625
Fibre Art Group	Strathcona Place Centre	433-5807
Finished in Four: A Photo Memory Album	Central Lions (CLSA)	496-7369
Floral Centrepiece (Beginner)	Northgate Lions (NESA)	496-6969
Floral Centrepieces (Seasonal)	Central Lions (CLSA)	496-7369
Flower Arranging	Muttart Conservatory	311
Fused Glass: Christmas Ornaments / Wine Glass Ornaments / Wind Chimes (Seasonal)	Central Lions (CLSA)	496-7369
Fused Glass	City Arts Centre	311

* Some classes offered evenings and/or weekends

Crafts & Hobbies

Fused Glass - Christmas Plate	Northgate Lions (NESA)	496-6969
Fused Glass - Christmas Ornaments	Northgate Lions (NESA)	496-6969
Gardening in Pots	SCONA Seniors Center	433-5377
Glass Fusion	Edmonton Seniors Centre	342-8625
Grow a Row	Edmonton Meals on Wheels	429-2020
Jewellery Making	Central Lions (CLSA)	496-7369
Jewellery Making	City Arts Centre	311
Knit & Crochet for Fun Club	Central Lions (CLSA)	496-7369
Knitting (Beginners)	Northgate Lions (NESA)	496-6969
Knitting	Westend Seniors Activity Centre	483-1209
Knitting Basics	Edmonton Seniors Centre	342-8625
Knitting, Sewing, Crocheting	SCONA Seniors Center	433-5377
Lapidary - An Introduction	Northgate Lions (NESA)	496-6969
Lapidary Arts Club	Central Lions (CLSA)	496-7369
Learn to Knit a Scarf*	City Arts Centre	311
Lotions and Potions*	City Arts Centre	311
Mineral Makeup*	City Arts Centre	311
Paint Your Own Pottery	Edmonton Seniors Centre	342-8625
Paper Crafts & Cards	Central Lions (CLSA)	496-7369
Paper Quilling (Drop-In)	Westend Seniors Activity Centre	483-1209
Photo Buff Club	Westend Seniors Activity Centre	483-1209
Photo Club	Calder Seniors Drop-In Society	451-1925
Photo Memory Manager	Strathcona Place Centre	433-5807
Photography (Level 1)	City Arts Centre	311

* Some classes offered evenings and/or weekends

Crafts & Hobbies

Photography Group	Sage	701-9016
Pottery (Levels 1 & 2)*	City Arts Centre	311
Pottery	Strathcona Place Centre	433-5807
Quilting and Knitting	SEESA	468-1985
Quilling and Paper Filigree	Central Lions (CLSA)	496-7369
Quilting	Calder Seniors Drop-In Society	451-1925
Quilting (Beginner, Experienced Beginner, & Intermediate)	Northgate Lions (NESA)	496-6969
Quilting for Beginners: Wiggly Strips	Central Lions (CLSA)	496-7369
Rag Bag Crafters	Calder Seniors Drop-In Society	451-1925
Recycled Card Making	SEESA	468-1985
Sculpting with Paverpol (Beginner & Intermediate)	Northgate Lions (NESA)	496-6969
Seasonal Crafts	SCONA Seniors Center	433-5377
Sewing (Levels 1 & 2)*	City Arts Centre	311
Sewing, Quilting, and Needlecraft	Strathcona Place Centre	433-5807
Shoma's Craft Workshops	Edmonton Seniors Centre	342-8625
Shop Cook & Eat: Chinese	City Arts Centre	311
Shop Cook & Eat: Indian*	City Arts Centre	311
Shop Cook & Eat: Indian Vegetarian*	City Arts Centre	311
Shop Cook & Eat: Mediterranean	City Arts Centre	311
Shop Cook & Eat: Vegan*	City Arts Centre	311
Shop Cook & Eat: Vegetarian*	City Arts Centre	311
Silversmithing*	City Arts Centre	311

* Some classes offered evenings and/or weekends

Crafts & Hobbies

Silversmithing (Beginner)	Northgate Lions (NESA)	496-6969
Soaps from Scratch*	City Arts Centre	311
Soapstone Carving	SEESA	468-1985
Stained Glass (Beginners Level 1)	Central Lions (CLSA)	496-7369
Stained Glass (Beginner)	Northgate Lions (NESA)	496-6969
Stained Glass: Lead Came Workshop	Central Lions (CLSA)	496-7369
Stained Glass: Mosaic Art / Mosaic Stepping Stone	Central Lions (CLSA)	496-7369
Stained Glass: Projects including: Glass Box / Panel Lamp	Central Lions (CLSA)	496-7369
Stained Glass Club	Central Lions (CLSA)	496-7369
Weaving	Strathcona Place Centre	433-5807
Wire Work - Christmas Angel	Northgate Lions (NESA)	496-6969
Wire Wrapping	Central Lions (CLSA)	496-7369
Wire Wrapping (Intermediate)	Northgate Lions (NESA)	496-6969
Wisdom of Self Publishing	Northgate Lions (NESA)	496-6969
Wood Inlay	Westend Seniors Activity Centre	483-1209
Woodcarving	SEESA	468-1985
Woodcarving (All Levels)	Westend Seniors Activity Centre	483-1209
Woodworking	Strathcona Place Centre	433-5807
Woodworking (Drop-In)	Westend Seniors Activity Centre	483-1209
Wool Crafters	Calder Seniors Drop-In Society	451-1925

* Some classes offered evenings and/or weekends

□Dance

Learn to dazzle and dance like the stars or simply meet a new friend! Dancing is an opportunity to get your heart rate up with every step to the beat. Come out and move to the music!



Activity:	Offered at:	Phone:
Argentine Tango (Beginners Levels 1 & 2)	Central Lions (CLSA)	496-7369
Ballet for Adults	Terwillegar Community Recreation Centre	311
Ballroom (Levels 1 & 2)*	City Arts Centre	311
Ballroom Dance (Intermediate / Advanced)	Central Lions (CLSA)	496-7369
Ballroom Dance Club*	SEESA	468-1985
Ballroom Social Dance: Just for Fun!	Central Lions (CLSA)	496-7369
Clogging (Basic Plus, Beginner, & Experienced)	SEESA	468-1985
Clogging (Beginner & Intermediate)	South-West Seniors Outreach Society	435-9515
Clogging (Level 1 & Experienced)	Westend Seniors Activity Centre	483-1209
Community Dance	South-West Seniors Outreach Society	435-9515
Cued Ballroom / Round Dancing (Beginner & Experienced)	SEESA	468-1985
Dance Extravaganza: Tweekie Workshop	Central Lions (CLSA)	496-7369
Hula Dance (Beginners, Level 2-3, & Level 3+)	Central Lions (CLSA)	496-7369
Jam Session: Community Dance - Weekly	Calder Seniors Drop-In Society	451-1925

* Some classes offered evenings and/or weekends

Dance

Jive Dancin'	Central Lions (CLSA)	496-7369
Latin (Levels 1 & 2)*	City Arts Centre	311
Latin Fusion*	City Arts Centre	311
Line Dance	Calder Seniors Drop-In Society	451-1925
Line Dance (Beginner & Levels 1-3)	Edmonton Seniors Centre	342-8625
Line Dancing (Levels 1 & 2)	Central Lions (CLSA)	496-7369
Line Dancing	City Arts Centre	311
Line Dancing (Levels 1 & 2)	Northgate Lions (NESA)	496-6969
Line Dancing	SEESA	468-1985
Line Dancing (All Levels)	Westend Seniors Activity Centre	483-1209
Round Dance (Levels 1-3)	Westend Seniors Activity Centre	483-1209
Salsa	Edmonton Seniors Centre	342-8625
Square Dance	Calder Seniors Drop-In Society	451-1925
Square Dance (All Levels)	Westend Seniors Activity Centre	483-1209
Tap and Jazz Dance (All Levels)	Westend Seniors Activity Centre	483-1209
Tap Dance (Drop-In Level 2/3)	Edmonton Seniors Centre	342-8625
Tap Dancing (Levels 1-2 & 3-4)	Central Lions (CLSA)	496-7369
Tap Dancing	Northgate Lions (NESA)	496-6969
Two Step	Central Lions (CLSA)	496-7369
Two Step and Jive	Northgate Lions (NESA)	496-6969

* Some classes offered evenings and/or weekends

□ Drawing & Painting

Explore your creativity with splashes of paint and create waves with other mediums. There are plenty of techniques to learn for both beginners and experts. What will your masterpiece look like?



Activity:	Offered at:	Phone:
Acrylic Landscapes: Give It A Try!	Central Lions (CLSA)	496-7369
Acrylic Painting (Levels 1 & 2)*	City Arts Centre	311
Acrylic Painting	Edmonton Seniors Centre	342-8625
Acrylic Painting	Northgate Lions (NESA)	496-6969
Acrylic Painting	SEESA	468-1985
Acrylics: Impressionist Landscapes	Central Lions (CLSA)	496-7369
Architectural Sketching*	City Arts Centre	311
Art from the Heart: Textured Acrylic Painting	Central Lions (CLSA)	496-7369
Art from the Heart: Textured Dragonflies and Flowers (Spring)	Central Lions (CLSA)	496-7369
Art from the Heart: Fall Textured Forest (Fall)	Central Lions (CLSA)	496-7369
Art Sessions (Drop-in)	Westend Seniors Activity Centre	483-1209
Art Workshops	Edmonton Seniors Centre	342-8625
Beginner Drawing*	City Arts Centre	311
Beginner Drawing Made Easy	Central Lions (CLSA)	496-7369
Canadian Landscapes Using Watercolours	City Arts Centre	311
Chinese Painting	Westend Seniors Activity Centre	483-1209
Collage and Mixed Media	Strathcona Place Centre	433-5807

* Some classes offered evenings and/or weekends

Drawing & Painting

Colour Your World Workshop	Strathcona Place Centre	433-5807
Coloured Pencils (Introduction, Intermediate & Advanced)	Northgate Lions (NESA)	496-6969
Coloured Pencils - An Introduction	Westend Seniors Activity Centre	483-1209
Create a Mandala	Central Lions (CLSA)	496-7369
Dabbling in Caricature and Cartooning	Central Lions (CLSA)	496-7369
Dabbling in Caricature and Cartooning	Northgate Lions (NESA)	496-6969
Do It Yourself Art: Famous Painting Workshop	Central Lions (CLSA)	496-7369
Drawing	Edmonton Seniors Centre	342-8625
Drawing	SEESA	468-1985
Drawing	Strathcona Place Centre	433-5807
Drawing for Painters	Central Lions (CLSA)	496-7369
Drawing for Painters	City Arts Centre	311
Drawing Fundamentals	Central Lions (CLSA)	496-7369
Drawing Landscape	Northgate Lions (NESA)	496-6969
Folk Art Painting: Oil Rouging / One Stroke Floral	Central Lions (CLSA)	496-7369
Further Explorations with Watercolour (Intermediate)	City Arts Centre	311
Landscapes from Europe in Watercolour*	City Arts Centre	311
Mandalas*	City Arts Centre	311
Mat Cutting and Design	Central Lions (CLSA)	496-7369
Miniatures in Acrylics	Northgate Lions (NESA)	496-6969
Oil Painting (Levels 1 & 2)*	City Arts Centre	311

* Some classes offered evenings and/or weekends

Drawing & Painting

Oil Painting (Intermediate & Advanced)	Strathcona Place Centre	433-5807
Oil Painting Basics	Central Lions (CLSA)	496-7369
Oil Painting Landscapes (Intermediate)	Northgate Lions (NESA)	496-6969
Paint Like the Masters: Acrylics or Oils	Central Lions (CLSA)	496-7369
Pallet Knife Painting	Central Lions (CLSA)	496-7369
Sharing Through Art	SCONA Seniors Center	433-5377
Silk Scarf Painting	Central Lions (CLSA)	496-7369
Silk Scarf Painting	Terwillegar Community Recreation Centre	311
Soft Pastels*	City Arts Centre	311
Soft Pastels	Northgate Lions (NESA)	496-6969
Traditional Chinese Painting: Ink & Brush Stroke	Central Lions (CLSA)	496-7369
University Non-Credit Courses	ELLA	492-5055
Watercolour Explorations (Intermediate)	Central Lions (CLSA)	496-7369
Watercolour Landscapes: Give It A Try!	Central Lions (CLSA)	496-7369
Watercolour Made Easy*	City Arts Centre	311
Watercolour Pencils (Beginners)	Central Lions (CLSA)	496-7369
Watercolour Pencils*	City Arts Centre	311
Watercolour with Willie	Edmonton Seniors Centre	342-8625
Watercolours (Levels 1 & 2)	City Arts Centre	311
Watercolours (Beginner & Experienced)	SEESA	468-1985
Watercolours (Advanced)	Strathcona Place Centre	433-5807

* Some classes offered evenings and/or weekends

Drawing & Painting

Watercolours (Intermediate)	Westend Seniors Activity Centre	483-1209
Watercolours Floral Workshop (Intermediate)	Northgate Lions (NESA)	496-6969
Watercolours for Beginners	Central Lions (CLSA)	496-7369
Watercolours: Landscapes	Central Lions (CLSA)	496-7369
Winter Wonders with Water Media	Central Lions (CLSA)	496-7369
Your Guide to Pen and Watercolour	Central Lions (CLSA)	496-7369

□ Educational

Now is the time to appreciate and cultivate your knowledge! Ask the question why, savour the stories of history, discover nature, survey cultures or prepare for the future. Exercise your mind!



Activity	Offered at:	Phone:
Aging Wisely, Aging Well	Northgate Lions (NESA)	496-6969
American Sign Language – Beginners Conversational	Central Lions (CLSA)	496-7369
American Sign Language - Level "A" (Beginner Short Course)	Canadian Hard of Hearing Association - Edmonton Branch	428-6622
Armchair Travel	Edmonton Seniors Centre	342-8625
Armchair Travel	Northgate Lions (NESA)	496-6969
Armchair Traveller	Jewish Drop In Centre	488-4241
As We Age Series: Various Presentations	Central Lions (CLSA)	496-7369
Book Club	Edmonton Seniors Centre	342-8625
Book Club	Northgate Lions (NESA)	496-6969
Book Club	Sage	701-9016

Educational

Book Club*	SEESA	468-1985
Book Club	Strathcona Place Centre	433-5807
Canadian Law: Introduction	Central Lions (CLSA)	496-7369
Capturing Your Life Stories	Sage	701-9016
Chinese Conversational	Edmonton Seniors Centre	342-8625
Coffee Talks Discussion Series	Westend Seniors Activity Centre	483-1209
Creative Writer's Circle	Northgate Lions (NESA)	496-6969
Creative Writing	Edmonton Seniors Centre	342-8625
Creative Writing	SEESA	468-1985
Creative Writing	Strathcona Place Centre	433-5807
Creative Writing: Introduction	Northgate Lions (NESA)	496-6969
Creative Writing: Joy of Writing Club	Central Lions (CLSA)	496-7369
Creative Writing: Plotting Your Own Story	Central Lions (CLSA)	496-7369
Creative Writing: Putting Your Past on Paper	Central Lions (CLSA)	496-7369
Creative Writing Studio Time	Northgate Lions (NESA)	496-6969
Creative Writing: Writer's / Poet's Toolbox	Central Lions (CLSA)	496-7369
Downsizing Lecture Series: Various Presentations	Central Lions (CLSA)	496-7369
Earth's Changing Climate: Understanding and Predicting Our Weather	Central Lions (CLSA)	496-7369
Eating Made Easy™ Nutrition Workshops	Edmonton Meals on Wheels	429-2020
Edmonton Archives: A Virtual Tour	Central Lions (CLSA)	496-7369

* Some classes offered evenings and/or weekends

Educational

Emergency Preparedness	Sage	701-9016
Enduring Power of Attorney Workshop	Edmonton Seniors Centre	342-8625
English Conversation Classes	Multicultural Women and Seniors Services Association	465-2992
EPL Book Lovers Group: A Match Made in Heaven	Central Lions (CLSA)	496-7369
ESL for Russian Speaking Immigrants	Jewish Drop In Centre	488-4241
Estate Planning Workshop	Edmonton Seniors Centre	342-8625
Fabulous Style / The Perfect Wardrobe	Central Lions (CLSA)	496-7369
Fix It Yourself and Save Workshops	Central Lions (CLSA)	496-7369
Focus On Fixed Income Workshop	Edmonton Seniors Centre	342-8625
Food and Wine Parings / Wine Appreciation	Central Lions (CLSA)	496-7369
For Ladies Only: Body Types and Positive Image	Central Lions (CLSA)	496-7369
For Ladies Only: Make-up Basics for 50+	Central Lions (CLSA)	496-7369
For Ladies Only: Skin Care and Beauty 101	Central Lions (CLSA)	496-7369
Fraud Prevention	Jewish Drop In Centre	488-4241
Fraud Prevention Workshop	Edmonton Seniors Centre	342-8625
French (Levels 1 & 2/3)	Central Lions (CLSA)	496-7369
French Conversational	Edmonton Seniors Centre	342-8625
French Conversational (Beginner & Advanced)	Strathcona Place Centre	433-5807
Gardening Presentations (Seasonal)	Central Lions (CLSA)	496-7369
Genealogy	Westend Seniors Activity Centre	483-1209
Genealogy: Advanced	Northgate Lions (NESA)	496-6969

Educational

Genealogy: Canada's National Treasure	Central Lions (CLSA)	496-7369
Genealogy: Conducting Family History Research	Central Lions (CLSA)	496-7369
Genealogy: Intro to the Basics	Central Lions (CLSA)	496-7369
Genealogy: Introduction	Northgate Lions (NESA)	496-6969
Genealogy: Is Genealogy for Me?	Central Lions (CLSA)	496-7369
Genealogy: Military History	Northgate Lions (NESA)	496-6969
Genealogy: On the Internet	Northgate Lions (NESA)	496-6969
Genealogy: Tips for Writing Your Own Family History	Central Lions (CLSA)	496-7369
German for Beginners (Levels 1 & 2)	Northgate Lions (NESA)	496-6969
Growing Herbs Indoors	Central Lions (CLSA)	496-7369
Guest Speakers: Various Topics	SCONA Seniors Center	433-5377
Guest Speakers: Various Topics	South-West Seniors Outreach Society	435-9515
Hebrew for Everybody	Jewish Drop In Centre	488-4241
Heritage/Digital Drop-in Group	Central Lions (CLSA)	496-7369
Ideas Discussion Group	Sage	701-9016
Income Tax Clinic	Calder Seniors Drop-In Society	451-1925
Income Tax Program	Sage	701-9016
Introduction to Memoir Writing	Westend Seniors Activity Centre	483-1209
ISP Seniors Program	ASSIST Community Services Centre	429-3111
Learning in Retirement Lecture Series	Jewish Drop In Centre	488-4241
Legal Documents Presentation	Sage	701-9016
Library	Calder Seniors Drop-In Society	451-1925
Life Long Learning Series	Westend Seniors Activity Centre	483-1209

Educational

Lunch and Learn Presentations	Jewish Drop In Centre	488-4241
Making Your Money Last Workshop	Edmonton Seniors Centre	342-8625
Meals On Wheels: Chef's Choice	Central Lions (CLSA)	496-7369
Movies and Films: From Then to Now	Central Lions (CLSA)	496-7369
Nature Observation / Bird Watching	Central Lions (CLSA)	496-7369
The Origins of Life	Northgate Lions (NESA)	496-6969
Personal Directive Information Session	Sage	701-9016
Personal Directives	Strathcona Place Centre	433-5807
Personal Directives Workshop	Edmonton Seniors Centre	342-8625
The Poet Within (Levels 1 & 2)	City Arts Centre	311
Poetry	SEESA	468-1985
Positive Communication	Northgate Lions (NESA)	496-6969
Preserving Home Movies, Audio Tapes & Pictures	Central Lions (CLSA)	496-7369
Retirement - Preparing for the "What If"	Northgate Lions (NESA)	496-6969
Safety and Security: Emergency Preparedness, and Fire Safety	Central Lions (CLSA)	496-7369
Safety and Security: Frauds, Scams, and Identity Theft	Central Lions (CLSA)	496-7369
Safety, Security, and Identity Theft Workshop	Edmonton Seniors Centre	342-8625
Seniors Investing Club	Central Lions (CLSA)	496-7369
Smart to Mutual Funds Workshop	Edmonton Seniors Centre	342-8625
Spanish (Basics, Part 2 & 3)	Central Lions (CLSA)	496-7369
Spanish (Levels 1-3)	Edmonton Seniors Centre	342-8625
Spanish (Basic & Advanced)	Northgate Lions (NESA)	496-6969
Spanish (Beginner)	Sage	701-9016

Educational

Spanish (Beginner)	Strathcona Place Centre	433-5807
Spanish Conversational	Northgate Lions (NESA)	496-6969
Spanish: Introduction for Travellers	Central Lions (CLSA)	496-7369
Take Stock in the Market Workshop	Edmonton Seniors Centre	342-8625
Tell Me Tuesdays	Westend Seniors Activity Centre	483-1209
Time for Tea: Teas of the World	Central Lions (CLSA)	496-7369
Toonie Talks	Westend Seniors Activity Centre	483-1209
Travel Slideshows	Sage	701-9016
Travel Talks: Various Presentations	Central Lions (CLSA)	496-7369
Travel Trips	Westend Seniors Activity Centre	483-1209
Trivia Time Group	Sage	701-9016
Understanding Travel Insurance	Northgate Lions (NESA)	496-6969
University Non-Credit Courses	ELLA	492-5055
Weekly Travel Films	Sage	701-9016
Willpower Wills Week	Northgate Lions (NESA)	496-6969
Wills and Estate Planning	Edmonton Seniors Centre	342-8625
Workshops: Various Topics	Westend Seniors Activity Centre	483-1209
World Events / Cultural Awareness: Various Discussions	Central Lions (CLSA)	496-7369
Yiddish for Beginners and Intermediate	Jewish Drop In Centre	488-4241

**Anyone who keeps learning stays young.
The greatest thing in life is to keep your mind going.**

~ Henry Ford



□Fitness

Get fit for *your* life! Maintain or improve your balance, endurance, flexibility and strength. There are a variety of fitness options that will add vitality and energy to your day. Move towards active living!



Activity	Offered at:	Phone:
Active Anytime Anywhere	Multicultural Women and Seniors Services Association	465-2992
Active Older Adult Cardio Strength	Don Wheaton Family YMCA	452-9622
Active Older Adult Gentle Strength	Jamie Platz YMCA	481-9622
Active Older Adult Low Impact Cardio	Jamie Platz YMCA	481-9622
Active Older Adult Total Body Workout	Castle Downs YMCA	476-9622
Active Older Adults	William Lutsky Family YMCA	437-8477
Balance Out Your Week	Northgate Lions (NESA)	496-6969
Ballet Fit	Central Lions (CLSA)	496-7369
Beginner Belly Dancing	Northgate Lions (NESA)	496-6969
Belly Dancing for Beginners	Central Lions (CLSA)	496-7369
Better Balance	Central Lions (CLSA)	496-7369
Biking Club	Westend Seniors Activity Centre	483-1209
Bollywood Dance (Fitness)	Northgate Lions (NESA)	496-6969
Break Through	William Lutsky Family YMCA	437-8477
Bridge to Fitness	Castle Downs YMCA	476-9622
Bridge to Fitness	Don Wheaton Family YMCA	452-9622
Bridge to Fitness	Jamie Platz YMCA	481-9622
Bridge to Fitness	William Lutsky Family YMCA	437-8478
Buns and Bellies	Northgate Lions (NESA)	496-6969

Fitness

Cardio and Strength	Sage	701-9016
Cardio / Core	Northgate Lions (NESA)	496-6969
Cardio Salsa	Central Lions (CLSA)	496-7369
Cardio Salsa Plus! - Strength Training	Westend Seniors Activity Centre	483-1209
Chair Zumba	Edmonton Seniors Centre	342-8625
Co-ed Gentle Move and Groove	Central Lions (CLSA)	496-7369
Co-ed Keep Fit and Cardio Fun (Gentle-Moderate & Moderate-Active)	Central Lions (CLSA)	496-7369
Dance Moves*	Edmonton Seniors Centre	342-8625
Dance Moves	Northgate Lions (NESA)	496-6969
Drop-In Fitness Orientations	Don Wheaton Family YMCA	452-9622
Drum Fit!	Central Lions (CLSA)	496-7369
Fit for Life - Weight Training Program	Westend Seniors Activity Centre	483-1209
Fit for Your Life	Calder Seniors Drop-In Society	451-1925
Fit for Your Life	Edmonton Seniors Centre	342-8625
Fit for Your Life	Northgate Lions (NESA)	496-6969
Fit for Your Life	SEESA	468-1985
Fitness	Strathcona Place Centre	433-5807
Fitness Centre Circuit Training	Northgate Lions (NESA)	496-6969
Fitness Centre Drop-In	Northgate Lions (NESA)	496-6969
Fitness Centre Fun	Northgate Lions (NESA)	496-6969
Fitness for Men	SEESA	468-1985
Fitness is Fun! - Cardio Program	Westend Seniors Activity Centre	483-1209

* Some classes offered evenings and/or weekends

Fitness

Fitness Machines	Central Lions (CLSA)	496-7369
Fitness with Bonnie	Edmonton Seniors Centre	342-8625
Forever Fit	City Arts Centre	311
Full Body Flexibility	Central Lions (CLSA)	496-7369
Fun and Fitness	Calder Seniors Drop-In Society	451-1925
Fun 'N' Fitness	Northgate Lions (NESA)	496-6969
Gentle Dance Moves*	Edmonton Seniors Centre	342-8625
Gentle Dance Moves	SEESA	468-1985
Gentle Dance Moves	Westend Seniors Activity Centre	483-1209
Get Active, Get Well: Barriers You Can Beat!	Central Lions (CLSA)	496-7369
Get "Rollin"	Central Lions (CLSA)	496-7369
Golf & Sport Conditioning	Central Lions (CLSA)	496-7369
Health Qi Gong*	Ji Hong Wushu & Taichi College	424-8924
Hula Hoop Fun: Give it A Try!	Central Lions (CLSA)	496-7369
Hula Hoop Fitness	Central Lions (CLSA)	496-7369
Hula Hooping Your Way to Health - An Introduction	Westend Seniors Activity Centre	483-1209
Limber and Laughter	Northgate Lions (NESA)	496-6969
Just Stretching	SEESA	468-1985
Keep Fit	SEESA	468-1985
Living Fit	Kinsmen Sports Centre	311
Living Fit	Terwillegar Community Recreation Centre	311
Masala Bhangra (Bollywood) Workout	Central Lions (CLSA)	496-7369

* Some classes offered evenings and/or weekends

Fitness

Meditation and Relaxation	Edmonton Seniors Centre	342-8625
Moving On: Post-Rehab Adapted Conditioning	Central Lions (CLSA)	496-7369
Muscle Up	Central Lions (CLSA)	496-7369
My Kieng's Exercise	Edmonton Seniors Centre	342-8625
On Your Seat or On Your Feet	Jewish Drop In Centre	488-4241
Personal Training	Sage	701-9016
Pilates on the Ball	Northgate Lions (NESA)	496-6969
Progressive Core Conditioning (Levels 1 & 2)	Central Lions (CLSA)	496-7369
Qi Gong	Edmonton Seniors Centre	342-8625
Recover & Rebuild	Northgate Lions (NESA)	496-6969
Renew - Shoulder and Back Rehab	Northgate Lions (NESA)	496-6969
River Valley Exercise Walkers (Spring)	Central Lions (CLSA)	496-7369
Roaring Lions Walking Group (Indoors)	Central Lions (CLSA)	496-7369
ROM CHI	Westend Seniors Activity Centre	483-1209
Seidoho (Soft Karate)	Central Lions (CLSA)	496-7369
Self Defense for Older Adults	Central Lions (CLSA)	496-7369
Soft Karate (All Levels)	Westend Seniors Activity Centre	483-1209
Soft Pilates	Edmonton Seniors Centre	342-8625
Soft Pilates	SEESA	468-1985
Step It Up: Let's Give It A Try!	Central Lions (CLSA)	496-7369
Strength Training	Central Lions (CLSA)	496-7369
Stretch and Strength	Central Lions (CLSA)	496-7369
Stretch It Out	Northgate Lions (NESA)	496-6969
Stretch and Strength	Northgate Lions (NESA)	496-6969

Fitness

Stretching for Seniors	SCONA Seniors Center	433-5377
Tai Chi	Castle Downs YMCA	476-9622
Tai Chi	Don Wheaton Family YMCA	452-9622
Tai Chi (Drop-In)	Edmonton Seniors Centre	342-8625
Tai Chi (Levels 1 & 2/3)	Edmonton Seniors Centre	342-8625
Tai Chi	Jewish Drop In Centre	488-4241
Tai Chi*	Ji Hong Wushu & Taichi College	424-8924
Tai Chi	Northgate Lions (NESA)	496-6969
Tai Chi	Sage	701-9016
Tai Chi (Levels 1 & 2)	Strathcona Place Centre	433-5807
Tai Chi - Chen Style (All Levels)	Westend Seniors Activity Centre	483-1209
Tai Chi - Continuous	Strathcona Place Centre	433-5807
Tai Chi - Yang Style	Central Lions (CLSA)	496-7369
Total Body Fit	Central Lions (CLSA)	496-7369
Total Fitness	Central Lions (CLSA)	496-7369
Use It or Lose It	Jewish Drop In Centre	488-4241
Use It or Lose It	Northgate Lions	496-6969
Walking for Health*	Commonwealth Community Recreation Centre	311
Walking for Health*	Terwillegar Community Recreation Centre	311
Walking Group	Calder Seniors Drop-In Society	451-1925
Walking Group	Sage	701-9016
Walking Group	Westend Seniors Activity Centre	483-1209

* Some classes offered evenings and/or weekends

Fitness

YOGA:

Active Older Adult Yoga	Don Wheaton Family YMCA	452-9622
Beginner Yoga	Northgate Lions (NESA)	496-6969
Chair Yoga	Northgate Lions (NESA)	496-6969
Chair Yoga	SCONA Seniors Center	433-5377
Chair Yoga	SEESA	468-1985
Chair Yoga for Seniors	Sage	701-9016
Flow Yoga	Northgate Lions (NESA)	496-6969
Gentle Iyengar Yoga	Family Yoga Centre Ltd.	465-4668
Gentle Mat Yoga	SCONA Seniors Center	433-5377
Gentle Yoga	Central Lions (CLSA)	496-7369
Gentle Yoga	Commonwealth Community Recreation Centre	311
Gentle Yoga	Terwillegar Community Recreation Centre	311
Gentle Yoga	Northgate Lions (NESA)	496-6969
Gentle / Yin Yoga	Commonwealth Community Recreation Centre	311
Hatha Yoga	SEESA	468-1985
Hatha Yoga	Strathcona Place Centre	433-5807
Hatha Yoga (Beginner / Intermediate)	Westend Seniors Activity Centre	483-1209
Seniors Yoga Class	Heritage Seniors Stop-In Centre	437-8759
Stretch and Rejuvenate Yoga*	Muttart Conservatory	311
Stretch 'N' Tone Yoga	Northgate Lions (NESA)	496-6969
Yoga	Calder Seniors Drop-In Society	451-1925

* Some classes offered evenings and/or weekends

Fitness

YOGA:

Yoga	Edmonton Seniors Centre	342-8625
Yoga	Northgate Lions (NESA)	496-6969
Yoga	Sage	701-9016
Yoga	SEESA	468-1985
Yoga	South-West Seniors Outreach Society	435-9515
Yoga for Arthritis	Westend Seniors Activity Centre	483-1209
Yoga for Men	SEESA	468-1985
Yoga for the Aging Body	Empire Park Community League	232-0869
Yoga for You	Central Lions (CLSA)	496-7369
Yoga Fusion (All Levels)	Westend Seniors Activity Centre	483-1209
Yoga Med	Central Lions (CLSA)	496-7369
Yoga Stretch and Relax (Level 2 - Intermediate)	Central Lions (CLSA)	496-7369
Yogalates	Northgate Lions (NESA)	496-6969
Zumba	Calder Seniors Drop-In Society	451-1925
Zumba*	Edmonton Seniors Centre	342-8625
Zumba	Northgate Lions (NESA)	496-6969
Zumba Gold	Central Lions (CLSA)	496-7369
Zumba Gold	Kinsmen Sports Centre	311
Zumba Gold	Terwillegar Community Recreation Centre	311
Zumba Gold	Jamie Platz YMCA	481-9622
Zumba Gold	Northgate Lions (NESA)	496-6969
Zumba Gold	Sage	701-9016

* Some classes offered evenings and/or weekends

Fitness

Zumba Gold	SEESA	468-1985
Zumba Gold	Westend Seniors Activity Centre	483-1209
Zumba Gold	William Lutsky Family YMCA	437-8477
Zumba Gold Toning	Central Lions (CLSA)	496-7369
Zumba Gold Toning	SEESA	468-1985

□ Games

Playing a game is a great way to both socialize and stimulate your brain. Learn a new board game or teach your favourite card game. Challenge your friends or work as a team to solve a puzzle. Whatever you choose, come out and play!



Activity	Offered at:	Phone:
Billiards	Calder Seniors Drop-In Society	451-1925
Billiards	Westend Seniors Activity Centre	483-1209
Bingo	Calder Seniors Drop-In Society	451-1925
Bingo	Edmonton Seniors Centre	342-8625
Bingo	Jewish Drop In Centre	488-4241
Bingo	SEESA	468-1985
Bingo	Strathcona Place Centre	433-5807
Board Games	Jewish Drop In Centre	488-4241
Board Games	SCONA Seniors Center	433-5377
Board Games and Puzzles	Sage	701-9016
Bridge	Calder Seniors Drop-In Society	451-1925
Bridge	Heritage Seniors Stop-In Centre	437-8759
Bridge	Jewish Drop In Centre	488-4241

Games

Bridge - ACBL Sanctioned	Westend Seniors Activity Centre	483-1209
Bridge - Centennial	Central Lions (CLSA)	496-7369
Bridge Club	Sage	701-9016
Bridge - Contract	Edmonton Seniors Centre	342-8625
Bridge - Contract	SEESA	468-1985
Bridge - Contract	Westend Seniors Activity Centre	483-1209
Bridge - Duplicate*	SEESA	468-1985
Bridge - Duplicate	Westend Seniors Activity Centre	483-1209
Bridge Lessons	Edmonton Seniors Centre	342-8625
Bridge Lessons	Sage	701-9016
Bridge Lessons	Strathcona Place Centre	433-5807
Bridge Practice	Central Lions (CLSA)	496-7369
Bridge Practice	Westend Seniors Activity Centre	483-1209
Bridge Review	Central Lions (CLSA)	496-7369
Bridge Tournament	Sage	701-9016
Bridge: Want to Learn?	Central Lions (CLSA)	496-7369
Canasta	Edmonton Seniors Centre	342-8625
Cards	SCONA Seniors Center	433-5377
Chess	Jewish Drop In Centre	488-4241
CNIB Bridge Club	CNIB	488-4871
Crib Tournaments*	SEESA	468-1985
Cribbage	Calder Seniors Drop-In Society	451-1925
Cribbage	Central Lions (CLSA)	496-7369
Cribbage	Edmonton Seniors Centre	342-8625

* Some classes offered evenings and/or weekends

Games

Cribbage	Heritage Seniors Stop-In Centre	437-8759
Cribbage	Sage	701-9016
Cribbage	SEESA	468-1985
Cribbage	Strathcona Place Centre	433-5807
Cribbage	Westend Seniors Activity Centre	483-1209
Euchre	Calder Seniors Drop-In Society	451-1925
Euchre	Westend Seniors Activity Centre	483-1209
Euchre Tournaments	Calder Seniors Drop-In Society	451-1925
Floor Shuffleboard	Calder Seniors Drop-In Society	451-1925
Hand and Foot Canasta	Heritage Seniors Stop-In Centre	437-8759
Hand and Foot Canasta	SEESA	468-1985
Lawn Toss	SCONA Seniors Center	433-5377
Mah Jong	Central Lions (CLSA)	496-7369
Mah Jong	Jewish Drop In Centre	488-4241
Military Whist	Calder Seniors Drop-In Society	451-1925
Military Whist Tournaments	Calder Seniors Drop-In Society	451-1925
Pinochle	SEESA	468-1985
Poker	Jewish Drop In Centre	488-4241
Pool	Northgate Lions (NESA)	496-6969
Radio Bingo	Edmonton Seniors Centre	342-8625
Scrabble	Central Lions (CLSA)	496-7369
Scrabble	Edmonton Seniors Centre	342-8625
Scrabble	Sage	701-9016
Scrabble	SEESA	468-1985
Scrabble	Westend Seniors Activity Centre	483-1209
Shuffleboard	Calder Seniors Drop-In Society	451-1925

Games

Shuffleboard	Edmonton Seniors Centre	342-8625
Shuffleboard	Northgate Lions (NESA)	496-6969
Snooker	Northgate Lions (NESA)	496-6969
Snooker Club	Central Lions (CLSA)	496-7369
Snooker (Men)	Strathcona Place Centre	433-5807
Sudoku Classes	Sage	701-9016
Tile Rummy	Sage	701-9016
Various Games	SCONA Seniors Center	433-5377
Whist	Calder Seniors Drop-In Society	451-1925
Whist	Central Lions (CLSA)	496-7369
Whist	Edmonton Seniors Centre	342-8625
Whist	Heritage Seniors Stop-In Centre	437-8759
Whist	Strathcona Place Centre	433-5807
Whist	Westend Seniors Activity Centre	483-1209
Wii	Westend Seniors Activity Centre	483-1209
Wii Bowling	Edmonton Seniors Centre	342-8625
Wii Bowling League	Sage	701-9016

**We don't stop playing because we grow old;
we grow old because we stop playing.
~ George Bernard Shaw**



□ Health & Wellness

Being healthy is more than just a physical state. Overall health encompasses emotional, social, spiritual and physical well-being. Check out some of these workshops and classes to move toward better health!



Activity	Offered at:	Phone:
Alberta Health Services: Hospital Goals of Care	Central Lions (CLSA)	496-7369
Alberta Health Workshops	Edmonton Seniors Centre	342-8625
Alberta Health Workshops	Jewish Drop In Centre	488-4241
Aromatherapy: Essential Oil Healing	Central Lions (CLSA)	496-7369
Art of Meditation	Strathcona Place Centre	433-5807
Arthritis 101	Arthritis Society - various locations	424-1740
Arthritis 101	ASSIST Community Services Centre	424-1740
Arthritis 101	Northgate Lions (NESA)	496-6969
Arthritis - Self Management	Edmonton Seniors Centre	342-8625
Be Vaccinated, Be Protected: Shingles Plus	Central Lions (CLSA)	496-7369
Better Choices, Better Health	Northgate Lions (NESA)	496-6969
Better Choices, Better Health: Diabetes Self-Management	Central Lions (CLSA)	496-7369
Better Choices, Better Health: Chronic Pain Self-Management	Central Lions (CLSA)	496-7369
Blood Pressure Clinic	Edmonton Seniors Centre	342-8625
Blood Pressure Clinic	Sage	701-9016
Blood Pressure Clinic and Nurse Consultation	SCONA Seniors Center	433-5377
Bone and Joint Surgery: How to Prepare and Recover	Central Lions (CLSA)	496-7369

Health & Wellness

Boost Your Memory	Edmonton Seniors Centre	342-8625
Boosting Your Memory	Allied Health - Alberta Health Services	342-6826
Boosting Your Memory	Central Lions (CLSA)	496-7369
Boosting Your Memory	Sage	701-9016
Boosting Your Memory	Strathcona Place Centre	433-5807
Boosting Your Memory	Westend Seniors Activity Centre	483-1209
Bowen Therapy	Northgate Lions (NESA)	496-6969
Brain Aerobics/Boosting Your Memory	Jewish Drop In Centre	488-4241
Caregiver Advisor	Alberta Caregivers Association	453-5088
Caregiver Ambassadors	Alberta Caregivers Association	453-5088
Caregiver Information Sessions*	Alberta Caregivers Association	453-5088
Chef's Choice	Northgate Lions (NESA)	496-6969
Chronic Pain Management Workshop	Edmonton Seniors Centre	342-8625
Chronic Pain Self-Management	Northgate Lions (NESA)	496-6969
Chronic Pain Workshop	Arthritis Society - Various Locations	424-1740
Circle of Compassion	Strathcona Place Centre	433-5807
Circle of Compassion	Westend Seniors Activity Centre	483-1209
CNIB Edmonton VIP's	CNIB	488-4871
CNIB Information Capsule	CNIB	488-4871
CNIB Tele-Support	CNIB	488-4871
COMPASS for the Caregiver*	Alberta Caregivers Association	453-5088
COMPASS for the Caregiver	Calder Seniors Drop-In Society	451-1925

* Some classes offered evenings and/or weekends

Health & Wellness

Compass for the Caregiver	Northgate Lions (NESA)	496-6969
Community Caregiver Groups*	Alberta Caregivers Association	453-5088
Connections	Northgate Lions (NESA)	496-6969
Counselling	Jewish Drop In Centre	488-4241
Dating and New Relationships	Central Lions (CLSA)	496-7369
Delving into Dementias	Central Lions (CLSA)	496-7369
Diabetes Peer Group	Westend Seniors Activity Centre	483-1209
Do You Know Your Medications	Northgate Lions (NESA)	496-6969
Elder Abuse Awareness	Central Lions (CLSA)	496-7369
Exercise = Medicine! Lecture	Central Lions (CLSA)	496-7369
Fall Prevention	Sage	701-9016
Finding Balance	Jewish Drop In Centre	488-4241
Finding Balance: Preventing Falls	Central Lions (CLSA)	496-7369
Flu Shot Clinic	Calder Seniors Drop-In Society	451-1925
Flu Shot Clinic	Sage	701-9016
Foot Clinic	SCONA Seniors Center	433-5377
Footcare Clinic	Calder Seniors Drop-In Society	451-1925
Footcare Clinic	Central Lions (CLSA)	496-7369
From Driver to Passenger: Are You Prepared?	Central Lions (CLSA)	496-7369
GLBTQ Senior Support Group	Sage	701-9016
Growing Older, Growing Wiser	Central Lions (CLSA)	496-7369
Health and Wellness Special Presentations	Calder Seniors Drop-In Society	451-1925
Health Information Sessions	Sage	701-9016

* Some classes offered evenings and/or weekends

Health & Wellness

Health Information: Various Topics	Multicultural Women and Seniors Services Association	465-2992
Healthy Aging: Improving Your Memory	Central Lions (CLSA)	496-7369
Healthy Relationships: Boundaries and Balance	Central Lions (CLSA)	496-7369
Healthy Relationships: From Anger to Positive Communication	Central Lions (CLSA)	496-7369
Healthy Relationships: Life's Challenges - Stress or Opportunity?	Central Lions (CLSA)	496-7369
Hear Today, Hear Tomorrow	Central Lions (CLSA)	496-7369
Hearing Clinic	Calder Seniors Drop-In Society	451-1925
Hearing Clinic	Central Lions (CLSA)	496-7369
Heart Healthy Living: Ways to Keep Your Heart Strong	Central Lions (CLSA)	496-7369
Holistic Twist Discussion Group	Sage	701-9016
Holy Hilarity	Northgate Lions (NESA)	496-6969
Information Sessions - Various Topics	Edmonton Seniors Centre	342-8625
Kidney Disease and Risk Factors	Central Lions (CLSA)	496-7369
Kidney Health Screening Clinic	Central Lions (CLSA)	496-7369
Live Better Every Day	Jewish Drop In Centre	488-4241
Living Healthier	Northgate Lions (NESA)	496-6969
Living With Loss / Grief Group	Sage	701-9016
Living With Loss / Walking with Grief	Central Lions (CLSA)	496-7369
Make-up and Skin Care Sessions	Westend Seniors Activity Centre	483-1209
Meditation	Central Lions (CLSA)	496-7369
Meditation	Westend Seniors Activity Centre	483-1209
Micro Moves for Relaxation	Central Lions (CLSA)	496-7369

Health & Wellness

My Eyes Are Dim: I Cannot See	Central Lions (CLSA)	496-7369
Naturopathy: Various Presentations	Central Lions (CLSA)	496-7369
Nutrition Series: Various Presentations	Central Lions (CLSA)	496-7369
Osteoporosis	Northgate Lions (NESA)	496-6969
Osteoporosis: The Silent Thief	Central Lions (CLSA)	496-7369
Outreach and Supportive Services	SCONA Seniors Center	433-5377
Peer Support Outreach	SCONA Seniors Center	433-5377
Posture, Balance, and Back Health	Central Lions (CLSA)	496-7369
Power of Relaxation	Central Lions (CLSA)	496-7369
Preventing Falls One Step at a Time	Central Lions (CLSA)	496-7369
Prevention of Cardiovascular Disease	Northgate Lions (NESA)	496-6969
Reflexology Clinic	Central Lions (CLSA)	496-7369
Reflexology: Introduction; Facial; Happy Feet, Happy Health	Central Lions (CLSA)	496-7369
Relationships with Your Adult Children	Central Lions (CLSA)	496-7369
Seeds of Hope Family Learning Series*	Alzheimer Society of Alberta & NWT	488-2266
Setting Goals for Health and Wellness	Central Lions (CLSA)	496-7369
Shingles and Other Illnesses	Jewish Drop In Centre	488-4241
Speakers on Health Issues	Jewish Drop In Centre	488-4241
Success Over Stress	Allied Health - Alberta Health Services	342-6826
Success Over Stress	Edmonton Seniors Centre	342-8625
Success Over Stress	Jewish Drop In Centre	488-4241

* Some classes offered evenings and/or weekends

Health & Wellness

Success Over Stress	Westend Seniors Activity Centre	483-1209
Support Group*	Jewish Drop In Centre	488-4241
Talk with the Doctor: Various Presentations	Central Lions (CLSA)	496-7369
This Full House Hoarding Program	Sage	701-9016
Understanding Depression	Central Lions (CLSA)	496-7369
University Non-Credit Courses	ELLA	492-5055
Walking with Grief	Strathcona Place Centre	433-5807
Wednesday Wellness Group (AADAC)	Sage	701-9016
Wellbeing Lecture Series	Sage	701-9016
When to Call 911	Northgate Lions (NESA)	496-6969
When You Can't Breathe		
Presentations: Asthma; CPOD; Influenza; Sleep Apnea	Central Lions (CLSA)	496-7369
Your Third Ear Clinic	Central Lions (CLSA)	496-7369

**You are never too old to set another goal
or to dream a new dream.**

~ C. S. Lewis



□ Music/Song/Drama

Enter a world where dreams come alive! Experience magic in the world of make believe! Whether you are an amateur musician or a veteran actor now is the time to show off your talents. The show must go on!



Activity	Offered at:	Phone:
Accidental Drama Club	SEESA	468-1985
Acting Out	City Arts Centre	311
African Drum Rhythm Workshop	Northgate Lions (NESA)	496-6969
Band Practice	Westend Seniors Activity Centre	483-1209
Banjo	SEESA	468-1985
Calder Cuties Choir	Calder Seniors Drop-In Society	451-1925
Choir	South-West Seniors Outreach Society	435-9515
Choir	Westend Seniors Activity Centre	483-1209
Drama Club	Calder Seniors Drop-In Society	451-1925
Drama Club	Central Lions (CLSA)	496-7369
Drop-in Drama Group	Sage	701-9016
Edmonton Schoolboy's Alumni Band	Central Lions (CLSA)	496-7369
ESC Glee Choir	Edmonton Seniors Centre	342-8625
Fun with Hand Drums: Music Drum Circle	Central Lions (CLSA)	496-7369
GeriActors Group	Sage	701-9016
Guitar (Level 1)*	City Arts Centre	311
Guitar (Levels 1 & 3)	Northgate Lions (NESA)	496-6969
Guitar - Beginner Blues	Central Lions (CLSA)	496-7369

* Some classes offered evenings and/or weekends

Music/Song/Drama

Guitar - Blues 201	Northgate Lions (NESA)	496-6969
Guitar - Campfire Music (Levels 1 & 2)	Central Lions (CLSA)	496-7369
Guitar Club	SEESA	468-1985
Guitar - Fingerpicking	Northgate Lions (NESA)	496-6969
Guitar Lessons (Private & Semi-Private)	Edmonton Seniors Centre	342-8625
Guitar Lessons (All Levels)	Westend Seniors Activity Centre	483-1209
Hand Drumming*	City Arts Centre	311
Handbells (Beginners & Intermediate)	Northgate Lions (NESA)	496-6969
Harmonica	SEESA	468-1985
Harmonica Fun ASAP	Central Lions (CLSA)	496-7369
Jam Sessions	Calder Seniors Drop-In Society	451-1925
Jam Sessions*	SEESA	468-1985
Lions Seniors Big Band	Central Lions (CLSA)	496-7369
Mandolin	SEESA	468-1985
Mandolin Fun ASAP	Central Lions (CLSA)	496-7369
Melody Singers Choir	SEESA	468-1985
Music Appreciation	Central Lions (CLSA)	496-7369
Musical Theatre	Northgate Lions (NESA)	496-6969
Musical Time Travel	Northgate Lions (NESA)	496-6969
Open Mic Poetry Reading	Sage	701-9016
Piano Lessons	Central Lions (CLSA)	496-7369
Piano Lessons (All Levels)	Westend Seniors Activity Centre	483-1209
Sage Singers Choir	Sage	701-9016

* Some classes offered evenings and/or weekends

Music/Song/Drama

Sing-A-Longs	SCONA Seniors Center	433-5377
Speak Up and Be Heard: How to Project Your Voice	Central Lions (CLSA)	496-7369
Stage Struck Seniors Drama Group	Strathcona Place Centre	433-5807
Strathcona Place Centre Choir	Strathcona Place Centre	433-5807
Swing Time Band	Central Lions (CLSA)	496-7369
Ukulele (Levels 1 & 2)	Edmonton Seniors Centre	342-8625
Ukulele Pickin' with a Touch of Steel Guitar	Central Lions (CLSA)	496-7369
University Non-Credit Courses	ELLA	492-5055
Voice Lessons (Private)	Edmonton Seniors Centre	342-8625
The "You, Sing & Dance" Show	Central Lions (CLSA)	496-7369
"Young at Heart" Band	Central Lions (CLSA)	496-7369
Young at Heart Choir	Jewish Drop In Centre	488-4241



**A mind that is stretched by a new experience
can never go back to its old dimensions.**

~ Oliver Wendell Holmes, Jr.

□ Social Events

Join together with old and new friends for fun and laughter. Watch movies, dance, go on outings and enjoy live entertainment and scrumptious food. The more the merrier!



Activity	Offered at:	Phone:
Afternoon Movies	Jewish Drop In Centre	488-4241
Barbeques, Picnics, and Pot Lucks	SCONA Seniors Center	433-5377
Bus Trips	Edmonton Seniors Centre	342-8625
Circle of Friends (Drop-in)	Westend Seniors Activity Centre	483-1209
Community Coffee Time	Empire Park Community League	232-0869
Dances*	SEESA	468-1985
Dances	Westend Seniors Activity Centre	483-1209
Day Trips	Jewish Drop In Centre	488-4241
Dress-Up Theme Parties Just for Fun	SCONA Seniors Center	433-5377
Educational and Entertainment Tours	Petrolia Seniors	435-1045
Fashion Show	SCONA Seniors Center	433-5377
Fashion Shows	Calder Seniors Drop-In Society	451-1925
For Chinese and Korean Seniors	Multicultural Health Brokers at SCONA	433-5377
Friendship Circle	Edmonton Seniors Centre	342-8625
Friendship Circle - Coffee Group	Sage	701-9016
Fun and Friendship Group	Calder Seniors Drop-In Society	451-1925
Golden Lily Seniors' Club	ASSIST Community Services Centre	429-3111
Hot Luncheon Socials	Edmonton Seniors Centre	342-8625

* Some classes offered evenings and/or weekends

Social Events

Hot Lunches	Jewish Drop In Centre	488-4241
Intergenerational Interaction (kindergarten & grade 1 classes)	SCONA Seniors Center	433-5377
Just for Men Luncheon	Strathcona Place Centre	433-5807
Let's Do Lunch Group	Sage	701-9016
Low Cost Outings	SCONA Seniors Center	433-5377
Lunch	Petrolia Seniors	435-1045
Luncheons	SCONA Seniors Center	433-5377
Matinee Movies	Northgate Lions (NESA)	496-6969
Monthly Dinner and Dance	SCONA Seniors Center	433-5377
Monthly Dinners*	SEESA	468-1985
Monthly Lunch Deal	Sage	701-9016
Monthly Outings Around Edmonton	Sage	701-9016
Monthly Potluck Dinners	Westend Seniors Activity Centre	483-1209
Movie and Popcorn	Sage	701-9016
Movie of the Month	Strathcona Place Centre	433-5807
Potluck Lunches	Heritage Seniors Stop-In Centre	437-8759
Potluck Dinners	Calder Seniors Drop-In Society	451-1925
Social Outings	Central Lions (CLSA)	496-7369
Social Outings	Heritage Seniors Stop-In Centre	437-8759
Social Tea and Dance	Strathcona Place Centre	433-5807
Social Teas, Music, and Dancing	Jewish Drop In Centre	488-4241
Special Teas	Calder Seniors Drop-In Society	451-1925
Tasty Travel Luncheon and Film	Westend Seniors Activity Centre	483-1209
Teas	Westend Seniors Activity Centre	483-1209

* Some classes offered evenings and/or weekends

Social Events

Theatre Productions	Jewish Drop In Centre	488-4241
Themed Activities and Lunches	Westend Seniors Activity Centre	483-1209
Thursday Luncheons and Entertainment / Dance	South-West Seniors Outreach Society	435-9515
Twin Brooks and Yellow Bird 50+ Group	Twin Brooks Community League	988-6262
Wednesday Night Dinner and Dance	Northgate Lions (NESA)	496-6969
Weekly Dinner and Social	SCONA Seniors Center	433-5377

□ Special Events

Feeling a little ordinary lately? Are you tired of the same old routine? Celebrate life with these exciting opportunities and start feeling a little extraordinary. Be sure to mark your calendar for these events!



Activity	Offered at:	Phone:
Annual Fall Bazaar	Calder Seniors Drop-In Society	451-1925
Annual Membership Picnic	Jewish Drop In Centre	488-4241
Art Café: Creative Age Festival	Calder Seniors Drop-In Society	451-1925
Art Gallery of Alberta (Fall 2013)	Central Lions (CLSA)	496-7369
Art Gallery of Alberta	Northgate Lions (NESA)	496-6969
Behind the Scenes of the Edmonton Symphony Orchestra and the Winspear (Winter 2014)	Central Lions (CLSA)	496-7369
Big Wheels Deliver Meals™	Edmonton Meals on Wheels	429-2020
Birthday Parties (Monthly)	Calder Seniors Drop-In Society	451-1925
Birthday Parties (Monthly)	Jewish Drop In Centre	488-4241
Birthday Parties (Monthly)	Sage	701-9016
Birthday Parties (Monthly)	Westend Seniors Activity Centre	483-1209

Special Events

Bus Trips	Calder Seniors Drop-In Society	451-1925
Bus Trips	South-West Seniors Outreach Society	435-9515
Butterdome Craft Sale (Fall 2013)	Central Lions (CLSA)	496-7369
Butterdome Craft Sale	Northgate Lions (NESA)	496-6969
Casino Trips	Jewish Drop In Centre	488-4241
Celebration of Seniors	Sage	701-9016
Christmas at Greenland Garden Centre (Fall 2014)	Central Lions (CLSA)	496-7369
Christmas at the Centre	Edmonton Seniors Centre	342-8625
Christmas Celebrations (Fall 2013)	Central Lions (CLSA)	496-7369
Christmas Dinner	Calder Seniors Drop-In Society	451-1925
Christmas Dinner	Sage	701-9016
Christmas Dinner	Westend Seniors Activity Centre	483-1209
Christmas Dinner on Christmas Day	SCONA Seniors Center	433-5377
Christmas Elves Gift Wrapping	Edmonton Meals on Wheels	429-2020
Christmas Luncheon	Edmonton Seniors Centre	342-8625
Christmas Market and Craft Sale	Edmonton Seniors Centre	342-8625
Christmas Party	Queen Mary Park Community League	447-5389
CLSA and Edmonton Host Lions Annual Pancake Breakfast (Fall 2013)	Central Lions (CLSA)	496-7369
CLSA Fashion Show and Tea	Central Lions (CLSA)	496-7369
CLSA Variety Show (Winter 2014)	Central Lions (CLSA)	496-7369
Community Barbecue	Queen Mary Park Community League	447-5389
Craft and Bake Sales (Seasonal)	SCONA Seniors Center	433-5377
Craft Sale (Christmas and Spring)	Sage	701-9016

Special Events

CTV Television Station (Fall 2013)	Central Lions (CLSA)	496-7369
CTV Television Station	Northgate Lions (NESA)	496-6969
Day Trips Outside Edmonton	Sage	701-9016
Dinner and Dance with The Emeralds (Fall 2013)	Central Lions (CLSA)	496-7369
Dinner / Dance / Silent Auction Fundraising Event	SCONA Seniors Center	433-5377
Easter Dinner	Sage	701-9016
Edmonton Musical Theatre Performance	Jewish Drop In Centre	488-4241
Evening of Remembrance (Fall 2013)	Central Lions (CLSA)	496-7369
Father's Day BBQ	Calder Seniors Drop-In Society	451-1925
Father's Day Luncheon	Edmonton Seniors Centre	342-8625
Garage Rummage Sale	Edmonton Seniors Centre	342-8625
Grape Expectations	Edmonton Meals on Wheels	429-2020
Halloween Luncheon	Edmonton Seniors Centre	342-8625
Halloween Party	Sage	701-9016
Harvest Ball	Westend Seniors Activity Centre	483-1209
Hawaiian Party	Sage	701-9016
Healthy Living and Wellness Fair	Edmonton Seniors Centre	342-8625
Klondike Barbecue and Bingo	Westend Seniors Activity Centre	483-1209
Klondike Luncheon	Edmonton Seniors Centre	342-8625
Klondike / Pioneer Breakfast	Edmonton Seniors Centre	342-8625
Legislature Tour and Tea	Calder Seniors Drop-In Society	451-1925
Legislature Tour and Tea	Jewish Drop In Centre	488-4241
'Luck of the Irish' St. Patrick's Dinner & Event (Winter 2014)	Central Lions (CLSA)	496-7369
Mother's Day Tea	Calder Seniors Drop-In Society	451-1925

Special Events

Mother's Day Luncheon	Edmonton Seniors Centre	342-8625
Multicultural Special Events	Westend Seniors Activity Centre	483-1209
New Year's Eve Dinner/Dance	Calder Seniors Drop-In Society	451-1925
Oktoberfest	Westend Seniors Activity Centre	483-1209
Older, Bolder, Better	Westend Seniors Activity Centre	483-1209
Open House	Westend Seniors Activity Centre	483-1209
Opera Presentations and Visits*	Jewish Drop In Centre	488-4241
Outings, Celebrations, and Bazaars	Multicultural Women and Seniors Services Association	465-2992
Overnight Trips	Jewish Drop In Centre	488-4241
Remembrance Day	Calder Seniors Drop-In Society	451-1925
Political Leaders in Alberta	Jewish Drop In Centre	488-4241
Remembrance Day Program	Edmonton Seniors Centre	342-8625
Remembrance Day Service	Westend Seniors Activity Centre	483-1209
Robbie Burns Day Tea	Sage	701-9016
Rummage Sales (Twice Yearly)	SCONA Seniors Center	433-5377
St. Patrick's Day Lunch	Calder Seniors Drop-In Society	451-1925
St Patrick's Day Luncheon	Edmonton Seniors Centre	342-8625
St. Patrick's Day Party	Westend Seniors Activity Centre	483-1209
St. Patrick's Tea	Sage	701-9016
Seniors Candy Cane Tea	Edmonton Valley Zoo	496-2982
Seniors Open House Showcase	Edmonton Seniors Centre	342-8625
Seniors Week Luncheon	Edmonton Seniors Centre	342-8625
Seniors Week Tea	Edmonton Seniors Centre	342-8625
Sgt. Wilson's Army Show	Edmonton Seniors Centre	342-8625

* Some classes offered evenings and/or weekends

Special Events

Sunday Programs for Russian Speakers*	Jewish Drop In Centre	488-4241
Symphony Presentations and Visits*	Jewish Drop In Centre	488-4241
Thanksgiving Dinner	Sage	701-9016
Thanksgiving Luncheon	Edmonton Seniors Centre	342-8625
Valentine's Day Luncheon	Edmonton Seniors Centre	342-8625
Valentine's Day Tea	Sage	701-9016
Volunteer Appreciation	Calder Seniors Drop-In Society	451-1925
Volunteer Appreciation	Edmonton Seniors Centre	342-8625
Western Days	Edmonton Seniors Centre	342-8625

**You can't help getting older,
but you don't have to get old.**

~ George Burns



* Some classes offered evenings and/or weekends

□ Sports

With so many sports to choose from, there's one for everybody! Kindle your passion for the game by joining a league or just dropping-in to play. Don't get caught sitting on the sidelines!



Activity	Offered at:	Phone:
50+ Slo-Pitch	Edmonton Seniors Slo-Pitch Association	757-1907
Badminton	SEESA	468-1985
Badminton	Westend Seniors Activity Centre	483-1209
Badminton Club	Central Lions (CLSA)	496-7369
Bocce	Calder Seniors Drop-In Society	451-1925
Bocce Ball	SEESA	468-1985
Bocce Ball	Strathcona Place Centre	433-5807
Carpet Bowling	Calder Seniors Drop-In Society	451-1925 484-5728
Carpet Bowling	Mayfield Community Seniors	or 489-0862
Carpet Bowling*	SEESA	468-1985
Carpet Bowling	Strathcona Place Centre	433-5807
Carpet Bowling	Westend Seniors Activity Centre	483-1209
Floor Curling	Calder Seniors Drop-In Society	451-1925
Floor Curling*	SEESA	468-1985
Floor Curling Tournaments	Calder Seniors Drop-In Society	451-1925
Golf	Edmonton Seniors Centre	342-8625
Golf Club	Central Lions (CLSA)	496-7369
Golf Club	Westend Seniors Activity Centre	483-1209

* Some classes offered evenings and/or weekends

Sports

Indoor Golf Workshops	Central Lions (CLSA)	496-7369
Lawn Bowling Club	Central Lions (CLSA)	496-7369
Lawn Bowling Group	Sage	701-9016
Pickleball	Terwillegar Community Recreation Centre	311
Pickleball	Northgate Lions (NESA)	496-6969
Pickleball	SEESA	468-1985
Pickleball	Westend Seniors Activity Centre	483-1209
Pickleball Club	Central Lions (CLSA)	496-7369
Ping Pong	SEESA	468-1985
Rocky Mountain Seniors Ski Club	Rocky Mountain Seniors Ski Club	464-6728
Table Tennis	Northgate Lions (NESA)	496-6969
Table Tennis	Strathcona Place Centre	433-5807
Table Tennis Club	Central Lions (CLSA)	496-7369



Everyone can benefit from physical activity! Getting regular exercise can help to reduce the risk of chronic disease such as heart disease, high blood pressure and cancer. Staying active also helps to preserve independence, mobility, fitness and mental wellbeing.

Arthritis or Stiff Joints?

Flexibility and strength are essential to keep your muscles and joints healthy so that you stay mobile. The more sedentary your lifestyle, the stiffer your joints will become. **Ask your doctor or health care provider what would be safe for you.**

Some suggested activities include: home stretching routines, aqua fitness programs, walking/wheeling, yoga, Tai Chi and folk or line dancing.

Osteoporosis?

Bones lose minerals and strength as people age. Serious bone loss is a problem for about 25% of older adults. You can prevent some of this bone loss with strength activities, but some activities may need to be adapted to provide that benefit without putting you at risk. **Ask your doctor or health care provider what would be safe for you.**

Information adapted from: Canada's Physical Activity Guide to Healthy Active Living for Older Adults © Public Health Agency of Canada, 2004. This reproduction has not been produced in affiliation with, or with the endorsement of the Government of Canada.

The Canadian Society for Exercise Physiology (CSEP) and ParticipACTION recommend the following physical activity for older adults (65+):

- 150 minutes/week of moderate to vigorous intensity physical activity
- Spend at least ten minutes at a time for activities
- Activities can include brisk walking, cycling, dancing, swimming or water aerobics
- In addition to aerobic physical activity, try to include muscle and bone strengthening activities at least two days/week
- Balance activities help to prevent falls and improve physical mobility

Information adapted from: CSEP and ParticipACTION's Canadian Physical Activity Guidelines for Older Adults – 65 Years & Older, www.csep.ca/guidelines.

Physical Activity - Choose activities from all three activity groups



Strength and Balance **2 days a week**

~ Keep muscles strong ~ Prevent bone loss ~

- Lifting weights or soup cans
- Carrying the laundry or groceries
- Weight training classes
- Push-ups against a wall
- Climbing stairs
- Slowly standing up and sitting down, several times in a row
- Start slowly and work towards challenging your muscles
- Learn proper techniques to protect your back and joints
- Use weights that you can lift 10 times before they become too heavy
- Breathe naturally – don't hold your breath



Flexibility **4 – 7 days a week**

~ Keep muscles relaxed and joints mobile ~
~Improve mobility and flexibility ~

- Curling
- Dancing
- Golfing
- Yoga or Tai Chi
- Mopping the floor or vacuuming
- Yard work or gardening
- Start with 5 minutes of "stretch and hold" activities
- Start slowly without bouncing or jerking movements
- Aim for a stretched, relaxed feeling – ease off if you feel pain
- Breathe naturally – don't hold your breath



Endurance

4-7 days a week

~ Increase energy ~

~ Improve heart, lungs, and circulatory system ~

- Cross-country skiing
 - Skating
 - Hiking or walking
 - Cycling
-
- Dancing
 - Swimming
 - Begin with activities that you can do comfortably
 - Progress to moderate and vigorous activities as your endurance builds
 - Use comfortable footwear that will support your feet and ankles
 - Wear boots that will grip on ice and snow in the winter
 - Wear comfortable clothing



Exposing you to new creative ideas & opportunities.

Creative Age Edmonton grew out of a desire by members of the Creative Age Festival steering committee to foster, promote and encourage more opportunities for older adults to become engaged in the arts year-round.

The **Creative Age Festival** is a celebration of creative aging that encourages seniors to become more involved in arts programs – drama, music, visual arts, literary arts and dance; celebrates and recognizes the artistic contributions of seniors in all areas of the arts; and raises public awareness of the benefits to health and well-being for older adults acquired through engagement in creative activities. The Creative Age Festival is held annually during Alberta's Seniors Week, the first full week of June, and runs for three to nine days across Edmonton venues.



Watch for upcoming Creative Age Edmonton events!
www.creativeageedmonton.ca



"A community that values, respects and actively supports the safety, diversity and well-being of seniors. Being age-friendly benefits everyone!"

Edmonton's five year strategic plan for seniors, **Vision for an Age-Friendly Edmonton Action Plan**, was developed by the Edmonton Seniors Coordinating Council in consultation with seniors, service agencies, the City of Edmonton, health sector and the United Way.

The City of Edmonton, the Edmonton Seniors Coordinating Council and 90 stakeholder groups are implementing a five-year work plan with ongoing municipal funding approved by City Council.



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Check out the Edmonton Seniors Coordinating Council's Website for Further Resources

www.seniorscouncil.net

Arts and Aging Toolkit: Directory of Teaching Artists

To support year-round and life-long creative aging, the Edmonton Seniors Coordinating Council has developed the Arts and Aging Toolkit – Edmonton Edition, an information resource on professionally conducted community arts programming for seniors. A component of the Toolkit is the Directory of Teaching Artists, a searchable database of teaching artists in the Edmonton area. If you would like to learn more about organizing quality arts programming for Edmonton seniors, please visit www.seniorscouncil.net/arts-and-aging-toolkit.

Seniors' Transportation Information Guide

Mobility is an important element of everyone's health and quality of life. The Seniors' Transportation Information Guide was created to bring awareness to the physical and mental changes that sometimes come with aging that may affect our driving abilities. It also includes a listing of organizations and businesses that offer transportation and in-home services within Edmonton so that seniors can stay mobile and connected to the community. For a copy of the Guide, visit <http://www.seniorscouncil.net/uploads/files/SeniorTransportationBooklet.pdf>.

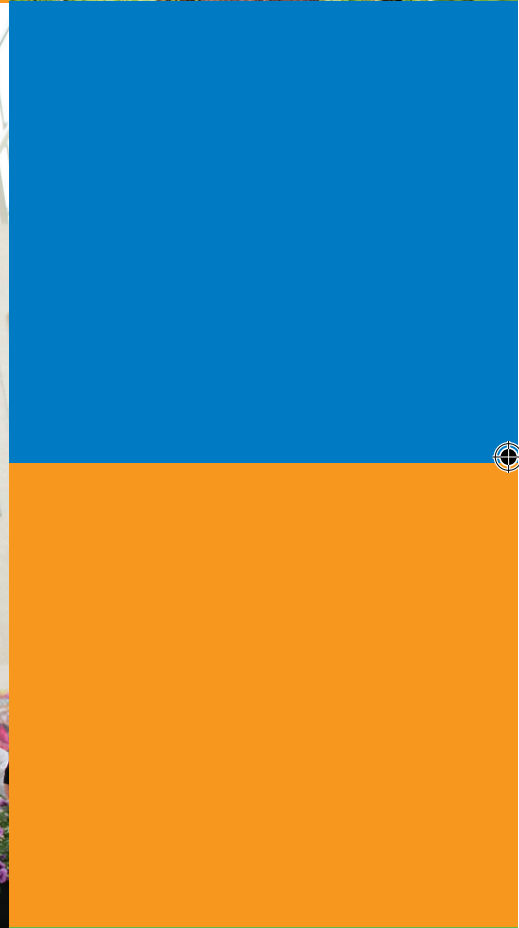
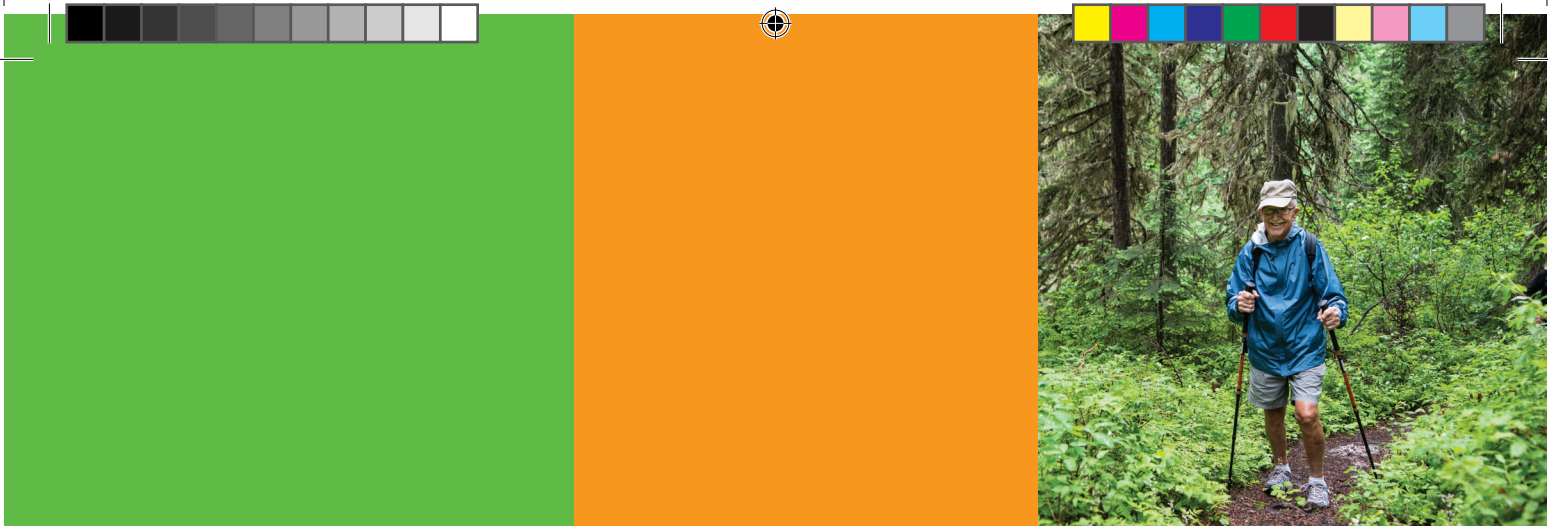
Additional Information

Visit www.seniorscouncil.net/useful-information for more information on topics such as:

- Caregiving
- Fall Prevention
- Recognizing Elder Abuse
- Fraud Prevention
- Home Modifications



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Also supported by:



www.seniorscouncil.net