

Recreation and Wellness Directory for Older Adults

Overview of the Directory

The Recreation and Wellness Directory for Older Adults outlines arts, fitness, technology, health and recreational activities for adults 55+ in the Edmonton area.

With more than 1400 group programs, clubs, courses, and events listed, the directory is a valuable resource for older adults and those who support older adults.

The directory is produced by the Edmonton Seniors Coordinating Council (ESCC) with contributions this year from 53 organizations.

At the time of printing, the activities included in the directory were scheduled, but they may change throughout the year and new activities may be added. We encourage you to contact the organizations for details and availability of the activities.

Edmonton Seniors Coordinating Council

The Edmonton Seniors Coordinating Council works with senior service agencies and other stakeholders in the seniors sector to enhance the lives of Edmonton seniors.

We help organizations collaborate to improve coordination of services for seniors by facilitating sector meetings, planning for service improvements, coordinating projects and producing resources.

We also facilitate resource-sharing and communication in the sector which enhances the capacity of organizations to provide effective, accessible services to meet the diverse needs of seniors.

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A searchable form of the directory is available on our website at www.seniorscouncil.net/programs.

To order print copies of the directory, contact ESCC at 780-423-5635 or info@seniorscouncil.net.

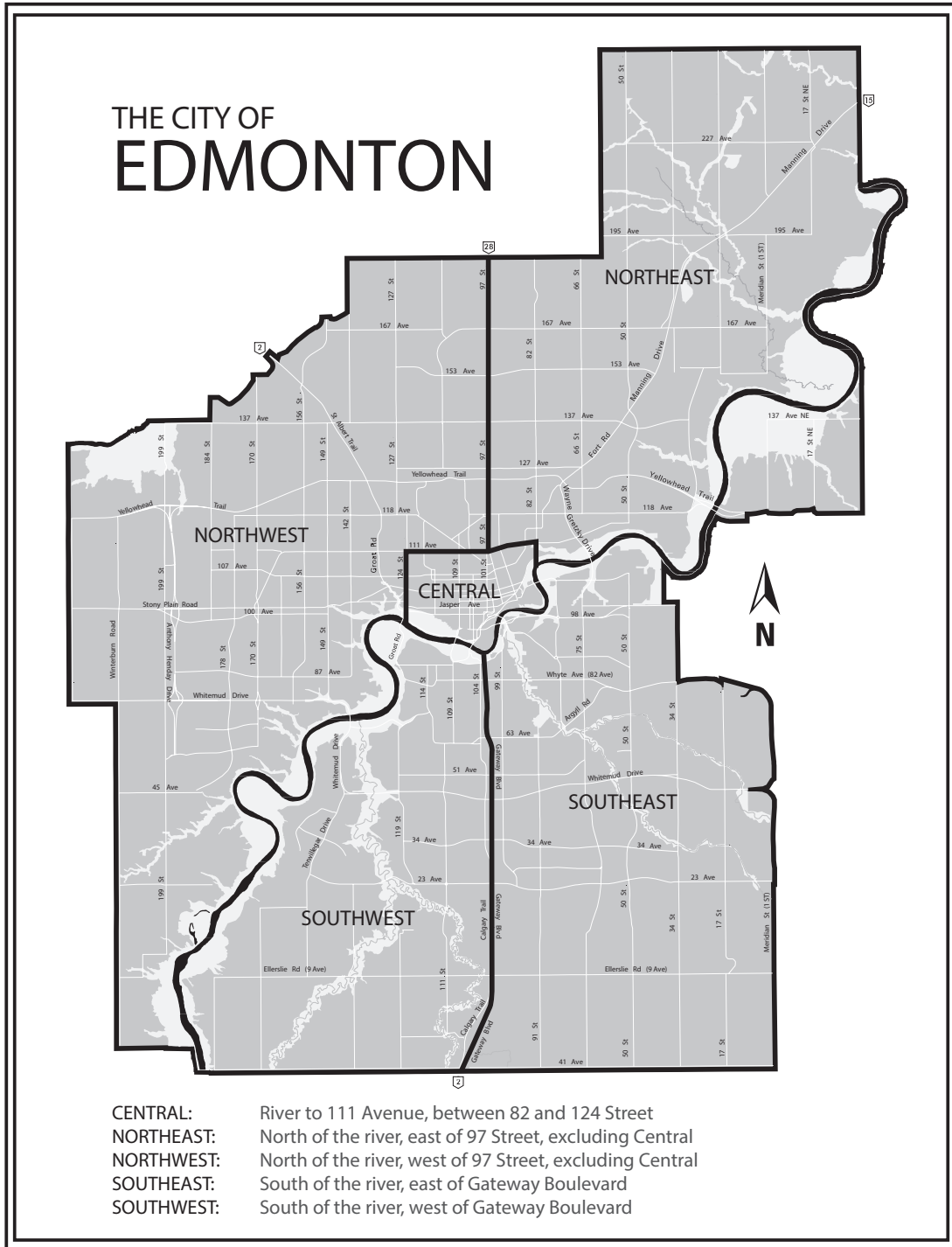
Contact ESCC

#255 Bonnie Doon Shopping Centre
8330 82 Avenue
Edmonton, AB T6C 4E3

780-423-5635
www.seniorscouncil.net
info@seniorscouncil.net

Twitter: @ESCC255
Facebook: www.facebook.com/EdmontonSeniorsCoordinatingCouncil

Contributors by Area of Edmonton



Contributors by Area of Edmonton

Central

Alzheimer Society of Alberta and NWT

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

Central Lions Seniors Association (CLSA)

@ Central Lions Seniors Recreation Centre
11113 113 Street
780-496-7369
www.centrallions.org or
www.clsaedmonton.ca
info@centrallions.org

CNIB

12010 Jasper Avenue
780-488-4871
www.cnib.ca
holly.payne@cnib.ca

Edmonton Seniors Centre

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

GeriActors Theatre

Offered at Sage Seniors Association (15 Sir Winston Churchill Square)
780-248-1556
www.geriactors.ualberta.ca
geriactors.friends@gmail.com

Ital Canadian Seniors Centre

9111 110 Avenue
780-424-1255
www.ital-canadianseniors.org
itcansrs@telus.net

Jewish Senior Citizen's Centre

10052 117 Street
780-488-4241
jdic@shaw.ca

Ji Hong Wushu & Tai Chi College

11203 105 Avenue
780-424-8924
www.jiongtaichi.com
jihong@jihongtaichi.com

Queen Mary Park Community League

10844 117 Street
www.queenmarypark.ca
info@queenmarypark.ca

Sacred Circle Dance

Riverdale Hall (9231 100 Avenue)
780-242-8689
edmontonsacredcircledance@gmail.com

Sage Seniors Association

15 Sir Winston Churchill Square
780-423-5510
www.mysage.ca
rtassone@mysage.ca

Ukrainian Shumka Dancers

10515 111 Street
780-455-9559 ext.101
www.shumka.com
whirlwind@shumka.com

Contributors by Area of Edmonton

Northeast

Highlands Lawn Bowling Club

6112 113 Avenue
780-686-9493
www.highlandsbowls.com
info@highlandsbowls.ca

North Edmonton Seniors Association

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

Parkinson Alberta

11209 86 Street
780-425-6400
www.parkinsonalberta.ca
info@parkinsonalberta.ca

South Clareview Community League

3250 132 A Avenue
780-473-3593
www.southclareview.ca
events@southclareview.ca

Northwest

Castle Downs Family YMCA

11510 153 Avenue
780-476-9622
www.northernalberta.ymca.ca

Commonwealth Lawn Bowling Club

11420 139 Street
780-955-9737
www.commonwealthbowls.ca
commlawn@telus.net

Edmonton Aboriginal Seniors Centre

Cottage E, 10107 134 Avenue
587-525-8969
www.easc.ca
resources@easc.ca

Edmonton Valley Zoo

13315 Buena Vista Road
311 or 780-442-5311 from outside Edmon-
ton
www.valleyzoo.ca
attractions@edmonton.ca

ElderCare Edmonton

Suite C201, 17203 99 Avenue
780-434-4747
www.eldercareedmonton.ca
info@eldercareedmonton.ca

Jamie Platz Family YMCA

7121 178 Street
780-481-9622
www.northernalberta.ymca.ca

North West Edmonton Seniors Society

12963 120 Street
780-451-1925
www.calderseniors.org
incald@telus.net

Sons of Norway, Scandinavian Seniors, Edmonton Scandinavian Centre Association and Scandinavian Heritage Society of Edmonton

at Dutch Canadian Centre (13312 142 St.)
780-628-5005
www.sofnedmonton.ca

Contributors by Area of Edmonton

Northwest (continued)

Westend Seniors Activity Centre

9629 176 Street
780-483-1209
www.weseniors.ca
programs@westendseniors.com

Woodcroft Singers

Woodcroft Community League (13915 115 Avenue)
780-451-8312
www.woodcroftcl.org

Southeast

Bonnie Doon Community League

9240 93 Street
780-466-2020
www.bonniecoon.ca
social@bonniecoon.ca

Planet Music & Yoga

206 & 207, 4935 55 Avenue
587-520-7000
www.planetmusic.ca
info@planetmusic.ca

Family Yoga Centre

4740 99 Street
780-465-4668
www.familyyoga.ca
frem@familyyoga.ca

Ritchie Bridge Club

98 Street & 77 Avenue
(Ritchie Community Hall)
780-433-7137
www.ritchiecl.com
ritchiewebsite@gmail.com

Mill Woods Seniors Association

#201, 2610 Hewes Way
780-496-2997
www.mwsac.ca
programco.millwoodsseniors@gmail.com

South East Edmonton Seniors Association (SEESA)

9350 82 Street
780-468-1985
www.seesa.ca
info@seesa.ca

Multicultural Women and Seniors Services Association

329 Woodvale Road W
780-465-2992
www.mwssa.org
culture@mwssa.org

Strathcona Centre Community League

10139 87 Avenue
780-439-1501
www.strathconacommunity.ca
info@strathconacommunity.ca

Contributors by Area of Edmonton

Southwest

Edmonton Pickleball Club

5816 143 A Street
780-660-4127
www.edmontonpickleballclub.org
edmontonpickleballclub1@shaw.ca

Empire Park Community League

4804 107 Street
780-232-0869
www.empirepark.ca
office@empirepark.ca

eOne Fitness Ltd. Offered at Greenfield Community League (3803 114 St.)

780-916-4483
www.eonefitness.ca
lgriffith@eonefitness.ca

Heritage Senior Stop-In Centre

3036 106 Street
780-437-8759
heritageseniors@shaw.ca

John Walter Museum

9180 Walterdale Hill
311
www.edmonton.ca/attractions_events/
john-walter-museum.aspx
attractionsexperiences@edmonton.ca

Riverbend Community League

258 Rhatigan Rd. E.
780-437-7108
www.riverbendonline.ca
info@riverbendonline.ca

SCONA Seniors Centre

10440 84 Avenue
780-433-5377
www.sconaseniors.com
scona84th@shaw.ca

SouthWest Edmonton Seniors Association (SWESA)

Activities Offered At:
Yellowbird East Community Centre (10710
19 Avenue)
Terwillegar Community Recreation Centre
(2051 Leger Road)
Twin Brooks Community League (11341
12 Avenue)
William Lutsky YMCA (1975 111 Street)
587-987-3200
www.swedmontonseniors.ca
programs@swedmontonseniors.ca

Southwest Seniors' Outreach Society

10832 62 Avenue
780-435-9515
swseniors@telus.net

Strathcona Place 55+ Activity/Services Centre

10831 University Avenue
780-433-5807
www.strathconaplace.com
programs@strathconaplace.com

Twin Brooks Community League

11341 12 Ave NW
(780) 705-0703
www.twinbrooks.ca

University of Alberta Campus and Community Recreation

Saville Community Sports Centre (11610
65 Avenue)
780-492-1000
www.savillecentre.ca
fitness@ualberta.ca

Contributors by Area of Edmonton

City Wide

Alberta Council on Aging

PO Box 62099 Edmonton

780-423-7781

www.acaging.ca

info@acaging.ca

Canadian Hard of Hearing Association – Edmonton Branch

52, 9912 106 Street

780-428-6622

www.chha-ed.com

chha-ed@shaw.ca

City of Edmonton

311

https://www.edmonton.ca/activities_parks_recreation/drop-in-fitness-schedules.aspx

Community Dance – Capital District Association

No. 6, 11109 95 Street

587-521-3386

www.communitydance.org

cdcdaadsuas@gmail.com

Locations:

Bethlehem Lutheran Church: 4638 117 Ave.

Central Lions: 11113 113 Street

Delwood School: 7315 Delwood Road

Duggan Community League Hall: 3728 106 St.

Dutch Canadian Club: 13312 142 Street

Mill Woods Seniors Ctr.: 2610 Hewes Way

Northgate Lions: 7524 139 Avenue

North Glenora Hall: 13535 109A Avenue

Queen Mary Park Hall: 10844 117 Street

SEESA: 9350 82 Street

St. Augustine's Church: 6110 Fulton Road

St. Edmunds Parish Hall: 13120 116 Street

West Jasper Sherwood Hall: 9620 152 St.

Edmonton Marigold 55 plus Recreation

11113 113 Street

780-454-6560

www.alberta55plus.ca

paces55@shaw.ca

River Valley Programs, City of Edmonton

11808 St. Albert Trail

780-496-2983

www.edmonton.ca/rivervalleyprograms

cms.outdoorprograms@edmonton.ca

The Arthritis Society

307, 10109 106 Street

780-424-1740 ext. 2301

www.arthritis.ca

lpaquette@arthritis.ca

Thank you to all our contributors!

We rely on contributing organizations to help us keep the directory current and comprehensive. Their dedication to quality seniors programming makes this directory possible.

To submit your programming information for the next edition of the directory, contact the Edmonton Seniors Coordinating Council at 780-423-5635 or info@seniorscouncil.net.

Computers and Technology

From computer basics to the latest gadgets and apps,
learn something new with these informative courses.

Activity	Offered by	Contact
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CONNECTING & COMMUNICATING

Chat with Webcams & Skype	Northgate Lions (NESA)	780-496-6969
Chat with Webcams & Skype	Central Lions (CLSA)	780-496-7369
Email Basics	Westend Seniors Activity Centre	780-483-1209
Email Etiquette	Northgate Lions (NESA)	780-496-6969
Email on iPad	Northgate Lions (NESA)	780-496-6969
Email Overview * #	SCONA Seniors Centre	780-433-5377
Facetime Basics	Westend Seniors Activity Centre	780-483-1209
Go Go Gadgets	SWESA at YECC and TCRC	587-987-3200
Go Go Gadgets #	SWESA at Twin Brooks CL	587-987-3200
Intro to Email Essentials	Northgate Lions (NESA)	780-496-6969
Skype & Webcams	SEESA	780-468-1985
Skype * #	SCONA Seniors Centre	780-433-5377
Skype 101	Westend Seniors Activity Centre	780-483-1209
Tech Savvy Seniors	Edmonton Aboriginal Seniors Centre	587-525-8969

COMPUTER LITERACY

Android Basics	Westend Seniors Activity Centre	780-483-1209
Computer 101/Adaptive Learning #	Strathcona Place 55+ Centre	780-433-5807
Computer and iPad Classes	Multicultural Women & Seniors Serv	780-465-2992
Computer for Beginners #	Sage Seniors Association	780-423-5510
Computers for Beginners	Mill Woods Seniors Association	780-496-2997

Computers and Technology

Get On Line Club	SEESA	780-468-1985
Go Go Gadgets	SWESA at YECC and TCRC	587-987-3200
Go Go Gadgets #	SWESA at Twin Brooks CL	587-987-3200
Introduction to Computers	Central Lions (CLSA)	780-496-7369
Miscellaneous Computer Courses	Southwest Seniors' Outreach Society	780-435-9515
My Personal Computer	Westend Seniors Activity Centre	780-483-1209
Where Did All the Buttons Go?	Central Lions (CLSA)	780-496-7369
Windows 10: The Basics	Northgate Lions (NESA)	780-496-6969

■ DIGITAL RESOURCES (EDMONTON PUBLIC LIBRARY)

eNewspaper	Northgate Lions (NESA)	780-496-6969
EPL Audio Visual Resources	Central Lions (CLSA)	780-496-7369
EPL Digital Literacy #	Mill Woods Seniors Association	780-496-2997
EPL eBooks on the iPad & Tablets	Central Lions (CLSA)	780-496-7369
EPL eResources & Online Courses	Central Lions (CLSA)	780-496-7369
EPL Gadgets, Gizmos & Makerspace	Central Lions (CLSA)	780-496-7369
EPL Hidden Gems: Electronic Databases at the Library (More Than Just Books)	Central Lions (CLSA)	780-496-7369
EPL Learning Resources	Central Lions (CLSA)	780-496-7369
EPL Library Resource Workshops	Westend Seniors Activity Centre	780-483-1209
EPL Travel Resources	Central Lions (CLSA)	780-496-7369
eResources	Northgate Lions (NESA)	780-496-6969
eVideo & eMusic	Northgate Lions (NESA)	780-496-6969
Go Go Gadgets	SWESA at YECC and TCRC	587-987-3200
Go Go Gadgets #	SWESA at Twin Brooks CL	587-987-3200
One Click Away - eLearning	Northgate Lions (NESA)	780-496-6969

Computers and Technology

FILE MANAGEMENT

File Management Courses	Westend Seniors Activity Centre	780-483-1209
File Management on Your iPad	Central Lions (CLSA)	780-496-7369
File Management: Where Did I Put that File?	Central Lions (CLSA)	780-496-7369
Google Calendars & Contacts	Central Lions (CLSA)	780-496-7369
Where Are My Files?	Northgate Lions (NESA)	780-496-6969

INTERNET

Clutter Busting with Kijiji	Northgate Lions (NESA)	780-496-6969
Downloading Music and Pictures * #	SCONA Seniors Centre	780-433-5377
Fun with Pinterest	Central Lions (CLSA)	780-496-7369
Go Go Gadgets	SWESA at YECC and TCRC	587-987-3200
Go Go Gadgets #	SWESA at Twin Brooks CL	587-987-3200
Google Workshops (e.g. Intro to Chrome, Getting More out of Google, Google Drive)	Central Lions (CLSA)	780-496-7369
Hello Kijiji!	Central Lions (CLSA)	780-496-7369
Internet Safety	Sage Seniors Association	780-423-5510
Internet Safety	Central Lions (CLSA)	780-496-7369
Intro to eBay	Westend Seniors Activity Centre	780-483-1209
Intro to Internet	Northgate Lions (NESA)	780-496-6969
Intro to Kijiji	SEESA	780-468-1985
Intro to Pinterest	Northgate Lions (NESA)	780-496-6969
Introduction to Kijiji	Westend Seniors Activity Centre	780-483-1209
Introduction to Pinterest	Westend Seniors Activity Centre	780-483-1209
Online Shopping Safely	Northgate Lions (NESA)	780-496-6969
Shopping Safely Online	Central Lions (CLSA)	780-496-7369

Computers and Technology

PHOTOGRAPHY

(See also Crafts and Hobbies)

Camera & Photo Apps on Android Devices	Central Lions (CLSA)	780-496-7369
Camera & Photo Apps on iOS	Northgate Lions (NESA)	780-496-6969
Camera & Photo Apps on iPads & iPhones	Central Lions (CLSA)	780-496-7369
Camera & Photo Apps on Your Tablet/Phone	Westend Seniors Activity Centre	780-483-1209
Editing Your Digital Photos	Central Lions (CLSA)	780-496-7369
Intro to Digital Single Lens Reflex Cameras	Northgate Lions (NESA)	780-496-6969
Master Your Digital SLR	Central Lions (CLSA)	780-496-7369
Working with Photos	Westend Seniors Activity Centre	780-483-1209

SOCIAL MEDIA

Blogging & Twitter for Beginners	Central Lions (CLSA)	780-496-7369
Do You Twitter?	SEESA	780-468-1985
Facebook on iPad	Northgate Lions (NESA)	780-496-6969
Facebook on Touch Devices	Central Lions (CLSA)	780-496-7369
Intro to Facebook	Northgate Lions (NESA)	780-496-6969
Intro to Twitter	Northgate Lions (NESA)	780-496-6969
Pictures & Videos in Facebook	Central Lions (CLSA)	780-496-7369
Social Media Overview	Sage Seniors Association	780-423-5510
Social Media Overview	Central Lions (CLSA)	780-496-7369
Social Networking	Jewish Senior Citizen's Centre	780-488-4241
Social Networking 101	Westend Seniors Activity Centre	780-483-1209
Understanding Facebook: An Introduction	Central Lions (CLSA)	780-496-7369
Using Social Media * #	SCONA Seniors Centre	780-433-5377
Welcome to Facebook	SEESA	780-468-1985

Computers and Technology

SOFTWARE & APPS

Accessibility Options for iPads & iPhones	Central Lions (CLSA)	780-496-7369
Accessibility Options on Android Devices	Central Lions (CLSA)	780-496-7369
Computer Bytes with Shawn Lecture Series	Central Lions (CLSA)	780-496-7369
Excel: Basic Budgeting	Northgate Lions (NESA)	780-496-6969
Fitness Apps & Health Tracking	Central Lions (CLSA)	780-496-7369
Google Docs	Central Lions (CLSA)	780-496-7369
Google Docs	Northgate Lions (NESA)	780-496-6969
Happening Apps with Shawn (for iPad & iPhone)	Central Lions (CLSA)	780-496-7369
How Do Mobile Devices vs Computers Differ?	Central Lions (CLSA)	780-496-7369
iCloud Productivity Suite	Central Lions (CLSA)	780-496-7369
Intro to Google Chrome	Northgate Lions (NESA)	780-496-6969
iPad Apps for Travel	Central Lions (CLSA)	780-496-7369
Managing Music on Your iPad	Central Lions (CLSA)	780-496-7369
Microsoft Excel for Beginners	Mill Woods Seniors Association	780-496-2997
Microsoft PowerPoint for Beginners	Mill Woods Seniors Association	780-496-2997
Mobile vs Computers	Northgate Lions (NESA)	780-496-6969
MS Word	Central Lions (CLSA)	780-496-7369
PowerPoint Basics	Central Lions (CLSA)	780-496-7369
Spreadsheets Using Excel	Central Lions (CLSA)	780-496-7369
Spreadsheets Using Google	Central Lions (CLSA)	780-496-7369
The Cloud	Northgate Lions (NESA)	780-496-6969
Understanding Windows 10	Northgate Lions (NESA)	780-496-6969
Using Google Beyond	Northgate Lions (NESA)	780-496-6969
What Are Those Symbols?	Central Lions (CLSA)	780-496-7369
What is iCloud?	Northgate Lions (NESA)	780-496-6969
What is iCloud?	Westend Seniors Activity Centre	780-483-1209
What is iTunes?	Central Lions (CLSA)	780-496-7369

Computers and Technology

What is the Google Drive?	Central Lions (CLSA)	780-496-7369
What is the iCloud?	Central Lions (CLSA)	780-496-7369
What is the OneDrive?	Central Lions (CLSA)	780-496-7369
Windows 10	Westend Seniors Activity Centre	780-483-1209
Word Processing * #	SCONA Seniors Centre	780-433-5377
Working with Windows 10	Central Lions (CLSA)	780-496-7369

TECH DEVICES

Activity Tracker	Northgate Lions (NESA)	780-496-6969
Android Tablets: An Introduction	Westend Seniors Activity Centre	780-483-1209
Answer to Android Phones	Westend Seniors Activity Centre	780-483-1209
Bare Bones Basic: WordPad	SEESA	780-468-1985
EPL Digital Devices Workshops	Central Lions (CLSA)	780-496-7369
EPL Gadgets, Gizmos & Makerspace	Central Lions (CLSA)	780-496-7369
EPL Technology Help #	North West Edmonton Seniors	780-451-1925
E-Reader Classes	Sage Seniors Association	780-423-5510
E-Readers (EPL)	Jewish Senior Citizen's Centre	780-488-4241
Flash & External Drives	Northgate Lions (NESA)	780-496-6969
Go Go Gadgets	SWESA at YECC and TCRC	587-987-3200
Go Go Gadgets #	SWESA at Twin Brooks CL	587-987-3200
How to Use Tablets, iPads, iPods, Cell Phones, Computers & Laptops * #	SCONA Seniors Centre	780-433-5377
Intro to Android	Northgate Lions (NESA)	780-496-6969
Intro to Fitness App & Devices	Northgate Lions (NESA)	780-496-6969
Intro to iPad	Sage Seniors Association	780-423-5510
Intro to iPad	SEESA	780-468-1985
Intro to iPad	Northgate Lions (NESA)	780-496-6969
Intro to iPhone	SEESA	780-468-1985

Computers and Technology

Introduction to iPads	Edmonton Seniors Centre	780-342-8625
iPad Classes for the Beginner	Westend Seniors Activity Centre	780-483-1209
iPad for Beginners (EPL)	Jewish Senior Citizen's Centre	780-488-4241
iPad Level 2	SEESA	780-468-1985
iPad: Levels 1 and 2	Central Lions (CLSA)	780-496-7369
Master Your Android Phone	Central Lions (CLSA)	780-496-7369
Master Your Android Tablet	Central Lions (CLSA)	780-496-7369
Master Your iPhone	Central Lions (CLSA)	780-496-7369
Scantastic	Central Lions (CLSA)	780-496-7369
Smartphone Security	Northgate Lions (NESA)	780-496-6969
Using iPad Safely	Northgate Lions (NESA)	780-496-6969
Using the iPhone	Northgate Lions (NESA)	780-496-6969
What are Flash & External Drives?	Central Lions (CLSA)	780-496-7369

OTHER ACTIVITIES

Avoiding Roaming Charges	Northgate Lions (NESA)	780-496-6969
Clean Sweep: Computer Tune-Ups	Central Lions (CLSA)	780-496-7369
Cyber Security	Central Lions (CLSA)	780-496-7369
Technology Buying Guide	Northgate Lions (NESA)	780-496-6969
The Internet of Things	Central Lions (CLSA)	780-496-7369

Throughout the year, the organizations that contribute to the directory often plan additional activities and events which are not listed in this directory.

Check with the organizations for details on their programming. Contact information is found on pages 3 – 7.

Crafts and Hobbies

Enjoy a much-loved hobby or discover new outlets for your creativity.
There are many fun options for you to choose from.

Activity	Offered by	Contact
CALLIGRAPHY		
Arabic Calligraphy: Yoga for the Mind #	Central Lions (CLSA)	780-496-7369
Calligraphy #	Multicultural Women & Seniors Serv	780-465-2992
Calligraphy: Creative Lettering #	Central Lions (CLSA)	780-496-7369
Calligraphy Workshops: Creative Fun with Letters (seasonal) #	Central Lions (CLSA)	780-496-7369
CARDS & PAPER		
Block Printed Greeting Cards #	Central Lions (CLSA)	780-496-7369
Card Making	SWESA at YECC	587-987-3200
Card Making Club #	SEESA	780-468-1985
Card Making with Sylvia	Edmonton Seniors Centre	780-342-8625
Cards & Paper Crafts #	Central Lions (CLSA)	780-496-7369
Creative Cards	Westend Seniors Activity Centre	780-483-1209
Creative Cards #	North West Edmonton Seniors	780-451-1925
Creative Cards *	Northgate Lions (NESA)	780-496-6969
Greeting Cards Using Collage #	SCONA Seniors Centre	780-433-5377
Paper Quilling (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Seasonal Card Making	Westend Seniors Activity Centre	780-483-1209
Scrapbooking	Edmonton Seniors Centre	780-342-8625

Crafts and Hobbies

COOKING AND BAKING

Baking Club * #	Edmonton Aboriginal Seniors Centre	587-525-8969
Canning Club * #	Edmonton Aboriginal Seniors Centre	587-525-8969
Collective Kitchen #	Westend Seniors Activity Centre	780-483-1209
Cook International Dishes	Jewish Senior Citizen's Centre	780-488-4241
Cooking Class Demos & Tastings (seasonal topics) #	Central Lions (CLSA)	780-496-7369
Cooking Classes #	Ital Canadian Seniors Association	780-424-1255
Cooking Courses #	Westend Seniors Activity Centre	780-483-1209
Cooking Demos #	Mill Woods Seniors Association	780-496-2997
Cooking for 1 or 2: One Pot Dinners #	Central Lions (CLSA)	780-496-7369
Cooking Master Class	SWESA at YECC	587-987-3200
Cooking: Pierogi Participation Workshop #	Central Lions (CLSA)	780-496-7369
Gingerbread Cookie Traditions #	Central Lions (CLSA)	780-496-7369
Hands-on Cooking Workshops #	Mill Woods Seniors Association	780-496-2997
In the Kitchen! (Baking and Meals) #	SCONA Seniors Centre	780-433-5377

CRAFTS

Arts and Crafts #	Marigold 55 plus Recreation	780-222-6208
Coffee & a Craft Series *	Northgate Lions (NESA)	780-496-6969
Craft & Nature Crafts Programs (vary per season)	Central Lions (CLSA)	780-496-7369
Crafter's Club #	Edmonton Aboriginal Seniors Centre	587-525-8969
Crafters Corner (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Creative Crafts #	Southwest Seniors' Outreach Society	780-435-9515
Knitting and Stitching #	SWESA at YECC	587-987-3200
Leather Tooling (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Norwegian Husflid/Crafts *	Sons of Norway	780-628-5005

Crafts and Hobbies

Seasonal Crafting #	SCONA Seniors Centre	780-433-5377
Traditional Arts Group (Aboriginal arts & crafts) #	Edmonton Aboriginal Seniors Centre	587-525-8969
Various Craft Making Workshops #	SEESA	780-468-1985

■ FLOWERS & GARDENING

Centrepieces for Holidays	Jewish Senior Citizen's Centre	780-488-4241
Floral Centre Piece	Northgate Lions (NESA)	780-496-6969
Floral Crafts (seasonal e.g. design tips, centrepieces) #	Central Lions (CLSA)	780-496-7369
Flower Pots and Raised Garden Beds #	SCONA Seniors Centre	780-433-5377
Gardening Committee #	SEESA	780-468-1985
Gardening Workshops (vary per season, e.g. companion gardening, terrific tomatoes)	Central Lions (CLSA)	780-496-7369
Ikebana Christmas Project #	Central Lions (CLSA)	780-496-7369
Ikebana Easter Project #	Central Lions (CLSA)	780-496-7369
Ikebana Fall Project #	Central Lions (CLSA)	780-496-7369
Ikebana: Japanese Art of Floral Arranging #	Central Lions (CLSA)	780-496-7369
Ikebana: Japanese Flower Arranging	Jewish Senior Citizen's Centre	780-488-4241
Intergenerational Gardening Club #	Strathcona Place 55+ Centre	780-433-5807
Master Gardener Workshop	SWESA at YECC	587-987-3200
Seasonal Gardening Workshops	Westend Seniors Activity Centre	780-483-1209

**Tell us what you think about the
Recreation and Wellness Directory for Older Adults.
Go to page 78 to find out how to provide your feedback.**

Crafts and Hobbies

■ GLASS

Intro to Stained Glass	Northgate Lions (NESA)	780-496-6969
It's All in the Shape of the Vase #	Central Lions (CLSA)	780-496-7369
Sphere Globes & Ornaments: A Glassy Affair (seasonal workshops) #	Central Lions (CLSA)	780-496-7369
Stained Glass Club	Central Lions (CLSA)	780-496-7369
Stained Glass: Came Method	Central Lions (CLSA)	780-496-7369
Stained Glass: Dimensional Projects (e.g. jewellery box, lamp)	Central Lions (CLSA)	780-496-7369
Stained Glass: Foil Method	Central Lions (CLSA)	780-496-7369
Stained Glass: Seasonal Workshops (e.g. suncatcher, Christmas ornaments)	Central Lions (CLSA)	780-496-7369

■ JEWELLERY

Beaded/Wire Wrapped Jewellery	Central Lions (CLSA)	780-496-7369
Jewellery Workshops	Westend Seniors Activity Centre	780-483-1209
Jewellery Making: Copper Byzantine Chainmail Bracelet & Earrings	Northgate Lions (NESA)	780-496-6969
Lapidary Club	Central Lions (CLSA)	780-496-7369

■ PHOTOGRAPHY

(See also Computers and Technology)

Advanced DSLR: Picture Composition Using Camera	Northgate Lions (NESA)	780-496-6969
Photo Club (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Photography Club #	Central Lions (CLSA)	780-496-7369

Crafts and Hobbies

Photography Drop-In Group (for photo and camera enthusiasts)	Central Lions (CLSA)	780-496-7369
Photography workshops	Central Lions (CLSA)	780-496-7369
Photography, Budgeting, Travelling and Web Sites Series	Northgate Lions (NESA)	780-496-6969

■ POTTERY & CERAMICS

Ceramics #	Westend Seniors Activity Centre	780-483-1209
Ceramics with Jackie	Northgate Lions (NESA)	780-496-6969
Cracked Pots Potters #	Strathcona Place 55+ Centre	780-433-5807

■ QUILTING & SEWING

Dances with Bats (Halloween project)	Central Lions (CLSA)	780-496-7369
Friendship Quilt	Central Lions (CLSA)	780-496-7369
Instructed Sewing Classes (star blanket quilt, ribbon shirt, etc.) * #		Edmonton
Aboriginal Seniors Centre	587-525-8969	
Quilting #	Mill Woods Seniors Association	780-496-2997
Quilting #	North West Edmonton Seniors	780-451-1925
Quilting and Crafting Club #	SEESA	780-468-1985
Rag Bag Crafters #	North West Edmonton Seniors	780-451-1925
Sewing & Crafts #	Mill Woods Seniors Association	780-496-2997
Sewing Group #	Strathcona Place 55+ Centre	780-433-5807
Small Quilt Projects (table runners, pillows) #	Central Lions (CLSA)	780-496-7369
Stepping into Christmas Magic	Central Lions (CLSA)	780-496-7369

Crafts and Hobbies

READING

Book Club	SWESA at YECC	587-987-3200
Book Club	SEESA	780-468-1985
Book Club #	Strathcona Place 55+ Centre	780-433-5807
Book Club (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Book Club (EPL)	Jewish Senior Citizen's Centre	780-488-4241
Book Lovers Club	Northgate Lions (NESA)	780-496-6969
Critique Group #	Strathcona Place 55+ Centre	780-433-5807
EPL Book Lovers Monthly Reading Group	Central Lions (CLSA)	780-496-7369
Next Page Book Club	Sage Seniors Association	780-423-5510

SKIN & BODY CARE

Avon Calling	Sage Seniors Association	780-423-5510
Natural Products Workshops (e.g. solid perfumes, soap making) #	Central Lions (CLSA)	780-496-7369
Skin Care, Makeup and Body Image/Clothing Workshops (varies)	Central Lions (CLSA)	780-496-7369

WOODWORKING & CARVING

Bird Carving: Gray Jay	Northgate Lions (NESA)	780-496-6969
Soapstone Club	SEESA	780-468-1985
Wood Carving #	Westend Seniors Activity Centre	780-483-1209
Wood Working #	Westend Seniors Activity Centre	780-483-1209
Woodcarving Club	SEESA	780-468-1985
Woodworking Group #	Strathcona Place 55+ Centre	780-433-5807

■ YARN CRAFTS

Bag Lady Creations: Creative Crochet with

Plastic Bags (occasional) #	Central Lions (CLSA)	780-496-7369
Blankets for Canada	Edmonton Seniors Centre	780-342-8625
Busy Fingers Group	Sage Seniors Association	780-423-5510
Crocheting: Beginner to Advanced #	Northgate Lions (NESA)	780-496-6969
Fibre Arts Club #	Northgate Lions (NESA)	780-496-6969
Intermediate Crochet with Dale	Edmonton Seniors Centre	780-342-8625
Knitting #	Westend Seniors Activity Centre	780-483-1209
Knitting & Crocheting for Fun Club #	Central Lions (CLSA)	780-496-7369
Knitting and Crocheting with Dale	Edmonton Seniors Centre	780-342-8625
Knitting and Stitching #	SWESA at YECC	587-987-3200
Knitting Club (winter knitting) #	SCONA Seniors Centre	780-433-5377
Knitting/Crocheting #	Mill Woods Seniors Association	781 496 2997
Knitting: All Levels #	Northgate Lions (NESA)	780-496-6969
Learn to Knit/Crochet workshops (occasional)	Central Lions (CLSA)	780-496-7369
Quilting and Crafting Club #	SEESA	780-468-1985
Weavers Group #	Strathcona Place 55+ Centre	780-433-5807
Weaving: An Introduction #	Northgate Lions (NESA)	780-496-6969
Wool Crafters #	North West Edmonton Seniors	780-451-1925

**Find more activities and events for adults 55+
on the ESCC News and Events for Seniors web page
www.seniorscouncil.net/news-and-events**

Dance

Show off your moves or learn some new ones by taking one of these fun dance courses.

Activity	Offered by	Contact
BALLROOM		
Ballroom & Country Waltz #	Central Lions (CLSA)	780-496-7369
Ballroom Dance	Westend Seniors Activity Centre	780-483-1209
Ballroom Dance Club *	SEESA	780-468-1985
Ballroom with a Twist	Westend Seniors Activity Centre	780-483-1209
Dance Lessons: Anyone Can Dance! Social Level #	Central Lions (CLSA)	780-496-7369
Dance Lessons: Ballroom Advanced	Central Lions (CLSA)	780-496-7369
Dance Lessons: Samba #	Central Lions (CLSA)	780-496-7369
Dance Lessons: Specialty Workshops (vary per season) #	Central Lions (CLSA)	780-496-7369
Old Time & Sequence Dancing Club	SEESA	780-468-1985
Polka & Line Dance #	Central Lions (CLSA)	780-496-7369
Round & Ballroom (Friday) #	CDCDA at Westend Seniors Activity Ctr.	780-463-9381
Round & Ballroom (Monday) * #	CDCDA at Dutch Canadian Club	780-454-6357
Round & Ballroom (Thursday) #	CDCDA at Westend Seniors Activity Ctr.	780-463-9381
Round & Ballroom (Wednesday) * #	CDCDA at Dutch Canadian Club	780-454-6357
Samba #	Central Lions (CLSA)	780-496-7369
Viennese Waltz	Central Lions (CLSA)	780-496-7369
West Coast Swing	Central Lions (CLSA)	780-496-7369

■ CLOGGING

Clogging	Westend Seniors Activity Centre	780-483-1209
Clogging #	Southwest Seniors' Outreach Society	780-435-9515
Clogging (Friday) #	CDCDA at SEESA	780-571-1325
Clogging (Monday) #	CDCDA at Northgate Lions	780-893-1023
Clogging (Wednesday) #	CDCDA at Northgate Lions	780-893-1023
Clogging: Beginner Level * #	Northgate Lions (NESA)	780-496-6969
Clogging: Beginner, Intermediate & Experienced #	SEESA	780-468-1985
Clogging Club #	SEESA	780-468-1985
Clogging: EZ Intermediate #	Northgate Lions (NESA)	780-496-6969
Clogging: Intermediate * #	Northgate Lions (NESA)	780-496-6969
Clogging: Level 2 * #	Northgate Lions (NESA)	780-496-6969

■ LINE DANCING

Country Line Dancing #	Strathcona Place 55+ Centre	780-433-5807
Dance Lessons: Polka & Line Dance		
Specialty Workshop #	Central Lions (CLSA)	780-496-7369
Line Dance (Thursday) #	CDCDA at SEESA	780-571-1325
Line Dance (Wednesday) #	CDCDA at Mill Woods Seniors Ctr.	780-571-1325
Line Dance (Wednesday) #	CDCDA at Westend Seniors Activity Ctr.	780-571-1325
Line Dance: Levels 1 & 2 #	Northgate Lions (NESA)	780-496-6969
Line Dancing	Westend Seniors Activity Centre	780-483-1209
Line Dancing with Dwayne	Edmonton Seniors Centre	780-342-8625
Line Dancing: Beginner and Intermediate #	Mill Woods Seniors Association	780-496-2997
Line Dancing: Beginner and Intermediate #	SEESA	780-468-1985
Mixed Line Dancing #	Mill Woods Seniors Association	780-496-2997
Mixed Music Line Dance #	SWESA at YECC	587-987-3200
Seniors Line Dancing (Beginner, Int., Adv.) #	Sage Seniors Association	780-423-5510

Dance

■ SQUARE DANCING

Square Dancing (Friday) * # 780-434-7227	CDCDA at Duggan Community League Hall
Square Dancing (Friday) * #	CDCDA at West Jasper Sherwood Hall 780-455-6527
Square Dancing (Monday) * #	CDCDA at Queen Mary Park Hall 780-487-0440
Square Dancing (Saturday) * #	CDCDA at North Glenora Hall 780-706-1716
Square Dancing (Tuesday) * #	CDCDA at Bethlehem Lutheran Church 780-475-4412
Square Dancing (Tuesday) * #	CDCDA at Westend Seniors Activity Ctr. 780-488-4675
Square Dancing - Plus (Sunday) * #	CDCDA at North Glenora Hall 780-706-1716
Square Dancing - Plus (Thursday) * #	CDCDA at St. Edmunds Parish Hall 780-434-2000
Square/Plaza Dancing * #	Twin Brooks Community League 780-989-5431

■ OTHER ACTIVITIES

Belly Dance: Beginner * #	Northgate Lions (NESA) 780-496-6969
BeMoved	Westend Seniors Activity Centre 780-483-1209
BeMoved (all genres dance-inspired fitness) #	Central Lions (CLSA) 780-496-7369
BeMoved Class #	SEESA 780-468-1985
BeMoved: Gentle #	Central Lions (CLSA) 780-496-7369
Cabaret Dance #	Mill Woods Seniors Association 780-496-2997
Dancing for Fun (Monday) #	CDCDA at Central Lions 780-467-5180
Dancing for Fun (Sunday) * #	CDCDA at St. Augustine's Church 780-467-5180
Gentle BeMoved (seated)	Westend Seniors Activity Centre 780-483-1209
Hula Dance: Beginner to Advanced #	Central Lions (CLSA) 780-496-7369
Round Dance (Monday) * #	CDCDA at Delwood School 780-467-1141
Round Dance (Wednesday) * #	CDCDA at Delwood School 780-467-1141
Sacred Circle Dance * #	Sacred Circle Dance at Riverdale Hall 780-242-8689

Dance

Seniors CAN Shumka! #	Ukrainian Shumka Dancers	780-455-9559 ext. 101
Seniors Social Dance #	Sage Seniors Association	780-423-5510
Tap: Performance #	Central Lions (CLSA)	780-496-7369
Tap: Recreation #	Central Lions (CLSA)	780-496-7369
Two Step and Jive* #	Northgate Lions (NESA)	780-496-6969
Two Step and Salsa #	Northgate Lions (NESA)	780-496-6969

To find more activities and events for adults 55+

Visit the ESCC News and Events for Seniors web page
www.seniorscouncil.net/news-and-events

Subscribe to Link Letter (ESCC's weekly newsletter)
www.seniorscouncil.net/sign-up-to-receive-esc-c-communications

Check the Living 50+ section of The Edmonton Examiner
(published the third week of the month)

Questions about supports and services for seniors?

Call the
Seniors Information Phone Line

Dial  **211**®

Drawing and Painting

Enrich your life by letting your creativity blossom.
Refine your techniques or dabble in something new.

Activity	Offered by	Contact
■ ACRYLICS		
Abstract Landscapes: All Levels #	Central Lions (CLSA)	780-496-7369
Acrylic Painting	SEESA	780-468-1985
Acrylic Painting: Abstract	Mill Woods Seniors Association	780-496-2997
Acrylic Painting: Still Life	Mill Woods Seniors Association	780-496-2997
Acrylics #	Westend Seniors Activity Centre	780-483-1209
Acrylics Exploration with Pastes, Gels & More: All Levels #	Central Lions (CLSA)	780-496-7369
Acrylics with Willie	Edmonton Seniors Centre	780-342-8625
Art Group #	SWESA at YECC	587-987-3200
Fresh Approach to Landscapes with Frances Alty-Arscott #	Northgate Lions (NESA)	780-496-6969
Fun Art - Not Fine Art Paint Day with Marilee Barry: All Levels #	Central Lions (CLSA)	780-496-7369
Fun Art Pointilism with Marilee Barry: All Levels #	Central Lions (CLSA)	780-496-7369
How to Paint Like Monet with Frank Haddock: Beginner/Intermediate #	Central Lions (CLSA)	780-496-7369
Impressionist Landscapes with Frank Haddock: Beginner/Intermediate #	Central Lions (CLSA)	780-496-7369
Landscape Acrylics Workshop with Frances Alty-Arscott: Intermediate #	Central Lions (CLSA)	780-496-7369

Drawing and Painting

Letting Go with Paint Expressive Art with Nancy Corrigan: All Levels #	Central Lions (CLSA)	780-496-7369
Paint Like the Masters with Frank Haddock: Beginner/Intermediate #	Central Lions (CLSA)	780-496-7369
Paint Night with Willie Wong * #	Northgate Lions (NESA)	780-496-6969

■ COLOURED PENCILS

Adult Colouring Group #	Sage Seniors Association	780-423-5510
Art Group #	SWESA at YECC	587-987-3200
Bobcat with Susan Casault #	Northgate Lions (NESA)	780-496-6969
Botanical Drawing with Willie Wong #	Northgate Lions (NESA)	780-496-6969
Colour Your World (Drop-In) #	Westend Seniors Activity Centre	780-483-1209
Coloured Pencil Courses with Susan Casault (themes vary) #	Central Lions (CLSA)	780-496-7369
Coloured Pencil Landscapes: Begin/Intermed #	Central Lions (CLSA)	780-496-7369
Coloured Pencil Workshops	Westend Seniors Activity Centre	780-483-1209
Coloured Pencils: Intermediate/ Advanced Projects #	Central Lions (CLSA)	780-496-7369
Coloured Pencils Portraits & Figures: Intermed #	Central Lions (CLSA)	780-496-7369
Fox with Susan Casault #	Northgate Lions (NESA)	780-496-6969
Intro to Coloured Pencils #	Central Lions (CLSA)	780-496-7369

You can also search the online version of the
Recreation and Wellness Directory for Older Adults at
www.seniorscouncil.net/programs.

Drawing and Painting

■ DRAWING

An Introduction with Susan Casault #	Northgate Lions (NESA)	780-496-6969
Art Group #	SWESA at YECC	587-987-3200
Drawing	Mill Woods Seniors Association	780-496-2997
Drawing Basic Level Workshops	Westend Seniors Activity Centre	780-483-1209
Drawing Beyond the Basics with Susan Casault #	Central Lions (CLSA)	780-496-7369
Drawing Courses with S. Casault (themes vary) #	Central Lions (CLSA)	780-496-7369
Drawing Essentials with Susan Casault #	Central Lions (CLSA)	780-496-7369
Drawing Intermediate Level Workshops	Westend Seniors Activity Centre	780-483-1209
Drawing: Portraits in Pencils with Susan Casault #	Central Lions (CLSA)	780-496-7369
Drawing with Charcoal, Conte & Pastels #	Central Lions (CLSA)	780-496-7369
Pen, Ink & Watercolour Wash with Terrie Shaw #	Central Lions (CLSA)	780-496-7369
Pencil Drawing with Willie Wong #	Northgate Lions (NESA)	780-496-6969

■ MIXED MEDIA

Mixed Media Acrylics with Terrie Shaw #	Central Lions (CLSA)	780-496-7369
Mixed Media Art Workshops	Mill Woods Seniors Association	780-496-2997
Mixed Media: More Tile Whimsy with Barbara Mitchell (themes vary) #	Central Lions (CLSA)	780-496-7369
Mixed Media: Tile Whimsy with Barbara Mitchell (themes vary) #	Central Lions (CLSA)	780-496-7369

Subscribe to the ESCC Link Letter to learn about more activities and events.

www.seniorscouncil.net/sign-up-to-receive-escclinkletter

Drawing and Painting

■ OILS

Abstract Art Courses #	Westend Seniors Activity Centre	780-483-1209
Fun Art Night * #	North West Edmonton Seniors	780-451-1925
Impressionistic Landscapes with Frank Haddock: Beginner/Intermediate #	Central Lions (CLSA)	780-496-7369
It's All About Technique #	Northgate Lions (NESA)	780-496-6969
Oil Painting	Mill Woods Seniors Association	780-496-2997
Oil Painting #	Strathcona Place 55+ Centre	780-433-5807
Oil Painting Courses #	Westend Seniors Activity Centre	780-483-1209
Oil Painting Drop-In #	Sage Seniors Association	780-423-5510
Palette Knife Landscapes with Debbie Olafson #	Northgate Lions (NESA)	780-496-6969

■ WATERCOLOURS

Alberta Fall Scenes with Frank Haddock #	Central Lions (CLSA)	780-496-7369
Art Group #	SWESA at YECC	587-987-3200
B.C. Coastal Beaches with Frank Haddock #	Central Lions (CLSA)	780-496-7369
Flat Brush Watercolour Flowers with Valdis Gislason (All levels) #	Central Lions (CLSA)	780-496-7369
Florals Introduction with Frank Haddock #	Central Lions (CLSA)	780-496-7369
Introduction to Watercolour Pencils with Susan Casault #	Central Lions (CLSA)	780-496-7369
Landscape Watercolours & Drawing for Beginners Workshop with Frances Alty-Arscott #	Central Lions (CLSA)	780-496-7369
Landscapes & Florals with Willie Wong (all levels) #	Northgate Lions (NESA)	780-496-6969
Water Colours #	Strathcona Place 55+ Centre	780-433-5807
Watercolour Pencils Intermediate Projects with Susan Casault #	Central Lions (CLSA)	780-496-7369

Drawing and Painting

Watercolour Pencils with Susan Casault (varies per season) #	Central Lions (CLSA)	780-496-7369
Watercolour: Beginner & Experienced	SEESA	780-468-1985
Watercolours	Mill Woods Seniors Association	780-496-2997
Watercolours Explorations: Intermediate with Frances Alty-Arscott #	Central Lions (CLSA)	780-496-7369
Watercolours for Beginners & Intermediate with Frank Haddock #	Central Lions (CLSA)	780-496-7369
Watercolours for the Beginner #	Westend Seniors Activity Centre	780-483-1209
Watercolours for the Intermediate Artist #	Westend Seniors Activity Centre	780-483-1209
Watercolours with Willie	Edmonton Seniors Centre	780-342-8625

OTHER ACTIVITIES

Art Classes #	Multicultural Women & Seniors Serv	780-465-2992
Art Club	SEESA	780-468-1985
Art Sessions (Drop-In) #	Westend Seniors Activity Centre	780-483-1209
Caricature & Cartoon Art with Laurel Hawkswell #	Central Lions (CLSA)	780-496-7369
Folk Art Painting on Boxes with Terrie Shaw: All Levels #	Central Lions (CLSA)	780-496-7369
Folk Art Painting with Terrie Shaw: All levels #	Central Lions (CLSA)	780-496-7369
Learn to Paint #	Sage Seniors Association	780-423-5510
Multi-Generation Multicultural Art Class * #	Empire Park Community League	780-232-0869
Painting on Silk: Scarves & More with Samantha Williams-Chapelsky (seasonal) #	Central Lions (CLSA)	780-496-7369
Pen & Ink and Oil Rouging with Sharlene	Northgate Lions (NESA)	780-496-6969
Pen & Ink: An Introduction	Northgate Lions (NESA)	780-496-6969
Sculpting Courses #	Westend Seniors Activity Centre	780-483-1209

Fitness

Get active with yoga, walking, skiing, tai chi, and much more!
There is an activity for every fitness level.

Activity	Offered by	Contact
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Note: Consult with the organization to determine fitness requirements for each class.

■ AQUATICS

Aqua Deep #	Castle Downs Family YMCA	780-476-9622
Aqua Deep * #	Jamie Platz Family YMCA	780-481-9622
Aqua Shallow #	Castle Downs Family YMCA	780-476-9622
Aqua Shallow * #	Jamie Platz Family YMCA	780-481-9622
Swimming #	Marigold 55 plus Recreation	780-222-6208

■ CARDIO & STRENGTH

Barre Fitness * #	SEESA	780-468-1985
Cardio & Strength Level 1	Jamie Platz Family YMCA	780-481-9622
Cardio Salsa #	Central Lions (CLSA)	780-496-7369
Cardio Salsa #	Westend Seniors Activity Centre	780-483-1209
Cardio Salsa #	SEESA	780-468-1985
Cardio Salsa Strength #	SEESA	780-468-1985
Cardio Strength #	Northgate Lions (NESA)	780-496-6969
Circuit City #	Northgate Lions (NESA)	780-496-6969
Circuit Training #	Northgate Lions (NESA)	780-496-6969
Circuit Training Gold #	City of Edmonton Recreation Centres	311
Core Strength & Stretch #	Central Lions (CLSA)	780-496-7369
Dance Fitness (ballroom & Latin-based) #	Central Lions (CLSA)	780-496-7369

Fitness

DanceFit #	Westend Seniors Activity Centre	780-483-1209
Fitness is Fun #	Westend Seniors Activity Centre	780-483-1209
Golden Years, Golden Gloves #	SWESA at YECC	587-987-3200
Interval Strength Training #	Westend Seniors Activity Centre	780-483-1209
Living Fit #	City of Edmonton Recreation Centres	311
MOC Barre #	Westend Seniors Activity Centre	780-483-1209
Muscle Up #	Central Lions (CLSA)	780-496-7369
Small Group Personalized Training	Westend Seniors Activity Centre	780-483-1209
Strength Level 1	Jamie Platz Family YMCA	780-481-9622
Strength Training with Body & Free Weights #	Central Lions (CLSA)	780-496-7369
Strong Body Fun Life #	SEESA	780-468-1985
Triple S #	Northgate Lions (NESA)	780-496-6969
Use It or Lose It #	Jewish Senior Citizen's Centre	780-488-4241

■ CYCLING

Adult Learn to Bike * #	River Valley Programs	311
Bike Club (Drop-In) #	Westend Seniors Activity Centre	780-483-1209
Cycling #	Marigold 55 plus Recreation	780-434-1063

Throughout the year, the organizations that contribute to the directory often plan additional activities and events which are not listed in this directory.

Check with the organizations for details on their programming. Contact information is found on pages 3 – 7.

OVERALL FITNESS CLASSES

Beginner Interval Training #	Northgate Lions (NESA)	780-496-6969
Bridge to Wellness	Jamie Platz Family YMCA	780-481-9622
Bridge to Wellness #	Castle Downs Family YMCA	780-476-9622
Chair Total Body Workout #	Northgate Lions (NESA)	780-496-6969
Circuit Shuffle #	Westend Seniors Activity Centre	780-483-1209
Co-ed Gentle Move & Groove #	Central Lions (CLSA)	780-496-7369
Co-ed Keep Fit: Moderate & Active Levels #	Central Lions (CLSA)	780-496-7369
Fit for Life #	North West Edmonton Seniors	780-451-1925
Fit for Life #	Westend Seniors Activity Centre	780-483-1209
Fit for Life #	Strathcona Place 55+ Centre	780-433-5807
Fit for Your Life #	Northgate Lions (NESA)	780-496-6969
Fitness with Bonnie	Edmonton Seniors Centre	780-342-8625
Fun n Fitness #	Northgate Lions (NESA)	780-496-6969
Hanging Out #	Northgate Lions (NESA)	780-496-6969
Keep Fit #	Northgate Lions (NESA)	780-496-6969
Keep Fit Active #	Mill Woods Seniors Association	780-496-2997
Keep Fit Moderate #	Mill Woods Seniors Association	780-496-2997
Limber n Laughter #	Northgate Lions (NESA)	780-496-6969
Living Fit #	Mill Woods Seniors Association	780-496-2997
One Step at a Time #	Westend Seniors Activity Centre	780-483-1209
Silver Strength #	Saville Community Sports Centre	780-492-1701
Sit & Be Fit #	Mill Woods Seniors Association	780-496-2997
Sit & Be Fit #	SEESA	780-468-1985
Sit and Be Fit #	Sage Seniors Association	780-423-5510
Strong & Stable #	Mill Woods Seniors Association	780-496-2997
Tabata * #	Mill Woods Seniors Association	780-496-2997
Total Fit #	Westend Seniors Activity Centre	780-483-1209

Fitness

■ PILATES

Pilates * #	Mill Woods Seniors Association	780-496-2997
Pilates Mat & Floor Work: Multi-Level #	Central Lions (CLSA)	780-496-7369
Pilates on the Ball #	Northgate Lions (NESA)	780-496-6969
Pilates Standing Core Work Out: Multi-Level #	Central Lions (CLSA)	780-496-7369
Soft Pilates * #	SEESA	780-468-1985

■ REHABILITATION

Back & Shoulder Rehab #	Northgate Lions (NESA)	780-496-6969
Co-ed Keep Fit for Those with Mobility Aids #	Central Lions (CLSA)	780-496-7369
Moving Forward: Post-Rehab Conditioning #	Central Lions (CLSA)	780-496-7369
Recover n Rebuild #	Northgate Lions (NESA)	780-496-6969
Renew You #	Northgate Lions (NESA)	780-496-6969
STEP Forward by AHS	Westend Seniors Activity Centre	780-483-1209

■ SKIING

Cross Country Skiing #	Marigold 55 plus Recreation	780-222-6208
Cross Country Skiing (Drop-In) #	Westend Seniors Activity Centre	780-483-1209
Cross Country Skiing * #	River Valley Programs	311
Down Hill Skiing #	Marigold 55 plus Recreation	780-444-4917

■ STRETCHING & BALANCE

Balance Out the Week #	Northgate Lions (NESA)	780-496-6969
Better Balance #	Central Lions (CLSA)	780-496-7369
Better Balance Classes	Sage Seniors Association	780-423-5510
Core Strength & Stretch #	Central Lions (CLSA)	780-496-7369
Essentrics for Seniors *	eOne Fitness & Greenfield Community League	780-916-4483

Flexibility with Falon #	Northgate Lions (NESA)	780-496-6969
Just Stretching #	SEESA	780-468-1985
On Your Seat or On Your Feet #	Jewish Senior Citizen's Centre	780-488-4241
Seated Stretch & Strength #	Westend Seniors Activity Centre	780-483-1209
Seniors Stretch #	Westend Seniors Activity Centre	780-483-1209
Stretch & Strength (non-cardio) #	Central Lions (CLSA)	780-496-7369
Stretch and Release * #	Mill Woods Seniors Association	780-496-2997
Stretch and Strength #	Westend Seniors Activity Centre	780-483-1209
Stretch it Out #	Northgate Lions (NESA)	780-496-6969

■ TAI CHI

Tai Chi #	Mill Woods Seniors Association	780-496-2997
Tai Chi #	Twin Brooks Community League at 1510 119 St.	780-989-5431
Tai Chi * #	Ji Hong Wushu & Tai Chi College	780-424-8924
T'ai Chi Chih #	Bonnie Doon Community League	780-469-1179
Tai Chi for Beginners #	SEESA	780-468-1985
Tai Chi Foundations #	Westend Seniors Activity Centre	780-483-1209
Tai Chi Introduction #	Sage Seniors Association	780-423-5510
Tai Chi Level 1 #	Northgate Lions (NESA)	780-496-6969
Tai Chi Level 2 & 3 * #	Northgate Lions (NESA)	780-496-6969
Tai Chi Levels 1 & 2 *	Jamie Platz Family YMCA	780-481-9622
Tai Chi Practice Group #	Central Lions (CLSA)	780-496-7369
Tai Chi - Qigong & Hunyuan #	Westend Seniors Activity Centre	780-483-1209
Tai Chi Yang Style: Levels 1, 2 & 3 #	Central Lions (CLSA)	780-496-7369
Tai Chi Yang Style: Sabre (Advanced) #	Central Lions (CLSA)	780-496-7369

Fitness

■ WALKING

Nordic (Urban) Poling #	SEESA	780-468-1985
Roaring Lions Walking Group #	Central Lions (CLSA)	780-496-7369
Urban Pole Walking * #	Strathcona Community League	780-439-1501
Urban Poling #	Jewish Senior Citizen's Centre	780-488-4241
Walk & Talk Group (Pole Walking)	Sage Seniors Association	780-423-5510
Walking * #	Sons of Norway	780-628-5005
Walking Club #	SEESA	780-468-1985
Walking for Health * #	City of Edmonton Recreation Centres	311
Walking Group #	Parkinson Alberta	780-425-6400
Walking Group #	Westend Seniors Activity Centre	780-483-1209
Walking Group #	Edmonton Aboriginal Seniors Centre	587-525-8969
Walking Strong * #	City of Edmonton Recreation Centres	311
Walking with Shirley	Edmonton Seniors Centre	780-342-8625

■ YOGA

Beginner Iyengar Yoga * #	Family Yoga Centre	780-465-4668
Beginner Yoga #	Northgate Lions (NESA)	780-496-6969
Beginner Yoga #	Westend Seniors Activity Centre	780-483-1209
Chair Yoga #	Parkinson Alberta	780-425-6400
Chair Yoga #	Mill Woods Seniors Association	780-496-2997
Chair Yoga #	Northgate Lions (NESA)	780-496-6969
Chair Yoga #	North West Edmonton Seniors	780-451-1925
Chair Yoga #	SEESA	780-468-1985
Chair Yoga #	Strathcona Place 55+ Centre	780-433-5807
Chair Yoga #	Westend Seniors Activity Centre	780-483-1209
Chair Yoga * #	City of Edmonton Recreation Centres	311

Chair Yoga with Lisa	Edmonton Seniors Centre	780-342-8625
Chakra Yoga #	Westend Seniors Activity Centre	780-483-1209
Gentle Core Yoga #	SEESA	780-468-1985
Gentle Yoga	SWESA at YECC	587-987-3200
Gentle Yoga	Sage Seniors Association	780-423-5510
Gentle Yoga #	Mill Woods Seniors Association	780-496-2997
Gentle Yoga #	Northgate Lions (NESA)	780-496-6969
Gentle Yoga #	Central Lions (CLSA)	780-496-7369
Gentle Yoga #	Westend Seniors Activity Centre	780-483-1209
Gentle Yoga * #	City of Edmonton Recreation Centres	311
Gentle Yoga * #	Family Yoga Centre	780-465-4668
Hatha Flow Yoga * #	Bonnie Doon Community League	780-680-9642
Hatha Yoga #	Northgate Lions (NESA)	780-496-6969
Hatha Yoga #	Strathcona Place 55+ Centre	780-433-5807
Hatha Yoga #	Central Lions (CLSA)	780-496-7369
Hatha Yoga *	Empire Park Community League	780-232-0869
Intermediate Yoga #	Westend Seniors Activity Centre	780-483-1209
Mixed Level Yoga #	SEESA	780-468-1985
Pilatoga #	Westend Seniors Activity Centre	780-483-1209
Regular Yoga #	SEESA	780-468-1985
Restorative Hatha Yoga #	Westend Seniors Activity Centre	780-483-1209
Restorative Yoga #	SEESA	780-468-1985
Standing Yoga with Lisa	Edmonton Seniors Centre	780-342-8625
Stretch n Tone Yoga: Beginner & Intermed #	Northgate Lions (NESA)	780-496-6969
Structural Yoga Therapy #	Westend Seniors Activity Centre	780-483-1209
Yin Yoga #	Westend Seniors Activity Centre	780-483-1209
Yoga #	Southwest Seniors' Outreach Society	780-435-9515
Yoga #	Strathcona Place 55+ Centre	780-433-5807

Fitness

Yoga *	Queen Mary Park Community League	780-886-3715
Yoga *	Strathcona Community League	780-439-1501
Yoga *	Jamie Platz Family YMCA	780-481-9622
Yoga * #	Planet Music & Yoga	587-520-7000
Yoga Chi *	Jamie Platz Family YMCA	780-481-9622
Yoga Classes for Seniors * #	Ital Canadian Seniors Association	780-424-1255
Yoga for 55+ #	Riverbend Community League	780-437-7108
Yoga for Arthritis #	Westend Seniors Activity Centre	780-483-1209
Yoga for Men #	SEESA	780-468-1985
Yoga for Strength #	Mill Woods Seniors Association	780-496-2997
Yoga for the Aging Body/Chair Yoga	Empire Park Community League	780-232-0869
Yoga Level 1	Jamie Platz Family YMCA	780-481-9622
Yoga Level 1 #	Castle Downs Family YMCA	780-476-9622
Yoga Mixed Level * #	City of Edmonton Recreation Centres	311
Yoga Yin * #	City of Edmonton Recreation Centres	311
Yoga: Stretch & Relax (Beginners & Intermed) #	Central Lions (CLSA)	780-496-7369
Yoga: Structural (Beginners & Intermed) #	Central Lions (CLSA)	780-496-7369
Yogafit Fusion #	Northgate Lions (NESA)	780-496-6969

ZUMBA

After Hours Zumba with Bella *	Edmonton Seniors Centre	780-342-8625
Chair Zumba #	Mill Woods Seniors Association	780-496-2997
Chair Zumba #	Northgate Lions (NESA)	780-496-6969
Chair Zumba with Bella	Edmonton Seniors Centre	780-342-8625
Zumba #	Southwest Seniors' Outreach Society	780-435-9515
Zumba #	Northgate Lions (NESA)	780-496-6969
Zumba * #	Mill Woods Seniors Association	780-496-2997

Zumba * #	Strathcona Community League	780-439-1501
Zumba Gold #	City of Edmonton Recreation Centres	311
Zumba Gold #	Mill Woods Seniors Association	780-496-2997
Zumba Gold #	Sage Seniors Association	780-423-5510
Zumba Gold #	SEESA	780-468-1985
Zumba Gold #	Central Lions (CLSA)	780-496-7369
Zumba Gold #	Westend Seniors Activity Centre	780-483-1209
Zumba Gold Toning #	SEESA	780-468-1985

OTHER ACTIVITIES

Active & Interactive Games #	SCONA Seniors Centre	780-433-5377
Active Anytime Anywhere #	Multicultural Women & Seniors Serv	780-465-2992
Archery * #	River Valley Programs	311
Barre * #	Mill Woods Seniors Association	780-496-2997
Boxing for Parkinsons #	Parkinson Alberta	780-425-6400
Canoeing * #	River Valley Programs	311
CASE - For the Heart * #	City of Edmonton Recreation Centres	311
Court Sports Conditioning #	Central Lions (CLSA)	780-496-7369
Dance for Parkinsons * #	Parkinson Alberta	780-425-6400
Golden Barre #	Northgate Lions (NESA)	780-496-6969
Golf Conditioning (seasonal) #	Central Lions (CLSA)	780-496-7369
Groove Dance Party #	Northgate Lions (NESA)	780-496-6969
Labyrinth Meditative Walk #	Northgate Lions (NESA)	780-496-6969
My Kieng Exercise	Edmonton Seniors Centre	780-342-8625
On Pace with Parkinsons	Westend Seniors Activity Centre	780-483-1209
PWR! Parkinson Wellness Recovery #	Parkinson Alberta	780-425-6400
Self Defense Workshop #	Central Lions (CLSA)	780-496-7369

Fitness

Ski Conditioning (seasonal) #	Central Lions (CLSA)	780-496-7369
Snowshoeing * #	River Valley Programs	311
Spring Forest Qi Gong	SWESA at YECC	587-987-3200
Spring Forest Qi Gong	SWESA at Twin Brooks CL	587-987-3200
Stand-Up Paddle Board * #	River Valley Programs	311
Voyageur Canoeing (Code 611704) * #	River Valley Programs	311
Yi Xue #	Northgate Lions (NESA)	780-496-6969
Yi Xue Holistic Practice	Sage Seniors Association	780-423-5510

Senior's Transportation Information Hubs

Your one-stop location for information about driving, retiring from driving, using buses and taxis, and assisted transportation services for Edmonton seniors.

Locations:

- Bonnie Doon Shopping Centre
- Central Lions Seniors Association
- Edmonton Seniors Centre
- Mill Woods Seniors Association
- North Edmonton Seniors Association at Northgate Lions
- North West Edmonton Seniors Society
- Operation Friendship Seniors Society
- Sage Seniors Association
- SEESA (South East Edmonton Seniors Association)
- Strathcona Place 55+ Centre
- Westend Seniors Activity Centre

www.agefriendlyedmonton.ca



Games and Sports

From billiards and bowling to shuffleboard and scrabble,
all your bases are covered with the games and sports listed here.

Activity	Offered by	Contact
■ BADMINTON		
Badminton	Northgate Lions (NESAs)	780-496-6969
Badminton #	Marigold 55 plus Recreation	780-222-6208
Badminton * #	Jamie Platz Family YMCA	780-481-9622
Badminton Club #	SEESA	780-468-1985
Badminton Club #	Central Lions (CLSA)	780-496-7369
Badminton (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Drop-in Badminton #	Mill Woods Seniors Association	780-496-2997
■ BILLIARDS / POOL / SNOOKER		
Billiards #	Strathcona Place 55+ Centre	780-433-5807
Billiards and Pool #	North West Edmonton Seniors	780-451-1925
Billiards (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Billiards/Pool * #	Mill Woods Seniors Association	780-496-2997
Carom * #	Multicultural Women & Seniors Serv	780-465-2992
Drop-In Pool	Central Lions (CLSA)	780-496-7369
Drop-In Pool/Snooker Club #	SEESA	780-468-1985
Pool #	Edmonton Seniors Centre	780-342-8625
Snooker 8 Ball #	Marigold 55 plus Recreation	780-278-5296
Snooker Club (daytime and evening) #	Central Lions (CLSA)	780-496-7369

Games and Sports

■ BINGO

Bingo	Edmonton Seniors Centre	780-342-8625
Bingo	SWESA at YECC	587-987-3200
Bingo	SWESA at Twin Brooks CL	587-987-3200
Bingo	North West Edmonton Seniors	780-451-1925
Bingo #	Mill Woods Seniors Association	780-496-2997
Bingo #	Edmonton Aboriginal Seniors Centre	587-525-8969
Bingo Club	SEESA	780-468-1985
Special Bingo Events	Westend Seniors Activity Centre	780-483-1209

■ BOCCE / LAWN BOWLING

Bocce #	Marigold 55 plus Recreation	780-473-0750
Bocce #	North West Edmonton Seniors	780-451-1925
Bocce Ball Club (summer only) #	SEESA	780-468-1985
Bocce Playing #	Ital Canadian Seniors Association	780-424-1255
Lawn Bowling * #	Commonwealth Lawn Bowling Club	780-455-9737
Lawn Bowling * #	Highlands Lawn Bowling Club	780-686-9493

■ BRIDGE

Bridge	Edmonton Seniors Centre	780-342-8625
Bridge	Strathcona Place 55+ Centre	780-433-5807
Bridge	Northgate Lions (NESA)	780-496-6969
Bridge #	Mill Woods Seniors Association	780-496-2997
Bridge #	Riverbend Community League	780-437-7108
Bridge *	North West Edmonton Seniors	780-451-1925
Bridge: Centennial	Central Lions (CLSA)	780-496-7369

Games and Sports

Bridge Practice (Drop-In) #	Central Lions (CLSA)	780-496-7369
CNIB Bridge Club #	CNIB	780-488-4871
Contract Bridge	SWESA at YECC	587-987-3200
Contract Bridge #	Marigold 55 plus Recreation	780-690-1623
Contract Bridge #	Ritchie Community League	780-439-4884, 780-504-3972
Contract Bridge *	North West Edmonton Seniors	780-451-1925
Contract Bridge Club	SEESA	780-468-1985
Duplicate Bridge #	Marigold 55 plus Recreation	780-436-8533
Duplicate Bridge *	North West Edmonton Seniors	780-451-1925
Duplicate Bridge Club *	SEESA	780-468-1985
Everyday Games	Jewish Senior Citizen's Centre	780-488-4241
Practice Bridge (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Raye Dolgoy Bridge Club	Sage Seniors Association	780-423-5510
Sanctioned Bridge Club	Westend Seniors Activity Centre	780-483-1209

■ CANASTA

Canasta	Edmonton Seniors Centre	780-342-8625
Canasta	North West Edmonton Seniors	780-451-1925
Canasta	Northgate Lions (NESA)	780-496-6969
Canasta #	Mill Woods Seniors Association	780-496-2997
Canasta (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Canasta (Hand & Foot) #	Heritage Senior Stop-In Centre	780-437-8759
Hand & Foot Canasta #	Mill Woods Seniors Association	780-496-2997
Hand & Foot Canasta Club	SEESA	780-468-1985
Hand and Foot Canasta	SWESA at YECC	587-987-3200

Games and Sports

■ CARPET BOWLING

Carpet Bowling #	Marigold 55 plus Recreation	780-222-6208
Carpet Bowling #	Northgate Lions (NESA)	780-496-6969
Carpet Bowling #	North West Edmonton Seniors	780-451-1925
Carpet Bowling (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Carpet Bowling League #	SEESA	780-468-1985
Carpet Bowling Tournament #	SEESA	780-468-1985
Drop-In Carpet Bowling Club * #	SEESA	780-468-1985

■ CHESS

Chess	Edmonton Seniors Centre	780-342-8625
Chess * #	Mill Woods Seniors Association	780-496-2997
Chess * #	Multicultural Women & Seniors Serv	780-465-2992
Chess Club	SEESA	780-468-1985

■ CRIBBAGE

Afternoon Cribbage	North West Edmonton Seniors	780-451-1925
Crib #	Heritage Senior Stop-In Centre	780-437-8759
Cribbage	Edmonton Seniors Centre	780-342-8625
Cribbage #	Marigold 55 plus Recreation	780-473-0750
Cribbage #	Mill Woods Seniors Association	780-496-2997
Cribbage (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Cribbage AM & Cribbage PM #	Northgate Lions (NESA)	780-496-6969
Cribbage Club	SEESA	780-468-1985
Drop-In Crib	Sage Seniors Association	780-423-5510
Drop-In Crib #	Edmonton Aboriginal Seniors Centre	587-525-8969

Games and Sports

Drop-In Cribbage #	Central Lions (CLSA)	780-496-7369
Monthly Crib Tournament	SEESA	780-468-1985
Saturday Cribbage *	North West Edmonton Seniors	780-451-1925

■ EUCHRE

Euchre	North West Edmonton Seniors	780-451-1925
Euchre #	Marigold 55 plus Recreation	780-476-0140
Euchre (Drop-In)	Westend Seniors Activity Centre	780-483-1209

■ FLOOR CURLING

Afternoon Floor Curling #	North West Edmonton Seniors	780-451-1925
Drop-In Floor Curling Summer Club * #	SEESA	780-468-1985
Evening Floor Curling * #	North West Edmonton Seniors	780-451-1925
Floor Curling	SWESA at YECC	587-987-3200
Floor Curling #	Marigold 55 plus Recreation	780-457-5036
Floor Curling #	SCONA Seniors Centre	780-433-5377
Floor Curling Club * #	SEESA	780-468-1985
Floor Curling League #	Mill Woods Seniors Association	780-496-2997
Floor Curling League * #	SEESA	780-468-1985
Fun Curling #	Mill Woods Seniors Association	780-496-2997

■ GOLF

Golf #	Marigold 55 plus Recreation	780-455-4110
Golf Club	Northgate Lions (NESA)	780-496-6969
Golf Club (seasonal) #	Central Lions (CLSA)	780-496-7369
Seasonal Golf	Westend Seniors Activity Centre	780-483-1209

Games and Sports

MAH-JONG

Drop-In Mah-Jong #	Central Lions (CLSA)	780-496-7369
Everyday Games	Jewish Senior Citizen's Centre	780-488-4241
Mah-Jong (North American style)	SWESA at YECC	587-987-3200
Mah-Jong Classes	Strathcona Place 55+ Centre	780-433-5807
Mah-Jong Drop-In #	Sage Seniors Association	780-423-5510
Mah-Jong Lessons #	Sage Seniors Association	780-423-5510

PICKLEBALL

Indoor and Outdoor Pickleball * #	Edmonton Pickleball Club	780-660-4127
Pickleball	SWESA at William Lutsky YMCA	587-987-3200
Pickleball #	Marigold 55 plus Recreation	780-222-6208
Pickleball #	Northgate Lions (NESA)	780-496-6969
Pickleball #	Castle Downs Family YMCA	780-476-9622
Pickleball * #	City of Edmonton Recreation Centres	311
Pickleball * #	Mill Woods Seniors Association	780-496-2997
Pickleball * #	Jamie Platz Family YMCA	780-481-9622
Pickleball: Beginners and Intermediate #	Mill Woods Seniors Association	780-496-2997
Pickleball Club #	SEESA	780-468-1985
Pickleball Club #	Central Lions (CLSA)	780-496-7369
Pickleball (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Pickleball for Fun #	Central Lions (CLSA)	780-496-7369

SCRABBLE

Board Games Afternoon Club	SEESA	780-468-1985
Drop-In Scrabble	Central Lions (CLSA)	780-496-7369
Scrabble	Edmonton Seniors Centre	780-342-8625
Scrabble	Marigold 55 plus Recreation	780-434-7133

Games and Sports

Scrabble	Mill Woods Seniors Association	780-496-2997
Scrabble (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Scrabble Time!	Sage Seniors Association	780-423-5510

■ SHUFFLEBOARD

Floor Shuffleboard #	Marigold 55 plus Recreation	780-222-6208
Floor Shuffleboard #	SEESA	780-468-1985
Shuffleboard #	Edmonton Seniors Centre	780-342-8625
Shuffleboard #	North West Edmonton Seniors	780-451-1925
Shuffleboard (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Table Shuffleboard #	Marigold 55 plus Recreation	780-222-6208

■ TABLE TENNIS

Table Tennis #	Strathcona Place 55+ Centre	780-433-5807
Table Tennis Club #	SEESA	780-468-1985
Table Tennis Club #	Central Lions (CLSA)	780-496-7369
Table Tennis Tutorial #	SEESA	780-468-1985

■ WHIST

Drop-In Whist #	Central Lions (CLSA)	780-496-7369
Military Whist #	Marigold 55 plus Recreation	780-476-3978
Military Whist *	North West Edmonton Seniors	780-451-1925
Military Whist Tournament #	SEESA	780-468-1985
Whist	North West Edmonton Seniors	780-451-1925
Whist #	Heritage Senior Stop-In Centre	780-437-8759
Whist #	Mill Woods Seniors Association	780-496-2997
Whist (Drop-In)	Westend Seniors Activity Centre	780-483-1209

Games and Sports

OTHER ACTIVITIES

5 Pin Bowling #	Marigold 55 plus Recreation	780-469-4460
Athletics #	Marigold 55 plus Recreation	780-455-0128
Board Games	Parkinson Alberta	780-425-6400
Bowling * #	Sons of Norway	780-628-5005
Card and Board Games #	SCONA Seniors Centre	780-433-5377
Darts #	Marigold 55 plus Recreation	780-478-7435
Darts #	North West Edmonton Seniors	780-451-1925
Dominos #	Sage Seniors Association	780-423-5510
Drop-In Puzzles, Games and Cards #	Edmonton Aboriginal Seniors Centre	587-525-8969
Hockey #	Marigold 55 plus Recreation	780-430-6827
Horseshoe Tournaments #	Edmonton Aboriginal Seniors Centre	587-525-8969
Horseshoes #	Marigold 55 plus Recreation	780-222-6208
Ice Curling #	Marigold 55 plus Recreation	780-222-6208
Memory Enhancing and Relationship Building Games #	SCONA Seniors Centre	780-433-5377
Monthly Intergenerational Board Games Nite * #	Strathcona Place 55+ Centre	780-433-5807
Pinochle Club	SEESA	780-468-1985
Playing Cards #	Ital Canadian Seniors Association	780-424-1255
Potluck Supper & Games Night *	North West Edmonton Seniors	780-451-1925
Pulseaiders Volleyball Club	Central Lions (CLSA)	780-496-7369
Puzzle Area #	Sage Seniors Association	780-423-5510
SloPitch #	Marigold 55 plus Recreation	780-437-6598
Tennis #	Marigold 55 plus Recreation	780-222-6208

Find more interesting activities and events in the Living 50+ section of The Edmonton Examiner (published the third week of the month).

General Interest

Learning is invigorating! Stimulate your mind and spirit with courses on history and culture, finance, languages, genealogy , writing and more.

Activity	Offered by	Contact
FINANCE		
Asset Management #	Northgate Lions (NESA)	780-496-6969
Creating and Maintaining a Personal Budget #	Northgate Lions (NESA)	780-496-6969
Credit Rating I.Q.	Central Lions (CLSA)	780-496-7369
Finance Presentations	Mill Woods Seniors Association	780-496-2997
Finance Workshop Series	Westend Seniors Activity Centre	780-483-1209
Financial Literacy Workshops (topics vary)	Central Lions (CLSA)	780-496-7369
Financial Management & Investment Workshops (e.g. retirement principles, estate planning)	Central Lions (CLSA)	780-496-7369
Financial Wellness	Central Lions (CLSA)	780-496-7369
Global 2017 Financial Review & Outlook for 2018	Central Lions (CLSA)	780-496-7369
How Money Works #	Northgate Lions (NESA)	780-496-6969
Mind Your Money	Sage Seniors Association	780-423-5510
Recognizing Fraud *	Alberta Council on Aging	780-423-7781
Robot Financial Advisors & Your Money	Central Lions (CLSA)	780-496-7369
Robot Financial Advisors and Your Finances #	Northgate Lions (NESA)	780-496-6969
Seniors Financial Assistance Programs #	Northgate Lions (NESA)	780-496-6969
Seniors Investment Club	Central Lions (CLSA)	780-496-7369
Special Presentations (topics vary) #	Strathcona Place 55+ Centre	780-433-5807
The Role of Exchange Traded Funds in Retirement Portfolios #	Northgate Lions (NESA)	780-496-6969
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200

General Interest

Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
Understanding Seniors Benefits (Provincial & Federal)	Sage Seniors Association	780-423-5510
Understanding Taxes (in Korean) #	Strathcona Place 55+ Centre	780-433-5807
Year End Global Financial Market Review and 2018 Global Outlook #	Northgate Lions (NESA)	780-496-6969

■ FRAUD PREVENTION

Cyber Security	Central Lions (CLSA)	780-496-7369
Fraud Presentations	Mill Woods Seniors Association	780-496-2997
Fraud Prevention Presentations	Jewish Senior Citizen's Centre	780-488-4241
Fraud Workshop Series	Westend Seniors Activity Centre	780-483-1209
Frauds & Scams Prevention	Sage Seniors Association	780-423-5510
Frauds, Identity Theft & Scam Prevention	Central Lions (CLSA)	780-496-7369
Special Presentations (topics vary) #	Strathcona Place 55+ Centre	780-433-5807
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200

■ GENEALOGY

Genealogy: An Introduction #	Northgate Lions (NESA)	780-496-6969
Genealogy: Digging Up More Roots	Central Lions (CLSA)	780-496-7369
Genealogy for Beginners	Central Lions (CLSA)	780-496-7369
Genealogy: On the Bus (outing)	Central Lions (CLSA)	780-496-7369
Genealogy on the Internet	Central Lions (CLSA)	780-496-7369
Genealogy on the Internet #	Northgate Lions (NESA)	780-496-6969
Genealogy Presentation	Mill Woods Seniors Association	780-496-2997

General Interest

Genealogy Workshops	Westend Seniors Activity Centre	780-483-1209
Seminars with John Althouse	SWESA at YECC	587-987-3200
Special Presentations (topics vary) #	Strathcona Place 55+ Centre	780-433-5807

HISTORY & CULTURE

Aboriginal Cultural Teachings #	Edmonton Aboriginal Seniors Centre	587-525-8969
Antique Silver 101 #	Northgate Lions (NESA)	780-496-6969
Antique Silver 101	Central Lions (CLSA)	780-496-7369
Art Crime and the Uncommon Criminal #	Northgate Lions (NESA)	780-496-6969
Drop-in Programming & Tours * #	John Walter Museum	311
Fascinating People: Three Wars, Three Countries, Starting Over #	Central Lions (CLSA)	780-496-7369
Historical Buildings of Downtown Edmonton	Sage Seniors Association	780-423-5510
Numinastics Courses	Westend Seniors Activity Centre	780-483-1209
Philosophers' Café: Gender Identity, Religion & Public Policy	Central Lions (CLSA)	780-496-7369
Philosophers' Café: Physician-Assisted Death A Year Later	Central Lions (CLSA)	780-496-7369
Philosophers' Café: The Roots of Radical Religion	Central Lions (CLSA)	780-496-7369
Toonie Talks (various topics)	SWESA at YECC	587-987-3200

Throughout the year, the organizations that contribute to the directory often plan additional activities and events which are not listed in this directory.

Check with the organizations for details on their programming. Contact information is found on pages 3 – 7.

General Interest

HOUSING

Accessible and Barrier Free Homes #	Northgate Lions (NESA)	780-496-6969
Aging in Place	Central Lions (CLSA)	780-496-7369
As We Age Workshops (topics vary per season)	Central Lions (CLSA)	780-496-7369
DeClutter Workshop Series	Westend Seniors Activity Centre	780-483-1209
Downsizing - What's Next?	Central Lions (CLSA)	780-496-7369
Home Fire Safety Series	Westend Seniors Activity Centre	780-483-1209
Housing Workshop Series	Westend Seniors Activity Centre	780-483-1209
Managing Your Move	Sage Seniors Association	780-423-5510
Special Presentations (topics vary) #	Strathcona Place 55+ Centre	780-433-5807
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
Types of Housing Explained	Sage Seniors Association	780-423-5510

SENIORS' HOUSING FORUM

SATURDAY, SEPTEMBER 23

9:00 a.m. - 2:30 p.m. at Central Lions Seniors Recreation Centre

Registration opens September 1
Call 780-809-8604 to register

**FREE EVENT - HOUSING INFORMATION - 50+ EXHIBITORS - LUNCH PROVIDED
INFORMATION SESSIONS**

LANGUAGES

Conversational Cree Group	Sage Seniors Association	780-423-5510
English as Another Language #	Sage Seniors Association	780-423-5510
English as Second Language * #	Twin Brooks Community League	780-989-5431
French *	Mill Woods Seniors Association	780-496-2997
French 101	Westend Seniors Activity Centre	780-483-1209
German for Beginners Level 1 & 2	Northgate Lions (NESA)	780-496-6969
Hebrew for Everybody	Jewish Senior Citizen's Centre	780-488-4241
Mandarin Introduction #	Sage Seniors Association	780-423-5510
Russian for Everybody	Jewish Senior Citizen's Centre	780-488-4241
Spanish	SWESA at YECC	587-987-3200
Spanish *	Mill Woods Seniors Association	780-496-2997
Spanish Absolute Beginner *	Northgate Lions (NESA)	780-496-6969
Spanish: Absolute Beginners	Central Lions (CLSA)	780-496-7369
Spanish Advanced	Northgate Lions (NESA)	780-496-6969
Spanish: Advanced	Central Lions (CLSA)	780-496-7369
Spanish: Beginner	Westend Seniors Activity Centre	780-483-1209
Spanish: Beginners 2	Central Lions (CLSA)	780-496-7369
Spanish Beginner Level 2	Northgate Lions (NESA)	780-496-6969
Spanish: Experienced	Westend Seniors Activity Centre	780-483-1209
Spanish for Fun & Travel	Central Lions (CLSA)	780-496-7369
Spanish for Seniors	Sage Seniors Association	780-423-5510
Spanish Intermediate	Northgate Lions (NESA)	780-496-6969
Spanish: Intermediate	Central Lions (CLSA)	780-496-7369
Spanish Level 3	Northgate Lions (NESA)	780-496-6969

General Interest

LECTURE SERIES

DVD Life Long Learning Lecture Series	Westend Seniors Activity Centre	780-483-1209
Fascinating People Series #	Central Lions (CLSA)	780-496-7369
Guest Speakers on Topics of Interest to Seniors #	SCONA Seniors Centre	780-433-5377
Guest Speakers on Various Topics #	Edmonton Aboriginal Seniors Centre	587-525-8969
Learning in Retirement Lecture Series Lectures #	Jewish Senior Citizen's Centre	780-488-4241
Lunch & Learn Presentations	Twin Brooks Community League	
Monthly Education Sessions *	Jewish Senior Citizen's Centre	780-488-4241
Philosophers' Café Series (e.g. world affairs, religion & secular society)	Parkinson Alberta	780-425-6400
Speakers on Various Topics	Central Lions (CLSA)	780-496-7369
Toonie Talks (various topics)	Southwest Seniors' Outreach Society	780-435-9515
Various "For Your Information" Sessions	SWESA at YECC	587-987-3200
	SEESA	780-468-1985

Edmonton Lifelong Learners Association (ELLA) Spring Session

April 30 to May 18, 2018

Love to learn? Enjoy 3 weeks of classes and activities for adults 50 plus.

ELLA, in partnership with the University of Alberta, Faculty of Extension, offers high caliber instruction with no prerequisites, exams or homework. Spring session emphasizes lively discussion, meeting new people and learning in a comfortable environment. Our program guide will be available on our website in mid-February.

Contact us for any additional information.

780-492-5055 | www.my-ella.com | exella@ualberta.com



UNIVERSITY OF ALBERTA
FACULTY OF EXTENSION

LEGAL

Alberta Law Society: Q and A Regarding Your Legal Rights #	Northgate Lions (NESA)	780-496-6969
Criminal Justice Courses	Sage Seniors Association	780-423-5510
Edmonton Police Services: A Q and A with Your Neighborhood Police! #	Northgate Lions (NESA)	780-496-6969
Know Your Rights as a Tenant	Central Lions (CLSA)	780-496-7369
Legal Aspects of Living Together	Central Lions (CLSA)	780-496-7369
Legal Documents: Are Your Affairs in Order?	Central Lions (CLSA)	780-496-7369
Legal Documents You Should Have	Sage Seniors Association	780-423-5510
Legal Presentations (topics vary)	Westend Seniors Activity Centre	780-483-1209
Legal Presentations *	Mill Woods Seniors Association	780-496-2997
The Pros & Cons of Condominium Ownership	Central Lions (CLSA)	780-496-7369
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
Wills, Power of Attorney, Public Guardianship	Central Lions (CLSA)	780-496-7369
Wills Week (daytime presentation) #	Northgate Lions (NESA)	780-496-6969
Wills Week (evening presentation) * #	Northgate Lions (NESA)	780-496-6969
Writing Your Personal Directives: Important Things You Should Know	Central Lions (CLSA)	780-496-7369
Youth Criminal Justice Course #	Northgate Lions (NESA)	780-496-6969

**You can also search the online version of the
Recreation and Wellness Directory for Older Adults at
www.seniorscouncil.net/programs.**

General Interest

■ NATURE

Animal Encounters and Presentations *	Edmonton Valley Zoo	311
Animal Photo Safari * #	Edmonton Valley Zoo	311
Bird Watching Presentations (seasonal)	Central Lions (CLSA)	780-496-7369
Presentations on Various Topics (e.g. weather forecasting, climate change, night sky)	Central Lions (CLSA)	780-496-7369
Seed and Plant Swap #	Twin Brooks Community League	780-989-5431
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
What's the Buzz About Honey? *	Edmonton Valley Zoo	311
Wild North: Northern Alberta Wildlife Rescue and Rehabilitation Society #	Northgate Lions (NESA)	780-496-6969
Wine & Wildlife Educational Talks *	Edmonton Valley Zoo	311

■ TRAVEL

Armchair Travel: Africa #	Northgate Lions (NESA)	780-496-6969
Armchair Travel: Morocco #	Northgate Lions (NESA)	780-496-6969
Armchair Traveller	Jewish Senior Citizen's Centre	780-488-4241
Happy Travellers	Sage Seniors Association	780-423-5510
International Travel and Planning a Cruise: What You Need to Know! #	Northgate Lions (NESA)	780-496-6969
Tasty Travel Series	Westend Seniors Activity Centre	780-483-1209
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
Travel Club	SWESA at YECC	587-987-3200
Travel Talks	Mill Woods Seniors Association	780-496-2997
Travel Talks (various destinations)	Central Lions (CLSA)	780-496-7369
Travel: AMA 'Go Solo' Program	Central Lions (CLSA)	780-496-7369

General Interest

Travel: Israel/Palestine	Central Lions (CLSA)	780-496-7369
Travel: Moorish Spain	Central Lions (CLSA)	780-496-7369
Travel: Odyssey's Guide to Flying Solo	Central Lions (CLSA)	780-496-7369
Travel: Tips on How to Pack Light	Central Lions (CLSA)	780-496-7369
Travel: To the Amazon & Galapagos	Central Lions (CLSA)	780-496-7369
Travel: Understanding Travel Insurance	Central Lions (CLSA)	780-496-7369
Travelogues: Member Trip Presentations	SEESA	780-468-1985

■ WRITING

Blue Pencil Café Writing Group	Sage Seniors Association	780-423-5510
Charlie and the Writing Factory	Westend Seniors Activity Centre	780-483-1209
Creative Writing	Marigold 55 plus Recreation	780-462-7488
Creative Writing #	SCONA Seniors Centre	780-433-5377
Creative Writing #	Strathcona Place 55+ Centre	780-433-5807
Creative Writing: Intermediate/Advanced	Northgate Lions (NESA)	780-496-6969
Creative Writing: Introduction	Northgate Lions (NESA)	780-496-6969
Creative Writing: Studio Time	Northgate Lions (NESA)	780-496-6969
Critiquing Classes	SEESA	780-468-1985
Digital Storytelling with EPL	Central Lions (CLSA)	780-496-7369
Discovering the Writer in You	SEESA	780-468-1985
Joy of Writing Club	Central Lions (CLSA)	780-496-7369
Mapping Your Story Workshop	Central Lions (CLSA)	780-496-7369
Poet's Corner	Sage Seniors Association	780-423-5510
Various Writing Workshops	SEESA	780-468-1985
Wisdom of Self-Publishing	Northgate Lions (NESA)	780-496-6969
Writers Circle (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Writers Critique Group #	Strathcona Place 55+ Centre	780-433-5807

General Interest

Writing: 7 Point Plotting	Northgate Lions (NESA)	780-496-6969
Writing Club	SEESA	780-468-1985
Writing Courses (e.g. poetry, journalling, fiction & memoir writing)	Central Lions (CLSA)	780-496-7369
Writing: From Life to Story	Central Lions (CLSA)	780-496-7369
Writing From the Heart	Westend Seniors Activity Centre	780-483-1209

OTHER ACTIVITIES

Conversation Circle (Discussion Group)	Mill Woods Seniors Association	780-496-2997
Conversation Group	Central Lions (CLSA)	780-496-7369
Handy Dandy Workshop Series	Westend Seniors Activity Centre	780-483-1209
Intergenerational Program #	SCONA Seniors Centre	780-433-5377
Navigating for Services *	Alberta Council on Aging	780-423-7781
Scotch Tasting 101	Central Lions (CLSA)	780-496-7369
Senior Friendly™ Program: Becoming Age Friendly *	Alberta Council on Aging	780-423-7781
Seniors' Forum - Let's Talk! *	Alberta Council on Aging	780-423-7781
Seniors on the Go Transit Tour *	Edmonton Aboriginal Seniors Centre	587-525-8969
Story Telling Series (Tech Savvy Seniors)	Edmonton Aboriginal Seniors Centre	587-525-8969
Wine Appreciation Workshops	Central Lions (CLSA)	780-496-7369

**Tell us what you think about the
Recreation and Wellness Directory for Older Adults.
Go to page 78 to find out how to provide your feedback.**

Health and Wellness

You'll find plenty of ideas in the following workshops to help you live life to the fullest!

Activity	Offered by	Contact
CAREGIVING		
Caregiving for Caregivers	Central Lions (CLSA)	780-496-7369
Caregiving for Those with Older Parents	Central Lions (CLSA)	780-496-7369
Caregiving Workshop Series	Westend Seniors Activity Centre	780-483-1209
Compass for Caregivers #	Parkinson Alberta	780-425-6400
Grief and Loss	Northgate Lions (NESA)	780-496-6969
Loss & Grieving Workshops	Central Lions (CLSA)	780-496-7369
Managing Stress During Seasons of Change	Central Lions (CLSA)	780-496-7369
Navigating the Rivers of Grief	SWESA at YECC	587-987-3200
Navigating the Rivers of Grief	Central Lions (CLSA)	780-496-7369
Roads to Healing	Central Lions (CLSA)	780-496-7369
Seeds of Hope Family Learning Series * #	Alzheimer Society of Alberta & NWT	780-488-2266
Special Presentations (topics vary)	Strathcona Place 55+ Centre	780-433-5807
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
CHRONIC PAIN		
AHS Better Choices, Better Health Chronic Pain Management Series	Central Lions (CLSA)	780-496-7369
AHS Chronic Pain Management Series	Westend Seniors Activity Centre	780-483-1209
Chronic Pain Management *	The Arthritis Society - various venues	780-424-1740
Naturalpath Lectures (topics vary)	Central Lions (CLSA)	780-496-7369

Health and Wellness

Neurofunctional Pain Syndromes: Joint & Spine	Central Lions (CLSA)	780-496-7369
Postural Analysis for Pain Relief	Central Lions (CLSA)	780-496-7369
Speakers on Health Issues	Jewish Senior Citizen's Centre	780-488-4241
Special Presentations (topics vary)	Strathcona Place 55+ Centre	780-433-5807
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200

■ GENERAL INTEREST

Advance Care Planning	Central Lions (CLSA)	780-496-7369
Attitude: Key to Aging Well	Central Lions (CLSA)	780-496-7369
Autumn Check-Up #	Northgate Lions (NESA)	780-496-6969
Conversational ASL Classes * #	CHHA-ED	780-428-6622
Creating Healthy Boundaries	Central Lions (CLSA)	780-496-7369
Death & Dying 101: Belief and Choices for End of Life	Central Lions (CLSA)	780-496-7369
Death: Natural Burials	Central Lions (CLSA)	780-496-7369
Fighting Fat After Fifty	Central Lions (CLSA)	780-496-7369
Fitness & Health Lectures (topics vary)	Central Lions (CLSA)	780-496-7369
Foot Care Importance #	Northgate Lions (NESA)	780-496-6969
Guest Speakers on Topics of Interest to Seniors #	SCONA Seniors Centre	780-433-5377
Heart Healthy #	Northgate Lions (NESA)	780-496-6969
How Air Pollutants Affect Our Health #	Northgate Lions (NESA)	780-496-6969
It's Never Too Late to Get Active	Central Lions (CLSA)	780-496-7369
Keep Fit While Travelling (hands-on + lecture)	Central Lions (CLSA)	780-496-7369
Mindful Aging	Central Lions (CLSA)	780-496-7369
Philips Lifeline: Fall Safety and How to Get Up From a Fall #	Northgate Lions (NESA)	780-496-6969

Health and Wellness

Relationships in Our Older Years	Central Lions (CLSA)	780-496-7369
Safe Driving and Your Senses #	Northgate Lions (NESA)	780-496-6969
Speechreading & Coping Skills Classes #	CHHA-ED & Senior Centres	780-428-6622
Therapeutic Recreation Day Support Programs #	ElderCare Edmonton	780-434-4747
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200
Wellbeing Talks with Jennie Wilting	Sage Seniors Association	780-423-5510
Your Third Ear Workshops #	CHHA-ED & Senior Centres	780-428-6622
Zentrilotherapy	SEESA	780-468-1985



SENIORS' HEALTH & WELLNESS FORUM
Presented by agefriendly EDMONTON

SATURDAY, NOVEMBER 4

9:00 a.m. - 2:30 p.m. at Central Lions Seniors Recreation Centre

Registration opens October 1
Call 780-809-8604 to register

FREE EVENT - HEALTHY AGEING INFORMATION - 50+ EXHIBITORS
LUNCH PROVIDED - INFORMATION SESSIONS

HEALTH INFORMATION SESSIONS

Dare to Age Well for Women	Central Lions (CLSA)	780-496-7369
Dare to Age Well Forum	Central Lions (CLSA)	780-496-7369
Finding Balance (Alberta Health)	Jewish Senior Citizen's Centre	780-488-4241
First Link Connection (dementia info and tips) * #	Alzheimer Society of Alberta & NWT	780-488-2266
Getting A Good Night's Sleep	Central Lions (CLSA)	780-496-7369
Health & Wellness Presentations	North West Edmonton Seniors	780-451-1925

Health and Wellness

Healthy Digestion & Smooth Elimination	Central Lions (CLSA)	780-496-7369
Immunizations & Vaccinations: Are You Up to Date?	Central Lions (CLSA)	780-496-7369
Information on Health Topics #	Multicultural Women & Seniors Serv	780-465-2992
Live Better Every Day	Jewish Senior Citizen's Centre	780-488-4241
Living Great - Great Living! Workshops	Jewish Senior Citizen's Centre	780-488-4241
Living Stronger Longer *	Alberta Council on Aging	780-423-7781
Pharmacist Presentations (e.g. medication management, deciphering lab reports)	Central Lions (CLSA)	780-496-7369
Pharmacy Tips *	Alberta Council on Aging	780-423-7781
Primary Care Network Presentations	North West Edmonton Seniors	780-451-1925
Recognizing Abuse *	Alberta Council on Aging	780-423-7781
Seminars for Seniors (various topics) #	Ital Canadian Seniors Association	780-424-1255
Skin Cancer Prevention (Alberta Health)	Jewish Senior Citizen's Centre	780-488-4241
Tips of Overcoming S.A.D.	Central Lions (CLSA)	780-496-7369

MANAGING MEDICAL CONDITIONS

Arthritis 101 *	The Arthritis Society - various venues	780-424-1740
Dementia & Alzheimers Series	Westend Seniors Activity Centre	780-483-1209
Health & Wellness Workshops	Mill Woods Seniors Association	780-496-2997
Let's Talk Dementia *	Alberta Council on Aging	780-423-7781
Managing Diabetes	Sage Seniors Association	780-423-5510
Medication Management	Jewish Senior Citizen's Centre	780-488-4241
Pharmacy Presentations (various topics)	Westend Seniors Activity Centre	780-483-1209
Presentations (topics vary)	Central Lions (CLSA)	780-496-7369
Speech Reading: Level 1	Northgate Lions (NESA)	780-496-6969
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200

MEDITATION & RELAXATION

Health Qi Gong * #	Ji Hong Wushu & Tai Chi College	780-424-8924
Meditation	Westend Seniors Activity Centre	780-483-1209
Meditation #	Parkinson Alberta	780-425-6400
Meditation #	Strathcona Place 55+ Centre	780-433-5807
Meditation & Relaxation Workshops (topics vary) #	Central Lions (CLSA)	780-496-7369
Meditation for Seniors #	Northgate Lions (NESA)	780-496-6969
Meditation with Lisa	Edmonton Seniors Centre	780-342-8625
Meditation: Guided Group #	Central Lions (CLSA)	780-496-7369
Meditation: Letting Go & Discovering Peace #	Central Lions (CLSA)	780-496-7369
Mind & Meditation	Mill Woods Seniors Association	780-496-2997
Mindfulness & Meditation	SEESA	780-468-1985
Special Presentations (topics vary) #	Strathcona Place 55+ Centre	780-433-5807
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200

MEMORY

AHS Boosting Your Memory	Westend Seniors Activity Centre	780-483-1209
Boosting Your Memory	SWESA at YECC	587-987-3200
Boosting Your Memory	Central Lions (CLSA)	780-496-7369
BrainFitness Classes	Sage Seniors Association	780-423-5510
Eating for Brain Fitness & Health	Central Lions (CLSA)	780-496-7369

Subscribe to the ESCC Link Letter to learn about more activities and events.

www.seniorscouncil.net/sign-up-to-receive-escclinkletter

Health and Wellness

NUTRITION

Dietician Nutrition workshops (e.g. rate your plate, clean eating, facts on fat)	Central Lions (CLSA)	780-496-7369
Do I Need Supplements After 55? #	Northgate Lions (NESAs)	780-496-6969
Healthy Talk	Sage Seniors Association	780-423-5510
Nutrition from a Naturalpath's Viewpoint (e.g. food that heal, eat for health)	Central Lions (CLSA)	780-496-7369
Nutrition Lectures	Westend Seniors Activity Centre	780-483-1209
Nutrition Presentations	Mill Woods Seniors Association	780-496-2997
Real Nutrition, Real Weight Loss: Four Week Workshop #	Northgate Lions (NESAs)	780-496-6969
Real Nutrition, Real Weight Loss: Intro Session #	Northgate Lions (NESAs)	780-496-6969
Toonie Talks (various topics)	SWESA at YECC and TCRC	587-987-3200
Toonie Talks (various topics) #	SWESA at Twin Brooks CL	587-987-3200



“ This service is a miracle. It allows me to stay in my own home. I don't know what I'd do without it. ”

- Orest, client

Edmonton Meals on Wheels provides nutritious meals and related programs which promote health, well-being, and independence.

HOT MEALS

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Edmonton Meals on Wheels
1111 103 Avenue NW
Edmonton, AB T5K 2P1

p: 780.429.2020
f: 780.424.5561
e: emow@mealsonwheelsedmonton.org
w: mealsonwheelsedmonton.org

STRESS

Micro-Moves & Reflexology Workshops	Central Lions (CLSA)	780-496-7369
Naturalpathic Health & Healing Presentations	Central Lions (CLSA)	780-496-7369
Self-Enrichment & Holistic Healing	Mill Woods Seniors Association	780-496-2997
Stress Busting Strategies for the Young at Heart	Central Lions (CLSA)	780-496-7369
Stress, Food, and Disease: How It's All Connected! #		Northgate
Lions (NESA)	780-496-6969	
Success Over Stress (Alberta Health)	Jewish Senior Citizen's Centre	780-488-4241
The Science of Happiness	Central Lions (CLSA)	780-496-7369

SUPPORT GROUPS

Bereavement Group	Westend Seniors Activity Centre	780-483-1209
Caregiver Support Group	ElderCare Edmonton	780-434-4747
Circle of Friends (Drop-In)	Westend Seniors Activity Centre	780-483-1209
CNIB Men's Support Group #	CNIB	780-488-4871
Connections #	Northgate Lions (NESA)	780-496-6969
Monthly Support Groups * #	Parkinson Alberta	780-425-6400
True Colours Support Group (LGBTQ)	Edmonton Seniors Centre	780-342-8625
VIP Vision Loss Support Group #	CNIB	780-488-4871
Volunteer Peer Support Group #	SCONA Seniors Centre	780-433-5377

**Find more activities and events for adults 55+
on the ESCC News and Events for Seniors web page
www.seniorscouncil.net/news-and-events**

Music, Song and Drama

Jam with other music lovers, create beautiful harmonies and fulfill your passion for acting with these creative groups and activities.

Activity	Offered by	Contact
■ BANDS & JAM SESSIONS		
Edmonton Firefighters Alumni Band	Central Lions (CLSA)	780-496-7369
Edmonton School Boys Alumni Band	Central Lions (CLSA)	780-496-7369
Guitar Group Jam: Multi-level #	Central Lions (CLSA)	780-496-7369
Jam Session & Dance #	North West Edmonton Seniors	780-451-1925
Jam Session: Beginners #	Mill Woods Seniors Association	780-496-2997
Jam Sessions	SWESA at YECC	587-987-3200
Jam Sessions #	Mill Woods Seniors Association	780-496-2997
Jam Sessions * #	SEESA	780-468-1985
Jammers Club #	Northgate Lions (NESA)	780-496-6969
Lions Seniors Big Band	Central Lions (CLSA)	780-496-7369
Music Makers Club #	Northgate Lions (NESA)	780-496-6969
Music Makers Club #	SEESA	780-468-1985
Open Jam #	Westend Seniors Activity Centre	780-483-1209
Silver Tones (Drop-In) #	Westend Seniors Activity Centre	780-483-1209
Swing Time Band	Central Lions (CLSA)	780-496-7369
Ukulele Group Jam: Multi-level #	Central Lions (CLSA)	780-496-7369
Ukulele Jam Session	Sage Seniors Association	780-423-5510
Young at Heart Band	Central Lions (CLSA)	780-496-7369

Music, Song and Drama

■ DRAMA

Accidental Drama Club	SEESA	780-468-1985
Drama Club	Central Lions (CLSA)	780-496-7369
Drama Club #	Strathcona Place 55+ Centre	780-433-5807
Drama Club #	North West Edmonton Seniors	780-451-1925
Drama Club Live Performances #	SCONA Seniors Centre	780-433-5377
Drama Group	Westend Seniors Activity Centre	780-483-1209
Drama/Improv with Michele Miller	Northgate Lions (NESA)	780-496-6969
Drama Workshop with Maralyn Ryan	Northgate Lions (NESA)	780-496-6969
GeriActors & Friends	GeriActors at Sage	780-248-1556
GeriActors Summer School (July 2018) #	GeriActors at Sage	780-248-1556
Gillett Players Drama Club	SEESA	780-468-1985
Musical Theatre	Northgate Lions (NESA)	780-496-6969
The Art of Theatrical Story Telling	Central Lions (CLSA)	780-496-7369
Theatre Sports	Westend Seniors Activity Centre	780-483-1209
Theatrical Workshops	Jewish Senior Citizen's Centre	780-488-4241

■ DRUMMING

African Drumming * #	Northgate Lions (NESA)	780-496-6969
Drum Circle with Hand Drums	Central Lions (CLSA)	780-496-7369
Hand Drumming	SWESA at YECC	587-987-3200
Hand Drumming * #	Mill Woods Seniors Association	780-496-2997
Hand Drumming for Recreation #	SEESA	780-468-1985
Intro to Taiko Japanese Drumming	Central Lions (CLSA)	780-496-7369

Music, Song and Drama

■ GUITAR

Blues 201 #	Northgate Lions (NESA)	780-496-6969
Finger Pickin' 204 #	Northgate Lions (NESA)	780-496-6969
Finger Picking Guitar #	SEESA	780-468-1985
Group Guitar Lessons: Advanced #	Central Lions (CLSA)	780-496-7369
Group Guitar Lessons: Beginners/Intermediate #	Central Lions (CLSA)	780-496-7369
Guitar Club #	SEESA	780-468-1985
Guitar Lessons	SWESA at YECC	587-987-3200
Guitar: Levels 1, 2 & 3 #	Northgate Lions (NESA)	780-496-6969

■ SINGING

Anyone Can Sing!	Central Lions (CLSA)	780-496-7369
Calder Cuties Choir	North West Edmonton Seniors	780-451-1925
Choir	Southwest Seniors' Outreach Society	780-435-5915
Choir	Westend Seniors Activity Centre	780-483-1209
Choralaires	Northgate Lions (NESA)	780-496-6969
Fun Choir	SEESA	780-468-1985
Group Vocal Lesson	SEESA	780-468-1985
Harmonies by Ear	SEESA	780-468-1985
Homegrown Harmonies	Central Lions (CLSA)	780-496-7369
Homegrown Harmonies: Summer Sing-a-Long	Central Lions (CLSA)	780-496-7369
Melody Singers Club	SEESA	780-468-1985
Musical Theatre	Northgate Lions (NESA)	780-496-6969
Sage Singers	Sage Seniors Association	780-423-5510
SING! Multi-Cultural Choir #	Sage Seniors Association	780-423-5510
Singing for Parkinsons #	Parkinson Alberta	780-425-6400
Thursday Sing-Along	Edmonton Seniors Centre	780-342-8625
Woodcroft Singers *	Woodcroft Community League	780-451-8312

Music, Song and Drama

Young at Heart Choir Jewish Senior Citizen's Centre 780-488-4241

■ UKULELE

Beginner & Level 2 #	Northgate Lions (NESA)	780-496-6969
Group Ukulele Lessons: Absolute Beginners #	Central Lions (CLSA)	780-496-7369
Group Ukulele Lessons: Multi-level #	Central Lions (CLSA)	780-496-7369
Ukulele Circle (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Ukulele Classes (3 Levels)	Sage Seniors Association	780-423-5510
Ukulele for All Levels	SEESA	780-468-1985
Ukulele Pickin' with a Touch of Steel Guitar #	Central Lions (CLSA)	780-496-7369
Ukulele: Absolute Beginners #	Mill Woods Seniors Association	780-496-2997
Ukulele: Mixed Levels #	Mill Woods Seniors Association	780-496-2997

■ OTHER INSTRUMENTS

Fiddle/Violin for Beginners and Experienced	SEESA	780-468-1985
Group Music Lessons * #	Planet Music & Yoga	587-520-7000
Handbells #	Northgate Lions (NESA)	780-496-6969
Learn to Chord	SEESA	780-468-1985
Small Ensemble Workshops	SEESA	780-468-1985

Find more interesting activities and events in the Living 50+ section of The Edmonton Examiner (published the third week of the month).

Social and Special Events

Enjoy entertaining activities, delicious food, interesting outings and good company!

Activity	Offered by	Contact
ARTS & CULTURE		
A Tribute to Stompin' Tom *	Northgate Lions (NESA)	780-496-6969
Candlelight Christmas Concert Series * #	John Walter Museum	311
Cultural Field Trips (picking berries, medicines, etc.) #	Edmonton Aboriginal Seniors Centre	587-525-8969
Dinner and a Show	Westend Seniors Activity Centre	780-483-1209
Fall Drama Production *	SEESA	780-468-1985
Melody Singers Christmas Performance	SEESA	780-468-1985
Melody Singers Spring Performance	SEESA	780-468-1985
Night of Music	Westend Seniors Activity Centre	780-483-1209
Opera Presentations and Visits *	Jewish Senior Citizen's Centre	780-488-4241
Painted Poppies Fundraiser (Nov. 2017)	Central Lions (CLSA)	780-496-7369
Poetry Nights * #	Multicultural Women & Seniors Serv	780-465-2992
Record Setting Paint-A-Thon Fundraiser (Sept.) #	Central Lions (CLSA)	780-496-7369
Social Singing #	Parkinson Alberta	780-425-6400
Spring Variety Show *	SEESA	780-468-1985
Symphony Presentations and Visits *	Jewish Senior Citizen's Centre	780-488-4241
Theatre Productions *	Jewish Senior Citizen's Centre	780-488-4241
BIRTHDAY PARTIES		
Birthday Lunch (monthly) #	Strathcona Place 55+ Centre	780-433-5807
Birthday Parties (monthly)	Jewish Senior Citizen's Centre	780-488-4241

Social and Special Events

Birthday Parties (monthly) #	SCONA Seniors Centre	780-433-5377
Monthly Birthday Celebration #	North West Edmonton Seniors	780-451-1925
Monthly Birthday Parties #	SEESA	780-468-1985
Monthly Birthday Party	Westend Seniors Activity Centre	780-483-1209
Monthly Birthday Party #	Mill Woods Seniors Association	780-496-2997
Monthly Birthday Party #	Sage Seniors Association	780-423-5510
Monthly Birthday Recognition for Members #	Edmonton Aboriginal Seniors Centre	587-525-8969
Monthly Celebration at Coffee and Chat	SWESA at YECC	587-987-3200

COFFEE GROUPS

Book to Films Discussion Group	Jewish Senior Citizen's Centre	780-488-4241
Chat with friends at the coffee bar #	Ital Canadian Seniors Association	780-424-1255
Circle of Friends	Westend Seniors Activity Centre	780-483-1209
CNIB Coffee Group #	CNIB	780-488-4871
Coffee & Board Games Club * #	South Clareview Community League	780-473-3593
Coffee and Chat	SWESA at YECC and TCRC	587-987-3200
Coffee and Chat #	SWESA at Twin Brooks CL	587-987-3200
Coffee and Conversation #	Heritage Senior Stop-In Centre	780-437-8759
Coffee Group	Sage Seniors Association	780-423-5510
Conversation Circle	Central Lions (CLSA)	780-496-7369
Cuppa Corner (Tuesdays)	Central Lions (CLSA)	780-496-7369
EAL Chat Group #	Sage Seniors Association	780-423-5510
Fun & Friendship Coffee Circle #	North West Edmonton Seniors	780-451-1925
Kookum Group (Women's Tea Group)	Sage Seniors Association	780-423-5510
Over the Rainbow Group (LGBTQ)	Sage Seniors Association	780-423-5510
Wednesday Evening Ladies Club * #	SEESA	780-468-1985

Social and Special Events

■ CRAFT SALES

Annual Bazaar * #	North West Edmonton Seniors	780-451-1925
Christmas Craft and Bake Sale * #	Mill Woods Seniors Association	780-496-2997
Christmas Craft Sale	Sage Seniors Association	780-423-5510
Craft & Bake Sale #	Edmonton Aboriginal Seniors Centre	587-525-8969
Seasonal Craft Sales #	Westend Seniors Activity Centre	780-483-1209

■ DANCES

Dinner/Dance (Special Occasions & Holidays) #	SCONA Seniors Centre	780-433-5377
Jam Session & Dance #	North West Edmonton Seniors	780-451-1925
Monthly Dances * #	SEESA	780-468-1985
New Year's Eve Dinner & Dance * #	SEESA	780-468-1985
Occasional Dances	Central Lions (CLSA)	780-496-7369
Seasonal Dances #	Westend Seniors Activity Centre	780-483-1209
Social Dance #	Parkinson Alberta	780-425-6400
Special Occasion Dances * #	SEESA	780-468-1985
Theme Parties/Dances #	SCONA Seniors Centre	780-433-5377
Valentine's Day Dance * #	SEESA	780-468-1985

■ MEALS, TEAS & SOCIALS

Barbeques, Picnics and Potluck Lunches #	SCONA Seniors Centre	780-433-5377
Edmonton Musical Theatre Performance	Jewish Senior Citizen's Centre	780-488-4241
Evening Dinner (quarterly) * #	Edmonton Aboriginal Seniors Centre	587-525-8969
Friday Dinner and Social #	SCONA Seniors Centre	780-433-5377
Hot Lunches	Jewish Senior Citizen's Centre	780-488-4241
Hot Lunches #	Westend Seniors Activity Centre	780-483-1209

Social and Special Events

Hot Lunches with Russian Speakers *	Jewish Senior Citizen's Centre	780-488-4241
Let's Do Lunch	Sage Seniors Association	780-423-5510
Lunch Social	SWESA at YECC	587-987-3200
Monthly Dinner * #	SEESA	780-468-1985
Monthly Dinner Socials * #	Mill Woods Seniors Association	780-496-2997
Monthly Potluck Dinner #	Westend Seniors Activity Centre	780-483-1209
Monthly Pub Nights * #	Strathcona Community League	780-439-1501
Monthly Special Luncheons #	Westend Seniors Activity Centre	780-483-1209
Monthly Theme Dinners #	Strathcona Place 55+ Centre	780-433-5807
Multicultural Lunches & Entertainment #	Jewish Senior Citizen's Centre	780-488-4241
Pancake Breakfasts #	Westend Seniors Activity Centre	780-483-1209
Potluck Lunches #	Heritage Senior Stop-In Centre	780-437-8759
Seasonal BBQ's #	Westend Seniors Activity Centre	780-483-1209
Senior's Candy Cane Tea #	Edmonton Valley Zoo	311
Senior's Spring Tea #	Edmonton Valley Zoo	311
Social Teas, Music, and Dancing	Jewish Senior Citizen's Centre	780-488-4241
Soup & Bannock Luncheon (weekly) #	Edmonton Aboriginal Seniors Centre	587-525-8969
Special Event Dinners	Sage Seniors Association	780-423-5510
Special Event Parties	Sage Seniors Association	780-423-5510
Special Event Teas	Sage Seniors Association	780-423-5510
Sunday Programs for Russian Speakers *	Jewish Senior Citizen's Centre	780-488-4241
Themed Dinners #	Westend Seniors Activity Centre	780-483-1209
Thursday Lunch & Bingo Social	Edmonton Seniors Centre	780-342-8625
Thursday Lunches with Entertainment #	Southwest Seniors' Outreach Society	780-435-9515

**Organizations often plan additional events throughout the year
that aren't listed here. Contact them to learn more.**

Social and Special Events

MOVIES

Afternoon Movie	Jewish Senior Citizen's Centre	780-488-4241
Bannock & a Movie #	Edmonton Aboriginal Seniors Centre	587-525-8969
Cinema Cronies	SWESA at YECC	587-987-3200
Matinee Movies (once a month)	Northgate Lions (NESA)	780-496-6969
Monday Movie Matinee #	SEESA	780-468-1985
Movie & Popcorn	Sage Seniors Association	780-423-5510
Movie Club	Westend Seniors Activity Centre	780-483-1209
Movies #	Strathcona Place 55+ Centre	780-433-5807
Movies (at the centre or a theatre) #	SCONA Seniors Centre	780-433-5377
Senior Film & Lunch	Bonnie Doon Community League	780-469-1179

SEASONAL EVENTS

Canada Day #	Westend Seniors Activity Centre	780-483-1209
Canada Day Picnic in the Park #	Strathcona Place 55+ Centre	780-433-5807
Candy Cane Tea at the Valley Zoo #	Northgate Lions (NESA)	780-496-6969
Christmas at Hotel Macdonald #	Northgate Lions (NESA)	780-496-6969
Christmas at Hotel Macdonald #	Central Lions (CLSA)	780-496-7369
Christmas Dinner * #	North West Edmonton Seniors	780-451-1925
Christmas Dinner #	Edmonton Aboriginal Seniors Centre	587-525-8969
Christmas Dinner #	Westend Seniors Activity Centre	780-483-1209
Christmas Dinner * #	Mill Woods Seniors Association	780-496-2997
Christmas Luncheon #	Central Lions (CLSA)	780-496-7369
Christmas Party, Dinner and Dance * #	Edmonton Aboriginal Seniors Centre	587-525-8969
Cinco de Mayo Event #	Westend Seniors Activity Centre	780-483-1209
Easter Dinner #	Edmonton Aboriginal Seniors Centre	587-525-8969
Easter Event #	Westend Seniors Activity Centre	780-483-1209

Social and Special Events

Fat Tuesday Pancake Breakfast #	Edmonton Aboriginal Seniors Centre	587-525-8969
Father's Day BBQ #	North West Edmonton Seniors	780-451-1925
Father's Day BBQ and Horseshoe Tournament #	Edmonton Aboriginal Seniors Centre	587-525-8969
Father's Day BBQ and Wackie Tie Day #	Strathcona Place 55+ Centre	780-433-5807
Father's Day BBQ Lunch #	Westend Seniors Activity Centre	780-483-1209
Father's Day Dinner * #	Mill Woods Seniors Association	780-496-2997
Halloween Costume Contest #	Edmonton Aboriginal Seniors Centre	587-525-8969
Halloween Event #	Westend Seniors Activity Centre	780-483-1209
Heritage Days Pot Luck #	Edmonton Seniors Centre	780-342-8625
K-Days Breakfast #	North West Edmonton Seniors	780-451-1925
K-Days Pancake Breakfast #	Edmonton Seniors Centre	780-342-8625
K-Days Pancake Breakfast #	Strathcona Place 55+ Centre	780-433-5807
Klondike Days Event #	Westend Seniors Activity Centre	780-483-1209
Mavie's Mitten Tree #	Westend Seniors Activity Centre	780-483-1209
Mother's Day BBQ and Social #	Edmonton Aboriginal Seniors Centre	587-525-8969
Mother's Day Luncheon #	Westend Seniors Activity Centre	780-483-1209
Mother's Day Tea #	North West Edmonton Seniors	780-451-1925
Mother's Day Tea * #	Mill Woods Seniors Association	780-496-2997
Mother's Day Tea Party #	Strathcona Place 55+ Centre	780-433-5807
New Year's Dinner * #	North West Edmonton Seniors	780-451-1925
Patio Party #	Westend Seniors Activity Centre	780-483-1209
Remembrance Day #	Westend Seniors Activity Centre	780-483-1209
Robbie Burns Dinner #	Strathcona Place 55+ Centre	780-433-5807
Scandinavian Christmas Market (Nov.) * #	Edmonton Scandinavian Centre Association	780-628-5005
Seasonal SWESA Socials	SWESA at YECC	587-987-3200
Sgt. Wilson's Army Show (Nov.) #	Central Lions (CLSA)	780-496-7369
Shrove Tuesday Pancakes #	North West Edmonton Seniors	780-451-1925

Social and Special Events

Special Holiday Events * #	John Walter Museum	311
St. Patrick's Day Dinner * #	Mill Woods Seniors Association	780-496-2997
St. Patrick's Day Event #	Westend Seniors Activity Centre	780-483-1209
Thanksgiving Dinner #	Edmonton Aboriginal Seniors Centre	587-525-8969
Thanksgiving Dinner #	North West Edmonton Seniors	780-451-1925
Valentine's Day Brunch or Dinner * #	SEESA	780-468-1985
Valentine's Day Dinner * #	Mill Woods Seniors Association	780-496-2997
Valentine's Day Event #	Westend Seniors Activity Centre	780-483-1209
Valentine's Day Tea #	Edmonton Aboriginal Seniors Centre	587-525-8969
Welcome Back BBQ #	North West Edmonton Seniors	780-451-1925

■ TOURS & OUTINGS

Bus Outings to Various Events *	Southwest Seniors' Outreach Society	780-435-9515
Butterdome Craft Sale #	Northgate Lions (NESA)	780-496-6969
Casino Trips	Jewish Senior Citizen's Centre	780-488-4241
Galleries and Museums Visits	Jewish Senior Citizen's Centre	780-488-4241
Genealogy Outing	Northgate Lions (NESA)	780-496-6969
K-Days Day Trip #	Edmonton Aboriginal Seniors Centre	587-525-8969
K-Days Parade #	Edmonton Aboriginal Seniors Centre	587-525-8969
Kids Camp with Senior Involvement #	Ital Canadian Seniors Association	780-424-1255
Lac St. Anne Pilgrimage #	Edmonton Aboriginal Seniors Centre	587-525-8969
Lake and River Cruises	Jewish Senior Citizen's Centre	780-488-4241
Legislature and Federal Building Tour	Westend Seniors Activity Centre	780-483-1209
Legislature Tour and Tea	Jewish Senior Citizen's Centre	780-488-4241
Lets Go Out Club Daytrips #	SEESA	780-468-1985
Monthly City Trips #	Sage Seniors Association	780-423-5510
Monthly Day Trips (out of the city) #	Sage Seniors Association	780-423-5510
Offsite Adventures (vary per season) #	Central Lions (CLSA)	780-496-7369

Social and Special Events

Out of Town Bus Trips*	SWESA at YECC	587-987-3200
Outings * #	Mill Woods Seniors Association	780-496-2997
Outings to Performances, Events & Attractions*	SWESA at YECC	587-987-3200
Outings to Venues in and Around Edmonton * #	SCONA Seniors Centre	780-433-5377
Overnight Trips (various destinations) *	Jewish Senior Citizen's Centre	780-488-4241
Pow Wow Day Trips #	Edmonton Aboriginal Seniors Centre	587-525-8969
River Cree Casino	Westend Seniors Activity Centre	780-483-1209
River Cree Casino Bus Trip #	North West Edmonton Seniors	780-451-1925
River Cree Casino Day Trips #	Edmonton Aboriginal Seniors Centre	587-525-8969
Seasonal Monthly Outings #	Westend Seniors Activity Centre	780-483-1209
Stettler Train Ride	Westend Seniors Activity Centre	780-483-1209
Summer Festival Day Trips #	Edmonton Aboriginal Seniors Centre	587-525-8969
Summer Field Trips to Local Attractions #	Edmonton Aboriginal Seniors Centre	587-525-8969
Telephone Historical Tour	Northgate Lions (NESA)	780-496-6969
Trips for Seniors #	Ital Canadian Seniors Association	780-424-1255

OTHER EVENTS

Annual Interfaith Multicultural Event * #	Multicultural Women & Seniors Serv	780-465-2992
Annual Seniors Celebration * #	Multicultural Women & Seniors Serv	780-465-2992
Book Sale #	Strathcona Place 55+ Centre	780-433-5807
Fall Rummage Sale #	SEESA	780-468-1985
Golden Girl Fashion Show	SEESA	780-468-1985
Health & Wellness Fair #	North West Edmonton Seniors	780-451-1925
Love Peace Harmony Movement: Meditation/ World Song	Central Lions (CLSA)	780-496-7369
Metis Events #	Edmonton Aboriginal Seniors Centre	587-525-8969
National Aboriginal Day Celebrations #	Edmonton Aboriginal Seniors Centre	587-525-8969

Social and Special Events

Norwegian Lutefisk Supper (Jan.) * #	Sons of Norway	780-628-5005, 780-436-7286
Norwegian Syttende Mai (May) *	Sons of Norway	780-628-5005, 780-436-7286
Older Bolder Better™ #	Westend Seniors Activity Centre	780-483-1209
Open House #	SEESA	780-468-1985
Open House #	Westend Seniors Activity Centre	780-483-1209
Recognizing International Day of World Peace (Sept.)	Central Lions (CLSA)	780-496-7369
Scandinavian Pavilion at Heritage Days * #	Scandinavian Heritage Society of Edmonton	780-436-7286
Self-Guided Tours * #	John Walter Museum	311
Spring Fling #	Strathcona Place 55+ Centre	780-433-5807
Spring Rummage Sale #	SEESA	780-468-1985
Wee Golf Tourney and Trade Show #	Strathcona Place 55+ Centre	780-433-5807

Provide feedback on the directory

We'd like to hear what you think about the Recreation and Wellness Directory for Older Adults.

Is it helpful for you? What changes would improve the directory? We're open to suggestions on how to make the directory more useful.

You can provide your feedback through an online survey at www.surveymonkey.com/r/RecDirectory

We may also organize an in-person focus group. If you're interested in participating in a focus group, contact the Edmonton Seniors Coordinating Council at 780-423-5635 ext. 1 or info@seniorscouncil.net.

Seniors' Centre Without Walls

Free telephone program for seniors

Are you someone who...

- Finds it hard to leave home for extended periods of time?
- Likes to stay socially connected and enjoys talking to people?

Now you can do this from the comfort of your own home! Join us for recreational activities, health and well-being topics as well as friendly conversation for older adults. Open to all Edmonton seniors age 55+.



To inquire call
780.395.2626 (ext.0)

Am I at risk of social isolation?

CONNECTING EDMONTON SENIORS

- I am content with my friendships and relationships
- I have enough people I feel comfortable asking for help at any time
- I am as socially and physically active as I want to be
- I have the resources I need to do the things I want to do

If you answered "No" to any of these questions, you may be at risk of social isolation.

For more information, go to:
www.connectingedmontonseniors.ca



Reciprocal Program Registration

More course choice and flexibility with Reciprocal Program Registration

Twelve Edmonton seniors centres allow reciprocal program registration. This means that members of a participating centre can register for instructional courses at another participating centre for the member rate, instead of paying a non-member rate.

What you need to know about reciprocal program registration:

- Reciprocal registration applies to instructional courses only. However, some centres will accept reciprocal registration for social events, non-instructional programming and clubs. Check with the centre you want to register with.
- You must show a valid membership card from one of the participating centres in order to register.
- Participating centres have different registration procedures, so contact the centre to find out what you need to know to register.

Participating Seniors Centres

Central Lions Seniors Association
Edmonton Aboriginal Seniors Centre
Edmonton Seniors Centre
Jewish Senior Citizens' Centre
Mill Woods Seniors Association
North Edmonton Seniors Association

North West Edmonton Seniors Society
Sage Seniors Association
South East Edmonton Seniors Association
SouthWest Edmonton Seniors Association
Strathcona Place 55+ Centre
Westend Seniors Activity Centre

To learn more about reciprocal program registration and the participating seniors centres, visit www.seniorscouncil.net/rpr.