

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 1200 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 47 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.

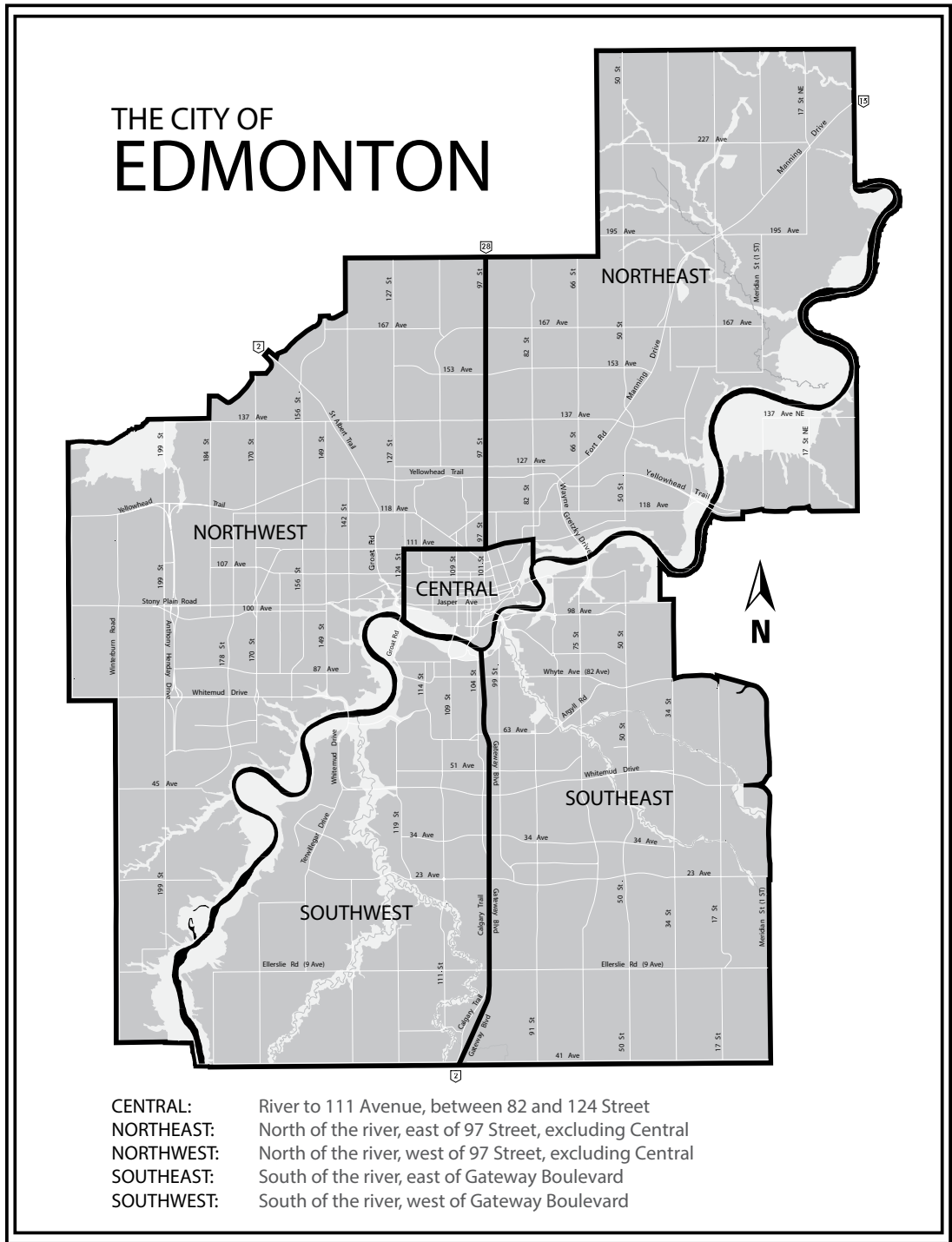
Contact ESCC

#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 Northwest Territories

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

ASSIST Community Services Centre

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

Boyle Street Community League

9538 103A Avenue
780-426-9625
www.boylestreetcl.com
info@boylestreetcl.com

Canadian Hard of Hearing Association – Edmonton Branch

52, 9912 106 Street
780-428-6622
www.chha-ed.com
chha-ed@shaw.ca

Central Lions Seniors Association (CLSA)

@ Central Lions Seniors Recreation Centre
11113 113 Street
780-496-7369
www.clsaedmonton.ca
clsainfo@clsaedmonton.ca

CNIB

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

Edmonton Korean Seniors College Society

9636 105 A Avenue
780-468-3177

Edmonton Seniors Centre

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

Edmonton Seniors Slo-Pitch Association

11113 113 Street
780-457-5918
www.esspa.ca
info@esspa.ca

GeriActors Theatre

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

Jewish Senior Citizen's Centre

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

Sage Seniors Association

15 Sir Winston Churchill Square
780-423-5510 ext 301
www.mysage.ca
rtassone@mysage.ca

The Arthritis Society

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

Ukrainian Shumka Dancers

Shumka Dance Centre 10515 111 Street
780-455-9559
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
highlandslawnbowlingclub@gmail.com

Parkinson Alberta

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

North Edmonton Seniors Association

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

Northwest

Alberta Council on Aging

11808 St. Albert Trail
780-423-7781
www.acaging.ca
info@acaging.ca

North West Edmonton Seniors Society

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

Castle Downs Family YMCA

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

Sons of Norway, Scandinavian Seniors and Edmonton Scandinavian Centre Association

13312 142 Street
(Dutch Canadian Centre)
780-628-5005 or 780-434-6532
www.sofnedmonton.ca

Commonwealth Lawn Bowls Club

11420 139 Street
780-455-9737
www.commonwealthbowls.ca
commlawn@telus.net

Westend Seniors Activity Centre

9629 176 Street
780-483-1209
www.westendseniorsactivitycentre.com
admin@westendseniors.com

ElderCare Edmonton

#210, 17203 99 Avenue
780-434-4747
www.eldercareedmonton.ca
social.worker@eldercareedmonton.ca

Contributors by Area of Edmonton

Southeast

Bonnie Doon Community League

9240 93 Street
780-469-1179
www.bonniedoon.ca
social@bonniedoon.ca

Mill Woods Seniors Association

#201, 2610 Hewes Way
780-496-2997
www.mwsac.ca
seniors.millwoods@outlook.com

Multicultural Women and Seniors Services Association

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

Planet Music & Yoga

Suite 206 4935 55 Avenue
587-520-7000
www.planet-yoga.ca
info@planet-yoga.ca

Ritchie Bridge Club

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

South East Edmonton Seniors Association (SEESA)

9350 82 Street
780-468-1985
www.seesa.ca
2015info@seesa.ca

Southwest

ASSIST Community Services Centre

Southwest Office
Unit 2, 810 Saddleback Road
780-429-3119
www.assistcsc.org
info@assistcsc.org

City Arts Centre

10943 84 Avenue
311
www.edmonton.ca/cityarts
cityartscentre@edmonton.ca

ElderCare Edmonton

Southwest Support Groups
13B Fairway Drive
780-434-4747
www.eldercareedmonton.ca
social.worker@eldercareedmonton.ca

Edmonton Pickleball Club

Royal Gardens Community League
4030 117 Street
780-436-6318
www.facebook.com/yegpickleball
EPCinfo@shaw.ca

Contributors by Area of Edmonton

Southwest (continued from previous page)

Empire Park Community League

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

Fort Edmonton Park

Corner of Fox Drive and Whitemud
Freeway
780-496-7381
www.fortedmontonpark.ca
info@fortedmontonpark.ca

Heritage Seniors Stop-In Centre

316 Saddleback Road
780-437-8759
heritageseniors@shaw.ca

John Janzen Nature Centre

7000 143 Street
311
www.edmonton.ca/johnjanzen
attractions@edmonton.ca

John Walter Museum

9180 Walterdale Hill
311
www.edmonton.ca/johnwalter
attractions@edmonton.ca

Saville Community Sports Centre

University of Alberta, Campus and
Community Recreation
11610 65 Avenue
780-492-1000
www.activityreg.ualberta.ca
fitness@ualberta.ca

SCONA Seniors Centre

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

SouthWest Edmonton Seniors Association (SWESA)

10710 19 Ave
(Yellowbird East Community Centre)
587-987-3200
www.swedmontonseniors.ca
swesa.programs@gmail.com

Southwest Seniors' Outreach Society

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

Strathcona Place 55+ Activity & Outreach Centre

10832 University Avenue
780-433-5807
www.strathconaplace.com
senctr@telus.net

William Lutsky YMCA

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

Contributors by Area of Edmonton

City Wide

Age Friendly Edmonton

Healthy Aging Phone Chats

780-735-3061

dauna.thomson@ahs.ca

Edmonton Marigold Plus 55

11113 113 Street

780-454-6560

www.alberta55plus.ca

City of Edmonton

311

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

River Valley Programs

11808 St. Albert Trail

780-496-2983

www.edmonton.ca/rivervalleyprograms
cms.outdoorprograms@edmonton.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 senior 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

Get comfortable with the latest gadgets, try out new apps and make technology work for you! You'll be tech-savvy in no time.

Activity

Offered by

Contact

CONNECTING & COMMUNICATING

Chat with Webcams & Skype	Central Lions (CLSA)	780-496-7369
Chat with Webcams & Skype	Northgate Lions (NESA)	780-496-6969
Email Essentials	Edmonton Seniors Centre	780-342-8625
Email Essentials	Northgate Lions (NESA)	780-496-6969
Email on Your iPad	Northgate Lions (NESA)	780-496-6969
Email on Your iPad	Central Lions (CLSA)	780-496-7369
Email Overview	SCONA Seniors Centre	780-433-5377
FaceTime Basics	Edmonton Seniors Centre	780-342-8625
FaceTime on your iPad	Central Lions (CLSA)	780-496-7369
Skype	SCONA Seniors Centre	780-433-5377
Skype & Webcams	SEESA	780-468-1985
Skype Basics	Edmonton Seniors Centre	780-342-8625

COMPUTER LITERACY

Android or Samsung for Beginners	Westend Seniors Activity Centre	780-483-1209
Computer Basics	ASSIST Community Services Ctr SW	780-429-3119
Computers for Beginners	Sage Seniors Association	780-423-5510
Computers for Beginners	Mill Woods Seniors Association	780-496-2997
Computers: Introduction	North West Edmonton Seniors	780-451-1925
Get On-Line Club	SEESA	780-468-1985

Computers and Technology

Intro to Computers	Northgate Lions (NESA)	780-496-6969
Intro to Computers	Central Lions (CLSA)	780-496-7369
Introduction to Computers	Edmonton Seniors Centre	780-342-8625
Miscellaneous Computer Courses	Southwest Seniors' Outreach Society	780-435-9515
Where Did All the Buttons Go?	Central Lions (CLSA)	780-496-7369

DIGITAL RESOURCES (EDMONTON PUBLIC LIBRARY)

EPL eBooks on the iPad & Tablets	Central Lions (CLSA)	780-496-7369
EPL Hidden Gems: Electronic Databases at the Library	Central Lions (CLSA)	780-496-7369
EPL Learning Resources	Central Lions (CLSA)	780-496-7369
EPL Library Resources Workshops	Central Lions (CLSA)	780-496-7369
EPL Library Resources Workshops	Westend Seniors Activity Centre	780-483-1209
EPL Travel Resources	Central Lions (CLSA)	780-496-7369
Hidden Gems: Electronic Databases at the Library	Edmonton Seniors Centre	780-342-8625
You're One Click Away: eLearning from EPL	Northgate Lions (NESA)	780-496-6969
You're One Click Away: eNewspapers & eMagazines	Northgate Lions (NESA)	780-496-6969
You're One Click Away: eResources from EPL	Northgate Lions (NESA)	780-496-6969
You're One Click Away: eVideos & eMusic from EPL	Northgate Lions (NESA)	780-496-6969

Computers and Technology

FILE MANAGEMENT

File Management: Windows or File Explorer	Northgate Lions (NESA)	780-496-6969
File Management on Your iPad	Central Lions (CLSA)	780-496-7369
Google Calendars & Contacts	Central Lions (CLSA)	780-496-7369
Where Did I Put that File?	Central Lions (CLSA)	780-496-7369
Where Did I Put that File?	Northgate Lions (NESA)	780-496-6969
Where Did I Put That File?	SEESA	780-468-1985

INTERNET

Clutter Busting with Kijiji	Northgate Lions (NESA)	780-496-6969
Downloading Music and Pictures	SCONA Seniors Centre	780-433-5377
eBay Basics	Edmonton Seniors Centre	780-342-8625
Going on Safari with Your iPad	Central Lions (CLSA)	780-496-7369
Google Workshops	Central Lions (CLSA)	780-496-7369
Hello Kijiji!	Central Lions (CLSA)	780-496-7369
Hello Kijiji	SEESA	780-468-1985
Internet Safety	Central Lions (CLSA)	780-496-7369
Internet Safety	Northgate Lions (NESA)	780-496-6969
Internet Safety	Sage Seniors Association	780-423-5510
Internet: Introduction	North West Edmonton Seniors	780-451-1925
Intro to Pinterest	Central Lions (CLSA)	780-496-7369
Intro to Pinterest	Northgate Lions (NESA)	780-496-6969
Intro to Pinterest	SEESA	780-468-1985
Intro to the Internet	Northgate Lions (NESA)	780-496-6969
Introduction to Pinterest	SouthWest Edmonton Seniors Assoc	587-987-3200
Kijiji Basics	Edmonton Seniors Centre	780-342-8625

Computers and Technology

Not a Tropical... But a Technological Safari!	Westend Seniors Activity Centre	780-483-1209
Online Education	SouthWest Edmonton Seniors Assoc	587-987-3200
YouTube Basics	Edmonton Seniors Centre	780-342-8625
YouTube on Your iPad	Northgate Lions (NESA)	780-496-6969

PHOTOGRAPHY

(See also Crafts and Hobbies)

Camera & Photo Apps on iPhone & iPads	Northgate Lions (NESA)	780-496-6969
Complete DSLR *	City Arts Centre	311
Creative Effects Photo Workshop *	City Arts Centre	311
Digital Camera	Edmonton Seniors Centre	780-342-8625
Digital SLR 101	Central Lions (CLSA)	780-496-7369
DSLR Camera Basics *	City Arts Centre	311
Editing Your Digital Photos With Picassa	Central Lions (CLSA)	780-496-7369
How to Use Digital Cameras	Central Lions (CLSA)	780-496-7369
Intro to Digital Scrapbooking	Central Lions (CLSA)	780-496-7369
Photo Organizing	SouthWest Edmonton Seniors Assoc	587-987-3200
Photography Using Your iPhone/iPad	Central Lions (CLSA)	780-496-7369
Say Cheese! Smart Phone & Tablet Photography	Westend Seniors Activity Centre	780-483-1209

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

Computers and Technology

■ SOCIAL MEDIA

Blogging Basics	Northgate Lions (NESA)	780-496-6969
Blogging for Beginners	Central Lions (CLSA)	780-496-7369
Facebook Basics	Edmonton Seniors Centre	780-342-8625
Facebook Hands On	SEESA	780-468-1985
Facebook on the iPad	Northgate Lions (NESA)	780-496-6969
Facebook Overview	SEESA	780-468-1985
Instagram Basics	Edmonton Seniors Centre	780-342-8625
Intro to Facebook	Northgate Lions (NESA)	780-496-6969
Introduction to Facebook	SouthWest Edmonton Seniors Assoc	587-987-3200
Introduction to Twitter	SouthWest Edmonton Seniors Assoc	587-987-3200
Pictures & Videos in Facebook	Northgate Lions (NESA)	780-496-6969
Social Media Overview	Sage Seniors Association	780-423-5510
Social Networking	Jewish Senior Citizen's Centre	780-488-4241
Twitter 101	Central Lions (CLSA)	780-496-7369
Twitter Basics	Edmonton Seniors Centre	780-342-8625
Understanding Facebook	Central Lions (CLSA)	780-496-7369
Using Social Media	SCONA Seniors Centre	780-433-5377

■ SOFTWARE & APPLICATIONS

An Intro to PowerPoint	Northgate Lions (NESA)	780-496-6969
Creating a Secretary's Report Using Word	Edmonton Seniors Centre	780-342-8625
Creating a Simple Financial Report Using Excel	Edmonton Seniors Centre	780-342-8625
Excel Quickstart: Basic Budgeting	Northgate Lions (NESA)	780-496-6969
Financial Reports Using Microsoft Excel	Northgate Lions (NESA)	780-496-6969
Getting More Out of Google	Northgate Lions (NESA)	780-496-6969
Going On Safari	SEESA	780-468-1985

Computers and Technology

Google Docs: More Than Letters & Words	Central Lions (CLSA)	780-496-7369
Google Drive: Overview	Northgate Lions (NESA)	780-496-6969
Google Maps	Edmonton Seniors Centre	780-342-8625
Google Spreadsheets	Central Lions (CLSA)	780-496-7369
Intro to Excel	Mill Woods Seniors Association	780-496-2997
Intro to Excel	Northgate Lions (NESA)	780-496-6969
Intro to Windows 10	SEESA	780-468-1985
iPad Apps for Travel	Central Lions (CLSA)	780-496-7369
Make a Digital Photo Book	Northgate Lions (NESA)	780-496-6969
Managing Music on Your iPad	Central Lions (CLSA)	780-496-7369
MS Word: Working With Images	Central Lions (CLSA)	780-496-7369
Overview of Windows 10	Edmonton Seniors Centre	780-342-8625
PowerPoint Basics: Share Your Travels & Memory Events	Central Lions (CLSA)	780-496-7369
Ready to Excel	Westend Seniors Activity Centre	780-483-1209
Secretary's Report Using Microsoft Word	Northgate Lions (NESA)	780-496-6969
Transitioning to Windows 10	Northgate Lions (NESA)	780-496-6969
Using Google Beyond Email & Search	Northgate Lions (NESA)	780-496-6969
What Can You Do With a Microsoft Office Account?	Central Lions (CLSA)	780-496-7369
What is iCloud?	Central Lions (CLSA)	780-496-7369
What is iTunes?	Northgate Lions (NESA)	780-496-6969
What's New in Windows 10	Central Lions (CLSA)	780-496-7369
Windows 10	Westend Seniors Activity Centre	780-483-1209
Windows 10 Practical	Central Lions (CLSA)	780-496-7369
Windows 10: An Overview	Northgate Lions (NESA)	780-496-6969
Windows 10: The Basics	Northgate Lions (NESA)	780-496-6969
Windows 10: What's New	Northgate Lions (NESA)	780-496-6969

Computers and Technology

Word Processing	SCONA Seniors Centre	780-433-5377
Working With Digital Images	Central Lions (CLSA)	780-496-7369

TECH DEVICES

Computer, iPad & iPhone Class	Strathcona Place 55+ Centre	780-433-5807
Computers and iPad	ASSIST Community Services Centre	780-429-3111
Drop-In Device Day	Sage Seniors Association	780-423-5510
EPL Digital Devices Workshops	Central Lions (CLSA)	780-496-7369
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
Flash & External Drives & Other Storage Devices	Central Lions (CLSA)	780-496-7369
Go Go Gadgets	SouthWest Edmonton Seniors Assoc	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 Android Tablets (no iPads)	Central Lions (CLSA)	780-496-7369
Intro to iPad	SEESA	780-468-1985
Intro to Tablet	SEESA	780-468-1985
Intro to the iPad	Central Lions (CLSA)	780-496-7369
Intro to the iPad	Northgate Lions (NESA)	780-496-6969
iPad Basics	Edmonton Seniors Centre	780-342-8625
iPad Beyond Basics	Edmonton Seniors Centre	780-342-8625
iPad for Beginners	North West Edmonton Seniors	780-451-1925
iPad for Beginners	Sage Seniors Association	780-423-5510
iPad for Beginners	Westend Seniors Activity Centre	780-483-1209
iPad for Beginners (EPL)	Jewish Senior Citizen's Centre	780-488-4241

Computers and Technology

iPad: Ready to Learn More	Westend Seniors Activity Centre	780-483-1209
iPads for Beginners	SouthWest Edmonton Seniors Assoc	587-987-3200
iPads Level 2	SouthWest Edmonton Seniors Assoc	587-987-3200
iPhone Basics	Edmonton Seniors Centre	780-342-8625
Mobile Devices & Computers	Central Lions (CLSA)	780-496-7369
Mobile Devices vs Computers	Northgate Lions (NESA)	780-496-6969
Scantastic	Northgate Lions (NESA)	780-496-6969
Smart Phone Basics	Edmonton Seniors Centre	780-342-8625
Tablets for Beginners	SouthWest Edmonton Seniors Assoc	587-987-3200
Technology Buying Guide	Central Lions (CLSA)	780-496-7369
Technology Buying Guide	Northgate Lions (NESA)	780-496-6969
Using the iPhone	Central Lions (CLSA)	780-496-7369
Using Your Android	Northgate Lions (NESA)	780-496-6969
Using Your iPad	Northgate Lions (NESA)	780-496-6969
Using Your iPhone	Northgate Lions (NESA)	780-496-6969

OTHER ACTIVITIES

Clean Sweep: Computer Tune-Ups	Central Lions (CLSA)	780-496-7369
Coding	SouthWest Edmonton Seniors Assoc	587-987-3200
Cyber Security	Central Lions (CLSA)	780-496-7369
Keyboard Skills Strengthening	Northgate Lions (NESA)	780-496-6969
Make Your Own Cookbook	SEESA	780-468-1985
Medical Emergency Sheet	Northgate Lions (NESA)	780-496-6969

Crafts and Hobbies

Participate in a hobby you already enjoy or try your hand at something new.
There are many creative and fun options for you to choose from.

Activity	Offered by	Contact
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CALLIGRAPHY

Calligraphy	ASSIST Community Services Centre	780-429-3111
Calligraphy	Central Lions (CLSA)	780-496-7369
Calligraphy	Mill Woods Seniors Association	780-496-2997
Calligraphy *	City Arts Centre	311

CARDS & PAPER

Cardmaking	Edmonton Seniors Centre	780-342-8625
Cardmaking: Christmas in July	SouthWest Edmonton Seniors Assoc	587-987-3200
Cards & Paper Crafts	Central Lions (CLSA)	780-496-7369
Creative Cards	North West Edmonton Seniors	780-451-1925
Creative Christmas Cards *	Northgate Lions (NESA)	780-496-6969
Greeting Cards Using Collage	SCONA Seniors Centre	780-433-5377
Paper Quilling	Westend Seniors Activity Centre	780-483-1209
SEESA Card Making Club	SEESA	780-468-1985

COOKING

Artisan Bread Making *	City Arts Centre	311
Black Bean Quinoa Enchilada *	Northgate Lions (NESA)	780-496-6969
Chocolate Making *	City Arts Centre	311

Crafts and Hobbies

Considering Community Kitchen	Edmonton Seniors Centre	780-342-8625
Considering Filipino Cooking	Edmonton Seniors Centre	780-342-8625
Cook International Dishes *	Jewish Senior Citizen's Centre	780-488-4241
Cook With a Chef: Knife Skills *	City Arts Centre	311
Cook With a Chef: Mexican *	City Arts Centre	311
Cooking Class Demos & Tastings	Central Lions (CLSA)	780-496-7369
Cooking Group	Strathcona Place 55+ Centre	780-433-5807
Fruit & Veggie Dips *	Northgate Lions (NESA)	780-496-6969
Gluten Free Baking *	City Arts Centre	311
In The Kitchen! (baking and meals)	SCONA Seniors Centre	780-433-5377
Learn to Cook *	City Arts Centre	311
Lunch 'n' Learn: Mindful Eating	Central Lions (CLSA)	780-496-7369
Monthly Cooking Demos	Mill Woods Seniors Association	780-496-2997
Shop Cook & Eat: Indian *	City Arts Centre	311
Shop Cook & Eat: Vegan *	City Arts Centre	311
Soups On! Series	Central Lions (CLSA)	780-496-7369
Spiced Apple Cider/Hot Chocolate *	Northgate Lions (NESA)	780-496-6969
Thai Fruit Carving *	City Arts Centre	311

CRAFTS

Arts & Crafts	Marigold 55 Plus	780-455-0128, 780-433-1903
Arts & Crafts *	Mill Woods Seniors Association	780-496-2997
Christmas Spiders With Shoma	Edmonton Seniors Centre	780-342-8625
Craft Workshops (vary per season)	Central Lions (CLSA)	780-496-7369
Crafters Corner (Drop-In)	Westend Seniors Activity Centre	780-483-1209
Crafts	Multicultural Women & Seniors Serv	780-465-2992

Crafts and Hobbies

Crafts	ASSIST Community Services Centre	780-429-3111
Fall Door Hanger	Northgate Lions (NESA)	780-496-6969
Halloween Treats	Northgate Lions (NESA)	780-496-6969
Leather Tooling	Westend Seniors Activity Centre	780-483-1209
Norwegian Husflid/Crafts *	Sons of Norway	780-628-5005
Seasonal Crafting	SCONA Seniors Centre	780-433-5377
Stocking Stuffers	Northgate Lions (NESA)	780-496-6969

■ FLOWERS & GARDENING

Centrepieces for Holidays *	Jewish Senior Citizen's Centre	780-488-4241
Floral Crafts (vary per season)	Central Lions (CLSA)	780-496-7369
Flower Arranging	Edmonton Seniors Centre	780-342-8625
Flower Pots & Raised Garden Beds	SCONA Seniors Centre	780-433-5377
Gardening Workshops (vary per season)	Central Lions (CLSA)	780-496-7369

■ GLASS

Glass Etching Workshops	Central Lions (CLSA)	780-496-7369
Sphere Globes & Ornaments: A Glassy Affair	Central Lions (CLSA)	780-496-7369
Stained Glass Club	Central Lions (CLSA)	780-496-7369
Stained Glass Panel *	Central Lions	311
Stained Glass: Came Method - Beginners	Central Lions (CLSA)	780-496-7369
Stained Glass: Foil Method - Beginners	Central Lions (CLSA)	780-496-7369
Stained Glass: Foil Method Beginner	Northgate Lions (NESA)	780-496-6969
Stained Glass: Lead Came Beginner	Northgate Lions (NESA)	780-496-6969
Stained Glass: Seasonal Workshops	Central Lions (CLSA)	780-496-7369
Stained Glass: Suncatcher Foil Method	Northgate Lions (NESA)	780-496-6969

■ JEWELLERY

Beaded Jewellery Making With Shoma	Edmonton Seniors Centre	780-342-8625
Beaded/Wire Wrapped Jewellery	Central Lions (CLSA)	780-496-7369
Lapidary Club	Central Lions (CLSA)	780-496-7369
Silver Pendant *	City Arts Centre	311
Silversmithing *	City Arts Centre	311

■ PHOTOGRAPHY

(See also Computers and Technology)

Photo Club	North West Edmonton Seniors	780-451-1925
Photography 1 *	City Arts Centre	311
Photography Club	Edmonton Seniors Centre	780-342-8625
Photography Drop-In (for photo and camera enthusiasts)	Central Lions (CLSA)	780-496-7369
Photography Workshops	Central Lions (CLSA)	780-496-7369
Snap-Happy Photography Group (iPads/iPhones included)	Sage Seniors Association	780-423-5510

■ POTTERY & CERAMICS

Ceramics	Westend Seniors Activity Centre	780-483-1209
Ceramics	Northgate Lions (NESA)	780-496-6969
Ceramics AM Beginner	Northgate Lions (NESA)	780-496-6969
Figurative Sculpture in Clay *	City Arts Centre	311
Portrait Clay Head *	City Arts Centre	311
Pottery *	Mill Woods Seniors Association	780-496-2997
Pottery 1 & 2 *	City Arts Centre	311

Crafts and Hobbies

Pottery Studio for Seniors	ACT	311
Textured Handbuilding *	City Arts Centre	311
Working with Clay	SEESA	780-468-1985

■ QUILTING & SEWING

Mrs. Scarecrow	Northgate Lions (NESA)	780-496-6969
Quilters & Crafters	SEESA	780-468-1985
Quilting	Mill Woods Seniors Association	780-496-2997
Quilting	North West Edmonton Seniors	780-451-1925
Quilting and Sewing	SouthWest Edmonton Seniors Assoc	587-987-3200
Quilting Workshops	Central Lions (CLSA)	780-496-7369
Quilting: Carpenter Star Quilt	Northgate Lions (NESA)	780-496-6969
Rag Bag Crafters	North West Edmonton Seniors	780-451-1925
Sewing	Strathcona Place 55+ Centre	780-433-5807
Sewing 1 & 2 *	City Arts Centre	311
Sewing: Altercations With Alterations	Northgate Lions (NESA)	780-496-6969
Sewing: Christmas Projects Gift Ideas	Northgate Lions (NESA)	780-496-6969
Sewing: Learn to Sew	Northgate Lions (NESA)	780-496-6969
Sewing: Sewing Machine Cover	Northgate Lions (NESA)	780-496-6969
Sewing: Yoga Bag	Northgate Lions (NESA)	780-496-6969
Wool Crafters	North West Edmonton Seniors	780-451-1925

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

READING

Book Club	Edmonton Seniors Centre	780-342-8625
Book Club	SouthWest Edmonton Seniors Assoc	587-987-3200
Book Club	Strathcona Place 55+ Centre	780-433-5807
Book Club	Westend Seniors Activity Centre	780-483-1209
Book Club *	SEESA	780-468-1985
Book Lovers Book Club	Northgate Lions (NESA)	780-496-6969
Books to Movies Discussion Group (EPL)	Jewish Senior Citizen's Centre	780-488-4241
EPL Book Lovers Group	Central Lions (CLSA)	780-496-7369
Next Page Book Club	Sage Seniors Association	780-423-5510
Reading Club	SCONA Seniors Centre	780-433-5377

SKIN & BODY CARE

Aunt Milly's & Natural Products Workshops	Central Lions (CLSA)	780-496-7369
Avon Calling	Sage Seniors Association	780-423-5510
Bath Treats *	City Arts Centre	311
Body Essentials *	City Arts Centre	311
Body Image & Clothing Workshops	Central Lions (CLSA)	780-496-7369
Body Sprays *	Northgate Lions (NESA)	780-496-6969
Deodorant: Stick, Spray, Roll On, Men's Clay *	Northgate Lions (NESA)	780-496-6969
Handmade Soap Making *	City Arts Centre	311
Inhalers in a Box *	Northgate Lions (NESA)	780-496-6969
Lip Balm in a Box *	Northgate Lions (NESA)	780-496-6969
Mineral Makeup *	City Arts Centre	311
Mouthwash/Toothpaste/Tooth Whitener *	Northgate Lions (NESA)	780-496-6969
Rollerball Class in a Box *	Northgate Lions (NESA)	780-496-6969
Sensational Skin *	City Arts Centre	311
Skin Care & Makeup Workshops	Central Lions (CLSA)	780-496-7369

Crafts and Hobbies

WOODWORKING & CARVING

Birch Bark Miniature Art	Northgate Lions (NESA)	780-496-6969
Bird Carving: Common Loon Beginner	Northgate Lions (NESA)	780-496-6969
Bird Carving: Northern Saw-Whet Owl	Northgate Lions (NESA)	780-496-6969
Chip Carving	Northgate Lions (NESA)	780-496-6969
Woodcarving Club	SEESA	780-468-1985
Woodworking	Strathcona Place 55+ Centre	780-433-5807
Woodworking and Carving	Westend Seniors Activity Centre	780-483-1209

YARN CRAFTS

Blankets for Canada	Edmonton Seniors Centre	780-342-8625
Busy Fingers Group	Sage Seniors Association	780-423-5510
Crochet: From the Basics to More Advanced	Northgate Lions (NESA)	780-496-6969
Drop-In Knitting	Mill Woods Seniors Association	780-496-2997
Felting *	SEESA	780-468-1985
Knitting	Multicultural Women & Seniors Serv	780-465-2992
Knitting & Crochet Club	Edmonton Seniors Centre	780-342-8625
Knitting & Crocheting for Fun Club	Central Lions (CLSA)	780-496-7369
Knitting All Levels	Northgate Lions (NESA)	780-496-6969
Knitting and Stitching	SouthWest Edmonton Seniors Assoc	587-987-3200
Knitting Circle	Westend Seniors Activity Centre	780-483-1209
Knitting Club	SCONA Seniors Centre	780-433-5377
Learn to Knit *	City Arts Centre	311
Weaving	Strathcona Place 55+ Centre	780-433-5807
Weaving: An Introduction	Northgate Lions (NESA)	780-496-6969

OTHER ACTIVITIES

Bag Lady Creations: Creative Crochet With

Plastic Bags	Central Lions (CLSA)	780-496-7369
Christmas Decor	Northgate Lions (NESA)	780-496-6969
Fibre Arts	Strathcona Place 55+ Centre	780-433-5807
Household Cleaners *	Northgate Lions (NESA)	780-496-6969
Ladies' Night Out Rubber Stamping*	Empire Park Community League	780-232-0869
Ladies' Night Out Scrapbooking *	Empire Park Community League	780-232-0869
Rock & Shell Nature Mosaics	Northgate Lions (NESA)	780-496-6969
Soapstone Carving	SEESA	780-468-1985

Questions about seniors programs and services?

**211 now provides enhanced information and referrals
for a variety of seniors resources**



Dial 2-1-1 to be connected to the Seniors Information Phone Line

Dance

Dancing is a fun way to stay active!
Learn new steps and styles or enjoy old favourites all while moving to the music.

Activity	Offered by	Contact
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BALLET

Ballet 1 & 2 *	City Arts Centre	311
Ballet Barre *	SEESA	780-468-1985

BALLROOM

Ballroom *	Boyle Street Community League	780-426-9265
Ballroom 1 & 2 *	City Arts Centre	311
Ballroom Dance Class	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: Advanced Dance	Central Lions (CLSA)	780-496-7369
Dance Lessons: Social Dance	Central Lions (CLSA)	780-496-7369
Dance Lessons: Specialty Workshops	Central Lions (CLSA)	780-496-7369

CLOGGING

Beginner Clogging	Southwest Seniors' Outreach Society	780-435-9515
Clogging	Westend Seniors Activity Centre	780-483-1209
Clogging Club	SEESA	780-468-1985
Clogging: Basic Plus & Experienced	SEESA	780-468-1985
Clogging: Beginner *	Northgate Lions (NESA)	780-496-6969
Clogging: Easy Intermediate & Intermediate	Northgate Lions (NESA)	780-496-6969

LATIN

Cuban Salsa *	City Arts Centre	311
Latin 1 & 2 *	City Arts Centre	311

LINE DANCING

Line Dance	ASSIST Community Services Centre	780-429-3111
Line Dance	ASSIST Community Services Ctr SW	780-429-3119
Line Dance: Beginner & Experienced	SEESA	780-468-1985
Line Dance: Intermediate	Edmonton Seniors Centre	780-342-8625
Line Dancing	Westend Seniors Activity Centre	780-483-1209
Line Dancing: Beginners & Intermediate	Mill Woods Seniors Association	780-496-2997
Linedancing: Level 1 & 2	Northgate Lions (NESA)	780-496-6969
Seniors Line Dancing: Beginner & Advanced	Sage Seniors Association	780-423-5510

TAP

Tap Dance: Level 1	Northgate Lions (NESA)	780-496-6969
Tap: Performance	Central Lions (CLSA)	780-496-7369
Tap: Recreation	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.

Dance

OTHER ACTIVITIES

Balloon Dance	ASSIST Community Services Centre	780-429-3111
Ballroom With a Twist (Round Dancing)	SEESA	780-468-1985
Be Moved	Strathcona Place 55+ Centre	780-433-5807
Dancing for Fun (Cued Community Dancing)	Central Lions (CLSA)	780-496-7369
Hawaiian Hula Dance Level 1	Northgate Lions (NESA)	780-496-6969
Old Time & Sequence Dance Club *	SEESA	780-468-1985
Scottish Dance	Strathcona Place 55+ Centre	780-433-5807
Seniors CAN Shumka!	Ukrainian Shumka Dancers	780-455-9559
Swing Dancing *	Mill Woods Seniors Association	780-496-2997
Two Step	Westend Seniors Activity Centre	780-483-1209
Two Step & Jive *	Northgate Lions (NESA)	780-496-6969
Two Step & Salsa *	Northgate Lions (NESA)	780-496-6969
West Coast Swing	Westend Seniors Activity Centre	780-483-1209

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)

Drawing and Painting

Express yourself, learn new techniques, refine your skills and connect with other artists.

Activity	Offered by	Contact
■ ACRYLICS		
Acrylic Bootcamp Using Mediums, Additives, Gels and Pastes	Central Lions (CLSA)	780-496-7369
Acrylic Painting	SEESA	780-468-1985
Acrylic Painting	Strathcona Place 55+ Centre	780-433-5807
Acrylic Painting 1 & 2 *	City Arts Centre	311
Acrylics	Edmonton Seniors Centre	780-342-8625
Acrylics	Westend Seniors Activity Centre	780-483-1209
Acrylics *	Mill Woods Seniors Association	780-496-2997
Acrylics: 1 and 2 Point Perspectives	Edmonton Seniors Centre	780-342-8625
Acrylics: Palette-Knife Portrait *	Northgate Lions (NESA)	780-496-6969
Famous Artist Workshops: All Levels	Central Lions (CLSA)	780-496-7369
Freestyle Landscape Art	Central Lions (CLSA)	780-496-7369
Impressionist Landscapes: Beginners/ Intermediate	Central Lions (CLSA)	780-496-7369
Letting Go With Paint Expressive Art: All Levels	Central Lions (CLSA)	780-496-7369
Paint like the Masters: Beginners/Intermediate	Central Lions (CLSA)	780-496-7369

Drawing and Painting

COLOURED PENCILS

Coloured Pencil Courses (vary per season)	Central Lions (CLSA)	780-496-7369
Coloured Pencils	Westend Seniors Activity Centre	780-483-1209
Coloured Pencils One Day Workshop	Westend Seniors Activity Centre	780-483-1209
Intermediate Coloured Pencil: Landscapes	Northgate Lions (NESA)	780-496-6969
Intro to Coloured Pencil	Northgate Lions (NESA)	780-496-6969
Intro to Water Coloured Pencils	Northgate Lions (NESA)	780-496-6969

DRAWING

Beginner Drawing Made Easy	Central Lions (CLSA)	780-496-7369
Drawing 1 & 2 *	City Arts Centre	311
Drawing Essentials	Central Lions (CLSA)	780-496-7369
Drawing With Charcoal and Conte	Central Lions (CLSA)	780-496-7369
Drawing: Beyond the Basics	Central Lions (CLSA)	780-496-7369
Drawing: Making It Look Real *	Mill Woods Seniors Association	780-496-2997
Drawing: Portraits in Pencil	Central Lions (CLSA)	780-496-7369
Drawing: The Basics *	Northgate Lions (NESA)	780-496-6969
Intro to Drawing	Northgate Lions (NESA)	780-496-6969
Intro to Drawing: The Next Step	Northgate Lions (NESA)	780-496-6969
Pencil Sketch	ASSIST Community Services Centre	780-429-3111
Sketching With Pen & Ink	Central Lions (CLSA)	780-496-7369

Drawing and Painting

OILS

Getting Started With Oil Painting: All Levels *	Northgate Lions (NESA)	780-496-6969
Impressionistic Landscapes: Beginners/Intermed	Central Lions (CLSA)	780-496-7369
Oil Arts	Strathcona Place 55+ Centre	780-433-5807
Oil Painting	Mill Woods Seniors Association	780-496-2997
Oil Painting	Strathcona Place 55+ Centre	780-433-5807
Oil Painting 1 & 2 *	City Arts Centre	311
Oil Painting Classes	Sage Seniors Association	780-423-5510
Pen & Ink With Oil Rouging: Cardinal on an Old Fence	Northgate Lions (NESA)	780-496-6969
Pen & Ink With Oil Rouging: Homespun Wreath	Northgate Lions (NESA)	780-496-6969

WATERCOLOURS

Beginner Watercolour	Westend Seniors Activity Centre	780-483-1209
Intermediate Watercolour	Westend Seniors Activity Centre	780-483-1209
Watercolor Landscape: All Levels	Northgate Lions (NESA)	780-496-6969
Watercolour	Edmonton Seniors Centre	780-342-8625
Watercolour Pencils	Central Lions (CLSA)	780-496-7369
Watercolour Pencils *	City Arts Centre	311
Watercolour Peony: All Levels	Northgate Lions (NESA)	780-496-6969
Watercolours	Mill Woods Seniors Association	780-496-2997
Watercolours 1 & 2 *	City Arts Centre	311
Watercolours Explorations: Intermediate	Central Lions (CLSA)	780-496-7369
Watercolours for Beginners & Intermediate (themes vary per season)	Central Lions (CLSA)	780-496-7369
Watercolours: Beginner & Experienced	SEESA	780-468-1985

Drawing and Painting

OTHER ACTIVITIES

Architectural Sketching *	City Arts Centre	311
Art & Poetry Class *	Mill Woods Seniors Association	780-496-2997
Art Class	Multicultural Women & Seniors Serv	780-465-2992
Art Club	SEESA	780-468-1985
Art in the Round: All Levels *	Northgate Lions (NESA)	780-496-6969
Caricature & Cartoon Art	Central Lions (CLSA)	780-496-7369
Creating Seasonal Cards & Postcards With Watermedia and Ink	Central Lions (CLSA)	780-496-7369
Creative Journaling With Pen, Ink & Watercolours	Central Lions (CLSA)	780-496-7369
Drop-In Art Group	SouthWest Edmonton Seniors Assoc	587-987-3200
Encaustic Art Workshop*	Mill Woods Seniors Association	780-496-2997
Journal With Line & Wash: Alphabet Journal	Central Lions (CLSA)	780-496-7369
Learn to Paint	Sage Seniors Association	780-423-5510
Mandalas *	City Arts Centre	311
Mixed Media & Collage: Elements of Surprise	Central Lions (CLSA)	780-496-7369
Mixed Media Art Classes *	Mill Woods Seniors Association	780-496-2997
Mixed Media: Tile Whimsy & More Tile Whimsy	Central Lions (CLSA)	780-496-7369
More Tile Whimsy: All Levels *	Northgate Lions (NESA)	780-496-6969
Paint Nite with Willy Wong *	Northgate Lions (NESA)	780-496-6969
Painting in the Park Fall Workshop	Westend Seniors Activity Centre	780-483-1209
Painting on Silk: Scarves & More	Central Lions (CLSA)	780-496-7369
Pen & Ink One Day Workshop	Westend Seniors Activity Centre	780-483-1209
Soft Pastels *	City Arts Centre	311
Tile Whimsy: All Levels *	Northgate Lions (NESA)	780-496-6969
Zendoodles	SouthWest Edmonton Seniors Assoc	587-987-3200

Fitness

Get active, stay healthy and have a little fun along the way.
No matter what your fitness level is, there are activities for you to take part in.

Activity

Offered by

Contact

Note: Consult with the organization to determine fitness requirements for each class.

■ AQUATICS

Aqua: Deep *	William Lutsky YMCA	780-439-9622
Aqua: Shallow *	William Lutsky YMCA	780-439-9622
Aqua: Warm Water	William Lutsky YMCA	780-439-9622
AquaFit: Deep	Castle Downs Family YMCA	780-476-9622
AquaFit: Shallow	Castle Downs Family YMCA	780-476-9622
AquaFit: Warm Water	Castle Downs Family YMCA	780-476-9622
Swimming	Marigold 55 Plus	780-461-2941

■ CARDIO & STRENGTH

Be Moved	Westend Seniors Activity Centre	780-483-1209
Bridge to Wellness: Intro to Strength & Cardio	Castle Downs Family YMCA	780-476-9622
Cardio & Strength	Northgate Lions (NESA)	780-496-6969
Cardio & Strength: Level 1	William Lutsky YMCA	780-439-9622
Cardio Salsa	SEESA	780-468-1985
Cardio Salsa (Latin dance-inspired fitness)	Central Lions (CLSA)	780-496-7369
Cardio Salsa Strength	SEESA	780-468-1985
Core Power & Stability (non-cardio)	Central Lions (CLSA)	780-496-7369
Dance Thru the Decades	Westend Seniors Activity Centre	780-483-1209
Fitness is Fun	Westend Seniors Activity Centre	780-483-1209

Fitness

Global Fusion	Westend Seniors Activity Centre	780-483-1209
Interval Strength Class	Westend Seniors Activity Centre	780-483-1209
Keep Fit: Active & Moderate	Mill Woods Seniors Association	780-496-2997
Living Fit	City of Edmonton Recreation Centres	311
Living Fit	Mill Woods Seniors Association	780-496-2997
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 Total Body & Cardio	Castle Downs Family YMCA	780-476-9622
Strong Body, Fun Life	SEESA	780-468-1985
Tabata (High Intensity, Interval Exercise Class) *	Mill Woods Seniors Association	780-496-2997
Use It or Lose It	Jewish Senior Citizen's Centre	780-488-4241
Weightroom Workouts for Men	Central Lions (CLSA)	780-496-7369
Weightroom Workouts for Women	Central Lions (CLSA)	780-496-7369
Women on Weights	Westend Seniors Activity Centre	780-483-1209

■ CYCLING

Bike Club	Westend Seniors Activity Centre	780-483-1209
Cycling	Marigold 55 Plus	780-434-1063, 780-435-6537
Cycling *	River Valley Programs	311

■ OVERALL FITNESS CLASSES

Aerobic Yoga Fit	Central Lions (CLSA)	780-496-7369
Break Through (for those with arthritis or osteoporosis)	William Lutsky YMCA	780-439-9622

Bridge to Wellness	William Lutsky YMCA	780-439-9622
Circuit Training	Central Lions (CLSA)	780-496-7369
Co-ed Keep Fit: Moderate & Active Levels	Central Lions (CLSA)	780-496-7369
Exercise Classes	Multicultural Women & Seniors Serv	780-465-2992
Fit for Life	Westend Seniors Activity Centre	780-483-1209
Fit for Your Life	North West Edmonton Seniors	780-451-1925
Fit for Your Life	SEESA	780-468-1985
Fit for Your Life	Northgate Lions (NESA)	780-496-6969
Fitness Centre Circuit Training	Northgate Lions (NESA)	780-496-6969
Fitness Centre Circuit Training: Beginner	Northgate Lions (NESA)	780-496-6969
Fitness Centre Fun *	Northgate Lions (NESA)	780-496-6969
Fitness With Bonnie	Edmonton Seniors Centre	780-342-8625
Four the Fun of It	Northgate Lions (NESA)	780-496-6969
Fun and Fitness	North West Edmonton Seniors	780-451-1925
Fun N Fitness	Northgate Lions (NESA)	780-496-6969
Gentle Move & Groove	Central Lions (CLSA)	780-496-7369
Keep Fit	SEESA	780-468-1985
Kinder, Gentler Gym	Northgate Lions (NESA)	780-496-6969
One Step at a Time	Westend Seniors Activity Centre	780-483-1209
Sgt. Maggie's Workout	Northgate Lions (NESA)	780-496-6969
Silver Strength	Saville Community Sports Centre	780-492-1000
Sit & Be Fit	Mill Woods Seniors Association	780-496-2997
Sit and Be Fit	Sage Seniors Association	780-423-5510
Total Body Fitness	SouthWest Edmonton Seniors Assoc	587-987-3200
Total Fit	Westend Seniors Activity Centre	780-483-1209

Fitness

PILATES

Pilates *	Mill Woods Seniors Association	780-496-2997
Pilates on the Ball	Northgate Lions (NESA)	780-496-6969
Pilates: Beginners 1 & 2	Central Lions (CLSA)	780-496-7369
Soft Pilates *	SEESA	780-468-1985

REHABILITATION

Back & Shoulder Rehab	Northgate Lions (NESA)	780-496-6969
Moving On: Post-Rehab Conditioning	Central Lions (CLSA)	780-496-7369
Recover & Rebuild	Northgate Lions (NESA)	780-496-6969
Step Forward by AHS	Westend Seniors Activity Centre	780-483-1209
Strong & Stable	Mill Woods Seniors Association	780-496-2997

SKIING

Cross Country Skiing	Marigold 55 Plus	780-454-6560
Cross Country Skiing *	River Valley Programs	311
Downhill Skiing	Marigold 55 Plus	780-454-6560

STRETCHING & BALANCE

Balance Out Your 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
Just Stretching	SEESA	780-468-1985
Limber & Laughter	Northgate Lions (NESA)	780-496-6969
PT Balance	Strathcona Place 55+ Centre	780-433-5807
Renewed You	Northgate Lions (NESA)	780-496-6969
Restorative Back Strength	Central Lions (CLSA)	780-496-7369

Seated Stretch	Westend Seniors Activity Centre	780-483-1209
Senior's Stretch	Westend Seniors Activity Centre	780-483-1209
Stretch & Strength (non-cardio)	Central Lions (CLSA)	780-496-7369
Stretch Class	Edmonton Seniors Centre	780-342-8625
Stretch Class *	Mill Woods Seniors Association	780-496-2997
Stretch it Out	Northgate Lions (NESA)	780-496-6969
Stretch N Strengthen	Northgate Lions (NESA)	780-496-6969

■ TAI CHI

Tai Chi	Edmonton Seniors Centre	780-342-8625
Tai Chi	Parkinson Alberta	780-425-6400
Tai Chi	Strathcona Place 55+ Centre	780-433-5807
Tai Chi	Westend Seniors Activity Centre	780-483-1209
Tai Chi	Castle Downs Family YMCA	780-476-9622
Tai Chi *	Jewish Senior Citizen's Centre	780-488-4241
Tai Chi *	Northgate Lions (NESA)	780-496-6969
T'ai Chi Chih	Bonnie Doon Community League	780-469-1179
Tai Chi Classes	Sage Seniors Association	780-423-5510
Tai Chi Fan	ASSIST Community Services Centre	780-429-3111
Tai Chi Fan	ASSIST Community Services Ctr SW	780-429-3119
Tai Chi for Beginners	SEESA	780-468-1985
Tai Chi Practice Time	Central Lions (CLSA)	780-496-7369
Tai Chi Yang Style	Mill Woods Seniors Association	780-496-2997
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
Tai Chi: Dance	Central Lions (CLSA)	780-496-7369

Fitness

■ WALKING

Let's Walk!	SouthWest Edmonton Seniors Assoc	587-987-3200
Pole Walking Group (with or without poles)	Sage Seniors Association	780-423-5510
Roaring Lions Walking Group	Central Lions (CLSA)	780-496-7369
Walking	Sons of Norway	780-628-5005
Walking for Fitness *	Saville Community Sports Centre	780-492-1000
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	North West Edmonton Seniors	780-451-1925
Walking Groups	Edmonton Seniors Centre	780-342-8625
Wild Rose Ramblers Walking Group	John Janzen Nature Centre	311

■ YOGA

Aerobic Yoga Fit	Central Lions (CLSA)	780-496-7369
Align & Restore Yoga *	Mill Woods Seniors Association	780-496-2997
Beginner Yoga	Boyle Street Community League	780-426-9265
Beginner Yoga	Westend Seniors Activity Centre	780-483-1209
Beginner Yoga	Northgate Lions (NESA)	780-496-6969
Chair Yoga	Mill Woods Seniors Association	780-496-2997
Chair Yoga	Parkinson Alberta	780-425-6400
Chair Yoga	SCONA Seniors Centre	780-433-5377
Chair Yoga	SEESA	780-468-1985
Chair Yoga	Strathcona Place 55+ Centre	780-433-5807
Chair Yoga	Northgate Lions (NESA)	780-496-6969
Gentle Core Yoga	SEESA	780-468-1985
Gentle Hatha Yoga *	Planet Yoga	587-520-7000

Gentle Yoga	Central Lions (CLSA)	780-496-7369
Gentle Yoga	Mill Woods Seniors Association	780-496-2997
Gentle Yoga	Northgate Lions (NESA)	780-496-6969
Gentle Yoga	SouthWest Edmonton Seniors Assoc	587-987-3200
Gentle Yoga	Southwest Seniors' Outreach Society	780-435-9515
Gentle Yoga *	City of Edmonton Recreation Centres	311
Hatha Yoga	Central Lions (CLSA)	780-496-7369
Hatha Yoga	Strathcona Place 55+ Centre	780-433-5807
Hatha Yoga	Westend Seniors Activity Centre	780-483-1209
Hatha Yoga	Northgate Lions (NESA)	780-496-6969
Hatha Yoga Revitalization	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
Relaxation Yoga	Sage Seniors Association	780-423-5510
Restorative Yoga for Beginners	SEESA	780-468-1985
Stretch n Tone Yoga	Northgate Lions (NESA)	780-496-6969
Stretch n Tone Yoga: Beginner	Northgate Lions (NESA)	780-496-6969
Yin Yoga *	City of Edmonton Recreation Centres	311
Yoga	Castle Downs Family YMCA	780-476-9622
Yoga	North West Edmonton Seniors	780-451-1925
Yoga	SEESA	780-468-1985
Yoga	Strathcona Place 55+ Centre	780-433-5807
Yoga *	Northgate Lions (NESA)	780-496-6969
Yoga *	William Lutsky YMCA	780-439-9622
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

Fitness

Yoga for the Aging Body	Empire Park Community League	780-232-0869
Yoga iRest, Yoga Nidra	Central Lions (CLSA)	780-496-7369
Yoga Stretch & Relax: Intermediate	Central Lions (CLSA)	780-496-7369
Yoga With Maxine	SEESA	780-468-1985
Yoga with Ruth	Edmonton Seniors Centre	780-342-8625
Yoga: Structural	Central Lions (CLSA)	780-496-7369
Yogafit Fusion	Northgate Lions (NESA)	780-496-6969

■ ZUMBA

After Hours Zumba *	Edmonton Seniors Centre	780-342-8625
Chair Zumba	Edmonton Seniors Centre	780-342-8625
Chair Zumba	Mill Woods Seniors Association	780-496-2997
Chair Zumba Gold	Northgate Lions (NESA)	780-496-6969
Zumba *	Mill Woods Seniors Association	780-496-2997
Zumba *	Northgate Lions (NESA)	780-496-6969
Zumba Gold	Central Lions (CLSA)	780-496-7369
Zumba Gold	City of Edmonton Recreation Centres	311
Zumba Gold	Sage Seniors Association	780-423-5510
Zumba Gold	Southwest Seniors' Outreach Society	780-435-9515
Zumba Gold	Westend Seniors Activity Centre	780-483-1209
Zumba Gold *	SEESA	780-468-1985
Zumba Gold Toning	SEESA	780-468-1985

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

OTHER ACTIVITIES

Active & Interactive Games	SCONA Seniors Centre	780-433-5377
Archery *	River Valley Programs	311
Barre *	Mill Woods Seniors Association	780-496-2997
Be Moved (Dance-Inspired Fitness)	Central Lions (CLSA)	780-496-7369
Belly Dancing Drum Solo *	Northgate Lions (NESA)	780-496-6969
Belly Dancing Level 1 *	Northgate Lions (NESA)	780-496-6969
Biggest Winner Weight Loss Challenge	Northgate Lions (NESA)	780-496-6969
Boxing for Parkinsons	Parkinson Alberta	780-425-6400
Buns & Bellies	Northgate Lions (NESA)	780-496-6969
Canoeing *	River Valley Programs	311
Court Sports Conditioning (seasonal)	Central Lions (CLSA)	780-496-7369
Dance Fitness (Ballroom & Latin Based)	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
Intro to Fencing	Central Lions (CLSA)	780-496-7369
My Kieng's Gentle Exercise	Edmonton Seniors Centre	780-342-8625
On Your Seat or On Your Feet	Jewish Senior Citizen's Centre	780-488-4241
PWR! Parkinson Wellness Recovery	Parkinson Alberta	780-425-6400
Qigong	Strathcona Place 55+ Centre	780-433-5807
Recumbent Bike Class	Strathcona Place 55+ Centre	780-433-5807
Sit Down for Fitness	SEESA	780-468-1985
Ski Conditioning (seasonal)	Central Lions (CLSA)	780-496-7369
Snowshoeing *	River Valley Programs	311
Stand Up Paddle Boarding *	River Valley Programs	311
Yi Xue Holistic Practice	Northgate Lions (NESA)	780-496-6969

Games and Sports

Whether you play to relax, exercise or socialize,
there are many leagues and drop-in programs to choose from. Enjoy!

Activity	Offered by	Contact
■ BADMINTON		
Drop-In Badminton	Mill Woods Seniors Association	780-496-2997
Badminton	Westend Seniors Activity Centre	780-483-1209
Badminton *	Boyle Street Community League	780-426-9265
Badminton	Marigold 55 Plus	780-456-5405, 780-444-7350
Badminton	Northgate Lions (NESA)	780-496-6969
Badminton *	SEESA	780-468-1985
Badminton Club	Central Lions (CLSA)	780-496-7369
■ BILLIARDS / POOL / SNOOKER		
Billiards	North West Edmonton Seniors	780-451-1925
Billiards	Strathcona Place 55+ Centre	780-433-5807
Billiards	Westend Seniors Activity Centre	780-483-1209
Daily Billiards/Pool/Snooker *	Mill Woods Seniors Association	780-496-2997
Drop-In Pool	Central Lions (CLSA)	780-496-7369
Drop-In Pool (wheelchair and regular)	Edmonton Seniors Centre	780-342-8625
Drop-In Pool/Snooker *	SEESA	780-468-1985
Pool (8 Ball)	Marigold 55 Plus	780-476-8612
Pool for Beginners	SEESA	780-468-1985
Snooker	Marigold 55 Plus	780-476-8612
Snooker Club	Central Lions (CLSA)	780-496-7369

■ BINGO

Bingo	Edmonton Seniors Centre	780-342-8625
Bingo	Mill Woods Seniors Association	780-496-2997
Bingo	SouthWest Edmonton Seniors Assoc	587-987-3200
Bingo	Strathcona Place 55+ Centre	780-433-5807
Bingo *	North West Edmonton Seniors	780-451-1925
Bingo Club	SEESA	780-468-1985

■ BOCCE / LAWN BOWLING

Bocce	Marigold 55 Plus	780-484-2168
Bocce	Mill Woods Seniors Association	780-496-2997
Bocce	North West Edmonton Seniors	780-451-1925
Bocce	SCONA Seniors Centre	780-433-5377
Bocce Ball	Strathcona Place 55+ Centre	780-433-5807
Bocce Club	SEESA	780-468-1985
Lawn Bowling *	Commonwealth Lawn Bowls Club	780-455-9737
Lawn Bowling *	Highlands Lawn Bowling Club	780-686-9493

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.

Games and Sports

BRIDGE

Bridge	Edmonton Seniors Centre	780-342-8625
Bridge	Heritage Senior Stop-In Centre	780-437-8759
Bridge	Mill Woods Seniors Association	780-496-2997
Bridge	Strathcona Place 55+ Centre	780-433-5807
Bridge *	North West Edmonton Seniors	780-451-1925
Bridge Club	Northgate Lions (NESA)	780-496-6969
Bridge Practice (Drop-In)	Central Lions (CLSA)	780-496-7369
Bridge: Centennial	Central Lions (CLSA)	780-496-7369
CNIB Bridge Club	CNIB	780-488-4871
Contract Bridge	Marigold 55 Plus	780-690-1623, 780-452-9547
Contract Bridge	Ritchie Community League	780-439-4884, 780-433-6969
Contract Bridge *	North West Edmonton Seniors	780-451-1925
Contract Bridge Club	SEESA	780-468-1985
Duplicate Bridge	Marigold 55 Plus	780-436-8533, 780-475-8252
Duplicate Bridge	Westend Seniors Activity Centre	780-483-1209
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
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200
Raye Dolgoy Bridge Club	Sage Seniors Association	780-423-5510
Sanctioned Bridge	Westend Seniors Activity Centre	780-483-1209

■ CANASTA

Canasta	Edmonton Seniors Centre	780-342-8625
Canasta	Mill Woods Seniors Association	780-496-2997
Canasta	North West Edmonton Seniors	780-451-1925
Canasta Club	Northgate Lions (NESA)	780-496-6969
Hand & Foot Canasta	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
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200

■ CARPET BOWLING

Carpet Bowling	Edmonton Seniors Centre	780-342-8625
Carpet Bowling	Marigold 55 Plus	780-222-6208, 780-468-4697
Carpet Bowling	Westend Seniors Activity Centre	780-483-1209
Carpet Bowling	North West Edmonton Seniors	780-451-1925
Carpet Bowling	Northgate Lions (NESA)	780-496-6969
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 Club	SEESA	780-468-1985
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200

Games and Sports

CRIBBAGE

Crib	Heritage Senior Stop-In Centre	780-437-8759
Crib Club	Northgate Lions (NESA)	780-496-6969
Crib Games	Sage Seniors Association	780-423-5510
Cribbage	Edmonton Seniors Centre	780-342-8625
Cribbage	Marigold 55 Plus	780-452-4295, 780-473-0750
Cribbage	Mill Woods Seniors Association	780-496-2997
Cribbage *	North West Edmonton Seniors	780-451-1925
Cribbage Club	SEESA	780-468-1985
Drop-In Cribbage	Central Lions (CLSA)	780-496-7369
Monthly Crib Tournament *	SEESA	780-468-1985
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200

DARTS

Darts	Marigold 55 Plus	780-478-7435
Darts	North West Edmonton Seniors	780-451-1925
Darts	Westend Seniors Activity Centre	780-483-1209
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200

EUCHRE

Euchre	Marigold 55 Plus	780-476-0140
Euchre	North West Edmonton Seniors	780-451-1925
Euchre	Westend Seniors Activity Centre	780-483-1209
Euchre Tournaments	North West Edmonton Seniors	780-451-1925
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200

■ FLOOR CURLING

Drop-In Floor Curling Club (summer) *	SEESA	780-468-1985
Floor Curling	Marigold 55 Plus	780-457-5036, 780-452-4295
Floor Curling	SCONA Seniors Centre	780-433-5377
Floor Curling *	North West Edmonton Seniors	780-451-1925
Floor Curling Bonspiels *	SEESA	780-468-1985
Floor Curling League	Mill Woods Seniors Association	780-496-2997
Floor Curling League *	SEESA	780-468-1985
Floor Curling Tournaments	North West Edmonton Seniors	780-451-1925

■ GOLF

Golf	Marigold 55 Plus	780-435-6622
Golf	Westend Seniors Activity Centre	780-483-1209
Golf	Northgate Lions (NESA)	780-496-6969
Golf Club (seasonal)	Central Lions (CLSA)	780-496-7369

■ MAH-JONG

Board Games on Tap	Edmonton Seniors Centre	780-342-8625
Drop-In Mah-Jong	Central Lions (CLSA)	780-496-7369
Drop-In Mah-Jong	Sage Seniors Association	780-423-5510
Everyday Games	Jewish Senior Citizen's Centre	780-488-4241
Mah-Jong Lessons	Sage Seniors Association	780-423-5510
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200

Games and Sports

PICKLEBALL

Outdoor & Indoor Pickleball *	Edmonton Pickleball Club	780-436-6318
Pickleball	Westend Seniors Activity Centre	780-483-1209
Pickleball	City of Edmonton Recreation Centres	311
Pickleball	Marigold 55 Plus	780-454-6560
Pickleball	Strathcona Place 55+ Centre	780-433-5807
Pickleball	Northgate Lions (NESA)	780-496-6969
Pickleball *	Mill Woods Seniors Association	780-496-2997
Pickleball Club	Central Lions (CLSA)	780-496-7369
Pickleball Club *	SEESA	780-468-1985
Pickleball for Fun Club	Central Lions (CLSA)	780-496-7369
Registered Pickleball *	Northgate Lions (NESA)	780-496-6969

SCRABBLE

Board Games on Tap	Edmonton Seniors Centre	780-342-8625
Drop-In Scrabble	Central Lions (CLSA)	780-496-7369
Open Play Games	SouthWest Edmonton Seniors Assoc	587-987-3200
Scrabble	Marigold 55 Plus	780-434-7133
Scrabble	Mill Woods Seniors Association	780-496-2997
Scrabble	Westend Seniors Activity Centre	780-483-1209
Scrabble Club	SEESA	780-468-1985
Scrabble Time!	Sage Seniors Association	780-423-5510

SHUFFLEBOARD

Drop-In Floor Shuffleboard Club	SEESA	780-468-1985
Floor Shuffleboard	Marigold 55 Plus	780-466-4890
Shuffleboard	Edmonton Seniors Centre	780-342-8625
Shuffleboard	Mill Woods Seniors Association	780-496-2997
Shuffleboard	North West Edmonton Seniors	780-451-1925
Shuffleboard	Westend Seniors Activity Centre	780-483-1209
Table Shuffleboard	Marigold 55 Plus	780-478-7435

TABLE TENNIS

Table Tennis	Mill Woods Seniors Association	780-496-2997
Table Tennis	Strathcona Place 55+ Centre	780-433-5807
Table Tennis Club	Central Lions (CLSA)	780-496-7369
Table Tennis Club *	SEESA	780-468-1985
Table Tennis Tutorial *	SEESA	780-468-1985

WHIST

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

Games and Sports

OTHER ACTIVITIES

Athletics	Marigold 55 Plus	780-475-8971, 780-487-4159
Board Games	Parkinson Alberta	780-425-6400
Bowling *	Sons of Norway	780-628-5005
Bowling 5 Pin	Marigold 55 Plus	587-469-4460
Card and Board Games	SCONA Seniors Centre	780-433-5377
Dominos	Sage Seniors Association	780-423-5510
Hockey	Marigold 55 Plus	780-430-6827, 780-437-1098
Horseshoes	Marigold 55 Plus	780-475-6452
Ice Curling	Marigold 55 Plus	780-469-8169, 780-466-1731
It's Game Time	Sage Seniors Association	780-423-5510
Mancave Mondays	Westend Seniors Activity Centre	780-483-1209
Memory and Relationship Building Games	SCONA Seniors Centre	780-433-5377
Pinochle Club	SEESA	780-468-1985
Pulseaiders Volleyball Club	Central Lions (CLSA)	780-496-7369
Seniors Card Playing & Dominoes	Scandinavian Seniors	780-434-6532
Slo-Pitch	Marigold 55 Plus	780-437-6598
Slo-Pitch *	Edmonton Seniors Slo-Pitch Assoc	587-590-0477
Tennis	Marigold 55 Plus	780-435-7541, 780-439-4125

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

General Interest

Hone your writing skills, gain knowledge of financial and legal topics, learn new languages and expand your horizons with these informative courses.

Activity	Offered by	Contact
FINANCE		
Finance Presentations	Sage Seniors Association	780-423-5510
Financial Literacy Workshops (topics vary per season)	Central Lions (CLSA)	780-496-7369
Financial Management & Investment Workshops (topics vary per season)	Central Lions (CLSA)	780-496-7369
Global Financial Market Review	Northgate Lions (NESA)	780-496-6969
Mind Your Money	Sage Seniors Association	780-423-5510
Presentations on Various Topics	Westend Seniors Activity Centre	780-483-1209
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
Recognizing Fraud *	Alberta Council on Aging	780-423-7781
Seniors Financial Education	Age Friendly Edmonton Phone Chats	780-735-3061
Understanding Fees With Your Financial Institution	Northgate Lions (NESA)	780-496-6969
Understanding Senior's Benefits (Provincial & Federal)	Sage Seniors Association	780-423-5510

General Interest

FRAUD PREVENTION

Cyber Security	Central Lions (CLSA)	780-496-7369
Fraud & Identity Theft Prevention	Central Lions (CLSA)	780-496-7369
Fraud Prevention Presentation *	Mill Woods Seniors Association	780-496-2997
Fraud Prevention Presentations	Jewish Senior Citizen's Centre	780-488-4241
Frauds & Scams Prevention	Sage Seniors Association	780-423-5510
Info Sessions	Edmonton Seniors Centre	780-342-8625

GENEALOGY

Genealogy Presentation *	Mill Woods Seniors Association	780-496-2997
Genealogy Workshops (vary per season)	Central Lions (CLSA)	780-496-7369
Genealogy On the Internet	Northgate Lions (NESA)	780-496-6969
Genealogy: Introduction & Advanced	Northgate Lions (NESA)	780-496-6969

HISTORY & CULTURE

Armchair Tour of Edmonton's Historical Buildings	SouthWest Edmonton Seniors Assoc	587-987-3200
Class On Art Crime	SouthWest Edmonton Seniors Assoc	587-987-3200
Drop-In Programming *	John Walter Museum	780-442-4311
Fascinating People Series	Central Lions (CLSA)	780-496-7369
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
Trip Down Adventure Lane	Edmonton Seniors Centre	780-342-8625

HOUSING

As We Age Workshops (topics vary per season)	Central Lions (CLSA)	780-496-7369
Downsizing & Decluttering	Northgate Lions (NESA)	780-496-6969
Downsizing Your Real Estate in Retirement	Northgate Lions (NESA)	780-496-6969
Holistic Decluttering for Seniors	Age Friendly Edmonton Phone Chats	780-735-3061
Live Safely-Longer in Your Home	Age Friendly Edmonton Phone Chats	780-735-3061
Managing Your Move Presentation	Sage Seniors Association	780-423-5510
Moving Forward: Downsizing Tips for Seniors, Boomers & the Sandwich Generation	Age Friendly Edmonton Phone Chats	780-735-3061
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997



SENIORS' HOUSING FORUM

**Saturday, September 24
9:00 AM—3:00 PM**
Central Lions Seniors
Rec Centre, 11113 113 St.

FREE ONE-DAY EVENT!
RSVP line: 780.809.8604
seniorshousingforum.blogspot.ca

- ✓ Free parking, admission & lunch
- ✓ 50+ senior agency exhibitor booths
- ✓ Door prizes & take-home tote bag

Information sessions on:

- Health & Home • Financial Literacy
 - Future Housing Models
 - Supportive & Facility Living
- Landlord, Tenant & Condo Rights
 - New Government Initiatives
- Community Resources • Caregiver Support
 - Downsizing/Managing Your Move

General Interest

■ LANGUAGES

Conversational Cree Group	Sage Seniors Association	780-423-5510
Conversational English	Mill Woods Seniors Association	780-496-2997
English as Another Language	Sage Seniors Association	780-423-5510
French *	Mill Woods Seniors Association	780-496-2997
French for Fun and Travel	Northgate Lions (NESA)	780-496-6969
German for Beginners: Level 1 & 2	Northgate Lions (NESA)	780-496-6969
Spanish	Edmonton Seniors Centre	780-342-8625
Spanish	Northgate Lions (NESA)	780-496-6969
Spanish *	Mill Woods Seniors Association	780-496-2997
Spanish for Fun or Travel	Central Lions (CLSA)	780-496-7369
Spanish for Fun or Travel *	Northgate Lions (NESA)	780-496-6969
Spanish for Seniors	Sage Seniors Association	780-423-5510
Spanish Intermediate - Advanced	Northgate Lions (NESA)	780-496-6969
Spanish Lessons	Westend Seniors Activity Centre	780-483-1209
Spanish Level 1: Absolute Beginners	Northgate Lions (NESA)	780-496-6969
Spanish Level 2: Elementary Spanish	Northgate Lions (NESA)	780-496-6969
Spanish: Beginners & Advanced	Central Lions (CLSA)	780-496-7369
Yiddish for Beginners & Intermediate	Jewish Senior Citizen's Centre	780-488-4241

■ LECTURE SERIES

As We Age Presentations (topics vary per season)	Central Lions (CLSA)	780-496-7369
Biannual Korean Seniors Program	Korean Seniors College	780-468-3177
DVD Lecture Series	Westend Seniors Activity Centre	780-483-1209
FYI Sessions	SEESA	780-468-1985
Guest Speakers on Topics of Interest to Seniors	SCONA Seniors Centre	780-433-5377
Learning in Retirement Lecture Series	Jewish Senior Citizen's Centre	780-488-4241

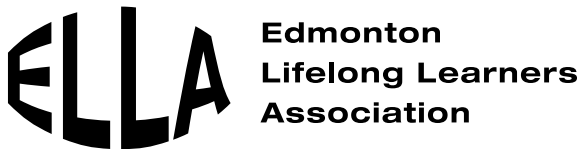
General Interest

Lunch & Learn Presentations	Jewish Senior Citizen's Centre	780-488-4241
Monthly Education Sessions *	Parkinson Alberta	780-425-6400
Philosophers' Cafe Series	Central Lions (CLSA)	780-496-7369
Speakers on Various Topics	Southwest Seniors' Outreach Society	780-435-9515
Stretching Your Mind Chat Session	Strathcona Place 55+ Centre	780-433-5807
Various Topics	Edmonton Seniors Centre	780-342-8625

ELLA Spring Session - May 2017

Love to learn? Enjoy three weeks of classes and activities for adults 50 plus. Offering top-calibre instruction with no prerequisites, exams or homework, the spring session emphasizes lively discussion, meeting new people and learning in a convivial environment. Program guide available mid-February.

780-492-5055 | www.my-ella.com



LEGAL

Estates and Wills Workshop	Strathcona Place 55+ Centre	780-433-5807
Landlord-Tenant Rights	Sage Seniors Association	780-423-5510
Legal Documents You Should Have	Sage Seniors Association	780-423-5510
Legal Presentations (topics vary per season)	Central Lions (CLSA)	780-496-7369
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
The Realities of Crime and Criminal Justice in Edmonton	Sage Seniors Association	780-423-5510
WillPower Wills Week *	Northgate Lions (NESA)	780-496-6969

General Interest

■ NATURE

Bird Watching Presentations (seasonal)	Central Lions (CLSA)	780-496-7369
Enjoy the Outdoors Presentations (seasonal)	Central Lions (CLSA)	780-496-7369
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997

■ TRAVEL

Armchair Travel: Journey of the Czars	Northgate Lions (NESA)	780-496-6969
Armchair Travel: Scotland	Northgate Lions (NESA)	780-496-6969
Armchair Traveller	Jewish Senior Citizen's Centre	780-488-4241
Happy Travellers Presentations	Sage Seniors Association	780-423-5510
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
Travel Talks (various destinations and tips)	Central Lions (CLSA)	780-496-7369
Travel Talks by Members	Edmonton Seniors Centre	780-342-8625
Understanding Travel Insurance	Northgate Lions (NESA)	780-496-6969

■ WRITING

Creative Writers Circle: Intermediate & Advanced	Northgate Lions (NESA)	780-496-6969
Creative Writers Club	SEESA	780-468-1985
Creative Writing	Marigold 55 Plus	780-434-1754
Creative Writing	SCONA Seniors Centre	780-433-5377
Creative Writing	Strathcona Place 55+ Centre	780-433-5807
Creative Writing Studio Time	Northgate Lions (NESA)	780-496-6969
Creative Writing: Freeing Your Voice *	City Arts Centre	311
Creative Writing Introduction	Northgate Lions (NESA)	780-496-6969
Critique Writing	Strathcona Place 55+ Centre	780-433-5807
Essay Writing Workshops	SEESA	780-468-1985

General Interest

Flash Non-Fiction *	City Arts Centre	311
Joy of Writing Club	Central Lions (CLSA)	780-496-7369
Non-Fiction	SouthWest Edmonton Seniors Assoc	587-987-3200
Poetry and Short Stories	SouthWest Edmonton Seniors Assoc	587-987-3200
Poetry Workshops	SEESA	780-468-1985
Poet's Corner	Sage Seniors Association	780-423-5510
Running With Pen: Your Life Story *	City Arts Centre	311
Sharing Life Stories Through Writing Group	Edmonton Seniors Centre	780-342-8625
Short Story Workshops	SEESA	780-468-1985
Skeltonic Verse*	City Arts Centre	311
The Art of Travel Writing *	City Arts Centre	311
The Personal Essay	City Arts Centre	311
The Poet Within 1 & 2 *	City Arts Centre	311
Wisdom of Self-Publishing	Northgate Lions (NESA)	780-496-6969
Writing Club	Westend Seniors Activity Centre	780-483-1209
Writing Courses (Poetry, Journalling, Fiction & Memoirs)	Central Lions (CLSA)	780-496-7369
Writing Group	Sage Seniors Association	780-423-5510
Writing Your Life	City Arts Centre	311
Writing: 7 Point Plotting	Northgate Lions (NESA)	780-496-6969

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

General Interest

OTHER ACTIVITIES

Antiques 101	Northgate Lions (NESA)	780-496-6969
Antiques Interest Group	SouthWest Edmonton Seniors Assoc	587-987-3200
Current Events Conversation Circle	Mill Woods Seniors Association	780-496-2997
Handy Dandy Household Tips	Westend Seniors Activity Centre	780-483-1209
Inheriting Grandma's Treasures	Northgate Lions (NESA)	780-496-6969
Intergenerational Program	SCONA Seniors Centre	780-433-5377
Navigating for Services *	Alberta Council on Aging	780-423-7781
NESA Web Tour	Northgate Lions (NESA)	780-496-6969
Passing on Antiques to Family Members	SouthWest Edmonton Seniors Assoc	587-987-3200
Presentations With Political Leaders of Alberta	Jewish Senior Citizen's Centre	780-488-4241
Self Defence Workshop	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
Short Story Readings *	SEESA	780-468-1985
The Packing Guy	Northgate Lions (NESA)	780-496-6969
Toastmasters Club *	SEESA	780-468-1985
Wine Appreciation	Central Lions (CLSA)	780-496-7369
Women's Self Defence *	Northgate Lions (NESA)	780-496-6969



agefriendly
EDMONTON

Healthy Aging Information Series

Book a free presentation for your group today!
Presentations led by knowledgeable professionals on a variety of topics

Refer to pages 74 – 75 for details.

Health and Wellness

Gain insights into caregiving, nutrition, stress, memory and many other topics to improve your wellbeing.

Activity	Offered by	Contact
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CAREGIVING

Caregiver Support Group for Family Caregivers of Frail Seniors	ElderCare Edmonton	780-434-4747
Compass for Caregivers	Parkinson Alberta	780-425-6400
COMPASS for the Caregiver	North West Edmonton Seniors	780-451-1925
Compass for the Caregiver	Northgate Lions (NESA)	780-496-6969
Managing Caregiver Stress	Age Friendly Edmonton Phone Chats	780-735-3061
Seeds of Hope Family Learning Series *	Alzheimer Society of AB & NWT	780-488-2266
Various Topics (Caregiving, Stress Management, Grieving)	Central Lions (CLSA)	780-496-7369

CHRONIC PAIN

AHS Better Choices, Better Health: Chronic Pain Management Series	Central Lions (CLSA)	780-496-7369
Better Choices Better Health: Chronic Disease Self Management	Northgate Lions (NESA)	780-496-6969
Chronic Pain Management Workshop *	The Arthritis Society - various venues	780-424-1740 ext. 2301
Speakers on Health Issues	Jewish Senior Citizen's Centre	780-488-4241

Health and Wellness

GENERAL INTEREST

Air Quality & Your Health	Northgate Lions (NESA)	780-496-6969
Conversational American Sign Language *	Canadian Hard of Hearing Association - Edmonton Branch (at Glenrose Rehabilitation Hospital)	780-428-6622
Dental Health for Seniors	Northgate Lions (NESA)	780-496-6969
Guest Speakers on Topics of Interest to Seniors	SCONA Seniors Centre	780-433-5377
How Yoga Heals Series	Westend Seniors Activity Centre	780-483-1209
Motivational Presentations (topics vary)	Central Lions (CLSA)	780-496-7369
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
Speech Reading - Level 2	Northgate Lions (NESA)	780-496-6969
Speechreading & Coping Classes	Canadian Hard of Hearing Association - Edmonton Branch (at NESA)	780-428-6622
Third Ear Workshops	Canadian Hard of Hearing Association - Edmonton Branch (many locations)	780-428-6622
Toonie Talks (various topics)	SouthWest Edmonton Seniors Assoc	587-987-3200
Wellbeing Talks with Jennie Wilting	Sage Seniors Association	780-423-5510



SENIORS' HEALTH & WELLNESS FORUM

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EDMONTON

Saturday, October 29
9:00 AM—3:00 PM
Central Lions Seniors
Rec Centre, 11113 113 St.

NEW, FREE ONE-DAY EVENT!

For more information, please visit:
mysage.ca/events OR
edmonton.ca/agefriendly

- ✓ Free parking, admission & lunch
- ✓ 50+ senior agency exhibitor booths
- ✓ Door prizes & take-home tote bag

The Health & Wellness Forum provides information/resources pertaining to health, wellness and social supports vital to aging in place.

Information sessions on:

- Health • Home • Transportation • Finances
- Connections • Supports & Services
- Community • Relationships • Safety

HEALTH INFORMATION SESSIONS

Dare to Age Well	Age Friendly Edmonton Phone Chats	780-735-3061
Dare to Age Well Forum	Central Lions (CLSA)	780-496-7369
Driving and Beyond	Age Friendly Edmonton Phone Chats	780-735-3061
Finding Balance (Alberta Health)	Jewish Senior Citizen's Centre	780-488-4241
Health Information Sessions	North West Edmonton Seniors	780-451-1925
Info on Health and Wellness Topics	Multicultural Women & Seniors Serv	780-465-2992
Live Better Every Day	Jewish Senior Citizen's Centre	780-488-4241
Living Stronger Longer *	Alberta Council on Aging	780-423-7781
Older Adults and Problem Gambling	Age Friendly Edmonton Phone Chats	780-735-3061
Oops, I Think the Dog Ate my Laxative	Age Friendly Edmonton Phone Chats	780-735-3061
Personal Wellness Through Leisure and Socialization	Age Friendly Edmonton Phone Chats	780-735-3061
Pharmacist Presentations (topics vary)	Central Lions (CLSA)	780-496-7369
Pharmacy Tips *	Alberta Council on Aging	780-423-7781
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
Preventing Falls in Older Adults	ASSIST Community Services Centre	780-429-3111
Recognizing Abuse *	Alberta Council on Aging	780-423-7781
Skin Cancer Prevention (Alberta Health)	Jewish Senior Citizen's Centre	780-488-4241
Stay Independent: Tips to Prevent Slips, Trips & Falls	Age Friendly Edmonton Phone Chats	780-735-3061
Strike Out Stoke	Age Friendly Edmonton Phone Chats	780-735-3061
The Big 5 in Brain Health Talks	Sage Seniors Association	780-423-5510
Wellness Sessions	Strathcona Place 55+ Centre	780-433-5807

Health and Wellness

MANAGING MEDICAL CONDITIONS

Arthritis 101 *	The Arthritis Society - various venues	780-424-1740 ext. 2301
Body Pain DIY Techniques *	City Arts Centre	311
Group Speech Therapy	Parkinson Alberta	780-425-6400
Hearing Loss: Your 3rd Ear	Northgate Lions (NESA)	780-496-6969
Let's Talk Dementia *	Alberta Council on Aging	780-423-7781
Medication Management	Jewish Senior Citizen's Centre	780-488-4241
Singing for Parkinsons	Parkinson Alberta	780-425-6400
Toonie Talks (various topics)	SouthWest Edmonton Seniors Assoc	587-987-3200
Various Topics per season	Central Lions (CLSA)	780-496-7369

MEDITATION & RELAXATION

Head, Neck & Shoulder Massage for Pairs *	City Arts Centre	311
Meditation & Relaxation Workshops (topics vary per season)	Central Lions (CLSA)	780-496-7369
Meditation	Mill Woods Seniors Association	780-496-2997
Meditation	Parkinson Alberta	780-425-6400
Meditation	Strathcona Place 55+ Centre	780-433-5807
Meditation Courses	Westend Seniors Activity Centre	780-483-1209
Meditation: Managing Stress	Northgate Lions (NESA)	780-496-6969
Mindfulness Meditation for Beginners *	City Arts Centre	311
Sacred Geometry Watercolour Therapy	SEESA	780-468-1985
Sahaja Meditation Group *	Empire Park Community League	780-885-1357
Toonie Talks (various topics)	SouthWest Edmonton Seniors Assoc	587-987-3200
XiYue Holistic Practice	Sage Seniors Association	780-423-5510
Zen Trilotherapy	SEESA	780-468-1985

MEMORY

Boosting Your Memory	Central Lions (CLSA)	780-496-7369
Boosting Your Memory Series	SouthWest Edmonton Seniors Assoc	587-987-3200
Boosting Your Memory With AHS	Edmonton Seniors Centre	780-342-8625
Brain Aerobics/Boosting Your Memory	Jewish Senior Citizen's Centre	780-488-4241
Brain Games	Age Friendly Edmonton Phone Chats	780-735-3061
BrainFitness Classes	Sage Seniors Association	780-423-5510
Brainiacs Game Sessions	Strathcona Place 55+ Centre	780-433-5807
Brainiacs Group	Sage Seniors Association	780-423-5510
Eating for Brain Fitness & Health	Central Lions (CLSA)	780-496-7369
Sudoku	Sage Seniors Association	780-423-5510

NUTRITION

Dietician Presentations (topics vary per season)	Central Lions (CLSA)	780-496-7369
Nutrition from a Naturalpath's Viewpoint	Central Lions (CLSA)	780-496-7369
Nutrition Lectures	Westend Seniors Activity Centre	780-483-1209
Presentations on Various Topics *	Mill Woods Seniors Association	780-496-2997
Small Bites to Better Health	Age Friendly Edmonton Phone Chats	780-735-3061
Toonie Talks (various topics)	SouthWest Edmonton Seniors Assoc	587-987-3200

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Health and Wellness

STRESS

Gratitude Attitude: The Key to Aging Well	Central Lions (CLSA)	780-496-7369
Micro-Moves & Reflexology	Central Lions (CLSA)	780-496-7369
Naturalpathic Health & Healing Presentations	Central Lions (CLSA)	780-496-7369
Stress Busting Strategies for the Young at Heart	Central Lions (CLSA)	780-496-7369
Success Over Stress (Alberta Health)	Jewish Senior Citizen's Centre	780-488-4241
The Science of Happiness	Central Lions (CLSA)	780-496-7369
Toonie Talks (various topics)	SouthWest Edmonton Seniors Assoc	587-987-3200

SUPPORT GROUPS

C.A.R.E. Circle (Bereavement)	SEESA	780-468-1985
CNIB Men's Club Vision Loss Support Group	CNIB	780-488-4871
Connections	Northgate Lions (NESA)	780-496-6969
Fun and Friendship Group	North West Edmonton Seniors	780-451-1925
Monthly Support Groups *	Parkinson Alberta	780-425-6400
Northern Alberta Vision Loss Telephone Support Group	CNIB	780-488-4871
Social Circle	SEESA	780-468-1985
Support Group *	Jewish Senior Citizen's Centre	780-488-4241
Three Blind Mice Vision Loss Support Group	CNIB	780-488-4871
VIP Vision Loss Support Group	CNIB	780-488-4871
Volunteer Peer Support Group	SCONA Seniors Centre	780-433-5377

Music, Song and Drama

Come together with others who share a love of music or acting
and explore your creative side.

Activity	Offered by	Contact
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■ BANDS & JAM SESSIONS

Band Practice	Westend Seniors Activity Centre	780-483-1209
Edmonton School Boys Alumni Band	Central Lions (CLSA)	780-496-7369
Jam Session	Westend Seniors Activity Centre	780-483-1209
Jam Sessions	Mill Woods Seniors Association	780-496-2997
Jam Sessions	North West Edmonton Seniors	780-451-1925
Jam Sessions	SouthWest Edmonton Seniors Assoc	587-987-3200
Jam Sessions *	SEESA	780-468-1985
Lions Seniors Big Band	Central Lions (CLSA)	780-496-7369
Music Makers Club	SEESA	780-468-1985
Parkinson Band	Parkinson Alberta	780-425-6400
Swing Time Band	Central Lions (CLSA)	780-496-7369
Young at Heart Band	Central Lions (CLSA)	780-496-7369

■ DRAMA

Accidental Drama Club	SEESA	780-468-1985
Drama Club	Central Lions (CLSA)	780-496-7369
Drama Club	North West Edmonton Seniors	780-451-1925
GeriActors & Friends	GeriActors at Sage	780-248-1556
Gillett Players Drama Club	SEESA	780-468-1985
Go 4 Broke Improv Theatre Classes	Edmonton Seniors Centre	780-342-8625
Live Theatre Production Group	SCONA Seniors Centre	780-433-5377
Musical Theatre	Northgate Lions (NESA)	780-496-6969

Music, Song and Drama

■ DRUMMING

African Drumming: Level 1 & 2	Northgate Lions (NESA)	780-496-6969
Drum Circle With Hand Drums	Central Lions (CLSA)	780-496-7369
Hand Drum	SEESA	780-468-1985
Hand Drumming	Mill Woods Seniors Association	780-496-2997
Hand Drumming*	City Arts Centre	311
Intro to Taiko Japanese Drumming	Central Lions (CLSA)	780-496-7369

■ GUITAR

Folkstyle Fingerpicking Guitar	SEESA	780-468-1985
Guitar 1 *	City Arts Centre	311
Guitar Club	SEESA	780-468-1985
Guitar: Blues 201	Northgate Lions (NESA)	780-496-6969
Guitar: Campfire Music Levels 1, 2 & 3	Central Lions (CLSA)	780-496-7369
Guitar: Level 1, 2 & 3	Northgate Lions (NESA)	780-496-6969
Singing and Playing Guitar	SEESA	780-468-1985

■ PIANO

Entertainment Thursdays	Edmonton Seniors Centre	780-342-8625
Piano 1 & 2 *	City Arts Centre	311

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

Music, Song and Drama

■ SINGING

Calder Cuties Choir	North West Edmonton Seniors	780-451-1925
Choir	Southwest Seniors' Outreach Society	780-435-9515
Choir	Westend Seniors Activity Centre	780-483-1209
Choralaires	Northgate Lions (NESA)	780-496-6969
Fun Choir	SEESA	780-468-1985
Group Vocal	SEESA	780-468-1985
Homegrown Harmonies: Come Sing a Song	Central Lions (CLSA)	780-496-7369
Melody Singers Choir	SEESA	780-468-1985
Sage Singers	Sage Seniors Association	780-423-5510
Young at Heart Choir	Jewish Senior Citizen's Centre	780-488-4241

■ UKULELE

Ukulele	Mill Woods Seniors Association	780-496-2997
Ukulele	SEESA	780-468-1985
Ukulele *	City Arts Centre	311
Ukulele Circle	Westend Seniors Activity Centre	780-483-1209
Ukulele Classes	Sage Seniors Association	780-423-5510
Ukulele Club	Central Lions (CLSA)	780-496-7369
Ukulele Jam Sessions	Sage Seniors Association	780-423-5510
Ukulele Pickin' with a Touch of Steel Guitar	Central Lions (CLSA)	780-496-7369
Ukulele: Beginner & Level 2	Northgate Lions (NESA)	780-496-6969
Ukulele: Beginners Learn to Play	Central Lions (CLSA)	780-496-7369
Ukulele: Songs of Christmas	Central Lions (CLSA)	780-496-7369

Music, Song and Drama

OTHER INSTRUMENTS

Banjo	SEESA	780-468-1985
Fiddle: Beginners & Experienced	SEESA	780-468-1985
Handbells: Beginners & Intermediate	Northgate Lions (NESA)	780-496-6969
Harmonica	SEESA	780-468-1985
Mandolin	SEESA	780-468-1985

OTHER ACTIVITIES

Discover Classical Music	SEESA	780-468-1985
Harmonies by Ear	SEESA	780-468-1985
Music Theory	SEESA	780-468-1985

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.

Social and Special Events

Celebrate seasonal events, experience arts and culture, take part in interesting outings and enjoy the company of others over coffee or a meal.

Activity	Offered by	Contact
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ARTS & CULTURE

Antique Car Show and Square Dance Demo	SEESA	780-468-1985
Art Show & Sale	SEESA	780-468-1985
Candlelight Christmas Concert Series*	John Walter Museum	780-442-4311
Events throughout the year	Edmonton Seniors Centre	780-342-8625
Fall Drama Production *	SEESA	780-468-1985
Live Theatre *	Fort Edmonton Park	780-496-7381
Melody Singers Christmas Performance *	SEESA	780-468-1985
Melody Singers Spring Performance *	SEESA	780-468-1985
Open House Pancake Breakfast	SEESA	780-468-1985
Quarters Arts Nights *	Boyle Street Community League	780-426-9265
Social Singing	Parkinson Alberta	780-425-6400
Spring Variety Show *	SEESA	780-468-1985
Theatre Productions	Jewish Senior Citizen's Centre	780-488-4241
Vintage: An Evening of Works by Well Aged Poets Poetry Readings *	SEESA	780-468-1985

BIRTHDAY PARTIES

Coffee and Cake (monthly)	Westend Seniors Activity Centre	780-483-1209
Monthly Birthday Celebration	Strathcona Place 55+ Centre	780-433-5807
Monthly Birthday Parties	Jewish Senior Citizen's Centre	780-488-4241

Social and Special Events

Monthly Birthday Parties	Mill Woods Seniors Association	780-496-2997
Monthly Birthday Parties	SCONA Seniors Centre	780-433-5377
Monthly Birthday Parties	North West Edmonton Seniors	780-451-1925
Monthly Birthday Party	Sage Seniors Association	780-423-5510
Monthly Birthday Party	SEESA	780-468-1985

COFFEE GROUPS

Book to Films Discussion Group	Jewish Senior Citizen's Centre	780-488-4241
Chat Group (practice conversational English)	Sage Seniors Association	780-423-5510
Coffee and Colouring	Edmonton Seniors Centre	780-342-8625
Coffee and Conversation	Heritage Senior Stop-In Centre	780-437-8759
Coffee Chat	Mill Woods Seniors Association	780-496-2997
Coffee Group	Sage Seniors Association	780-423-5510
Coffee Talk (monthly)	Westend Seniors Activity Centre	780-483-1209
Conversation Circle	Central Lions (CLSA)	780-496-7369
Drop-In Coffee n' Chat	SouthWest Edmonton Seniors Assoc	587-987-3200
Free Cuppa Corner on Tuesdays	Central Lions (CLSA)	780-496-7369
Rainbow Group (LGBTQ)	Sage Seniors Association	780-423-5510

CRAFT SALES

Annual Fall Bazaar *	North West Edmonton Seniors	780-451-1925
Bake & Craft Sales *	Mill Woods Seniors Association	780-496-2997
Christmas Craft & Bake Sale	Strathcona Place 55+ Centre	780-433-5807
Christmas Craft & Gift Sale	Sage Seniors Association	780-423-5510
Fall Bazaar	Strathcona Place 55+ Centre	780-433-5807

Social and Special Events

DANCES

Dinner/Dance (Special Occasions & Holidays)	SCONA Seniors Centre	780-433-5377
Jam Session and Community Dance (weekly)	North West Edmonton Seniors	780-451-1925
Monthly Dances *	SEESA	780-468-1985
Social Dance	Parkinson Alberta	780-425-6400
Sunday Afternoon Social Dance *	SEESA	780-468-1985
Theme Parties/Dances	SCONA Seniors Centre	780-433-5377

MEALS, TEAS & SOCIALS

Barbeques, Picnics and Potluck Lunches	SCONA Seniors Centre	780-433-5377
French Toast Friday	SouthWest Edmonton Seniors Assoc	587-987-3200
Friday Dinner and Social	SCONA Seniors Centre	780-433-5377
Hot Cross Bun Day	SouthWest Edmonton Seniors Assoc	587-987-3200
Hot Fudge Sundae Day	SouthWest Edmonton Seniors Assoc	587-987-3200
Hot Lunches	Jewish Senior Citizen's Centre	780-488-4241
Hot Lunches With Russian Speakers	Jewish Senior Citizen's Centre	780-488-4241
Let's Do Lunch	Sage Seniors Association	780-423-5510
Memorial Tea	SEESA	780-468-1985
Monthly Dinners & Socials *	Mill Woods Seniors Association	780-496-2997
Monthly Dinners *	SEESA	780-468-1985
Monthly Evening Dinner *	Strathcona Place 55+ Centre	780-433-5807
Monthly Lunch Socials	SouthWest Edmonton Seniors Assoc	587-987-3200
Multicultural Lunches, Presentations, Tours and Events	Jewish Senior Citizen's Centre	780-488-4241
Nacho Day	SouthWest Edmonton Seniors Assoc	587-987-3200
Pancake Breakfast *	North West Edmonton Seniors	780-451-1925

Social and Special Events

Pioneer High Tea	Fort Edmonton Park	780-496-7381
Potluck Dinners *	North West Edmonton Seniors	780-451-1925
Potluck Lunches	Heritage Senior Stop-In Centre	780-437-8759
Social Teas, Music, and Dancing	Jewish Senior Citizen's Centre	780-488-4241
Special Event Teas	Sage Seniors Association	780-423-5510
Special Teas *	North West Edmonton Seniors	780-451-1925
Spring Fling	Strathcona Place 55+ Centre	780-433-5807
Sunday Programs for Russian Speakers *	Jewish Senior Citizen's Centre	780-488-4241
Sushi Day	SouthWest Edmonton Seniors Assoc	587-987-3200
Themed Dinners	Westend Seniors Activity Centre	780-483-1209
Thursday Lunch Social	Edmonton Seniors Centre	780-342-8625
Thursday Lunches With Entertainment	Southwest Seniors' Outreach Society	780-435-9515
Wednesday Light Supper *	SEESA	780-468-1985

MOVIES

Afternoon Movie	Jewish Senior Citizen's Centre	780-488-4241
Cinema Series *	Fort Edmonton Park	780-496-7381
Matinee Movies	Westend Seniors Activity Centre	780-483-1209
Matinee Movies	Northgate Lions (NESA)	780-496-6969
Monthly Movie & Popcorn	Sage Seniors Association	780-423-5510
Monthly Movies	Mill Woods Seniors Association	780-496-2997
Movie Club	SEESA	780-468-1985
Movie Fun With Popcorn & Treats	Strathcona Place 55+ Centre	780-433-5807
Movie Tuesdays	Edmonton Seniors Centre	780-342-8625
Movies	SCONA Seniors Centre	780-433-5377

Social and Special Events

SEASONAL EVENTS

Canada Day Eve Bus Trip and BBQ	Edmonton Seniors Centre	780-342-8625
Christmas Dinner *	North West Edmonton Seniors	780-451-1925
Christmas at the Centre (Dec 26)	Edmonton Seniors Centre	780-342-8625
Christmas Dinner *	Mill Woods Seniors Association	780-496-2997
Christmas Eve Brunch	SEESA	780-468-1985
Christmas Luncheon	Central Lions (CLSA)	780-496-7369
Christmas Tree Decoration & Singalong	Strathcona Place 55+ Centre	780-433-5807
CLSA Remembers	Central Lions (CLSA)	780-496-7369
Father's Day Barbecue	Westend Seniors Activity Centre	780-483-1209
Father's Day BBQ *	North West Edmonton Seniors	780-451-1925
Father's Day Dinner *	Mill Woods Seniors Association	780-496-2997
Halloween Lunch	Strathcona Place 55+ Centre	780-433-5807
Holiday Lights Bus Tour	SouthWest Edmonton Seniors Assoc	587-987-3200
Magic of the Holiday Season *	Northgate Lions (NESA)	780-496-6969
Mother's Day Dinner	Westend Seniors Activity Centre	780-483-1209
Mothers' Day Tea	Central Lions (CLSA)	780-496-7369
Mother's Day Tea *	Mill Woods Seniors Association	780-496-2997
Mother's Day Tea *	North West Edmonton Seniors	780-451-1925
New Year's Eve Dinner & Dance *	SEESA	780-468-1985
New Year's Eve Dinner/Dance *	North West Edmonton Seniors	780-451-1925
Remembrance Day *	North West Edmonton Seniors	780-451-1925
Remembrance Day Service	SEESA	780-468-1985
Robbie Burns Evening	Central Lions (CLSA)	780-496-7369
Scandinavian Christmas Market - Nov *	Edmonton Scandinavian Centre Association	780-628-5005
Special Event Parties	Sage Seniors Association	780-423-5510

Social and Special Events

St. Patrick's Day Lunch	North West Edmonton Seniors	780-451-1925
Valentine Brunch	SEESA	780-468-1985
Valentine Dinner & Dance *	SEESA	780-468-1985
Valentine's Day Dinner *	Mill Woods Seniors Association	780-496-2997
Welcome Back Fall Event	Central Lions (CLSA)	780-496-7369

TOURS & OUTINGS

Art Gallery of Alberta & Italian Cuisine	Northgate Lions (NESA)	780-496-6969
Bus Outings to Various Events	Southwest Seniors' Outreach Society	780-435-9515
Bus Tours	Edmonton Seniors Centre	780-342-8625
Bus Trip to Greenland Garden Centre's Christmas Store	SouthWest Edmonton Seniors Assoc	587-987-3200
Bus Trips *	North West Edmonton Seniors	780-451-1925
Casino Trips	Jewish Senior Citizen's Centre	780-488-4241
Day Trips	Westend Seniors Activity Centre	780-483-1209
Elk Island National Park	SouthWest Edmonton Seniors Assoc	587-987-3200
Galleries and Museums Visits	Jewish Senior Citizen's Centre	780-488-4241
Legislature Tour and Tea	Jewish Senior Citizen's Centre	780-488-4241
Legislature Tour and Tea *	North West Edmonton Seniors	780-451-1925
Let's Go Out Daytrips	SEESA	780-468-1985
Mayfield Dinner Theatre Night *	Strathcona Place 55+ Centre	780-433-5807
Monthly Daytrips and Outings	Sage Seniors Association	780-423-5510
Monthly Joint Outings with SEESA	Central Lions (CLSA)	780-496-7369
Monthly Outings to Events and Attractions *	Mill Woods Seniors Association	780-496-2997
Offsite Adventures (varies per season)	Central Lions (CLSA)	780-496-7369
Opera Presentations and Visits *	Jewish Senior Citizen's Centre	780-488-4241
Outings to Performances and Attractions	SouthWest Edmonton Seniors Assoc	587-987-3200

Social and Special Events

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
Reynolds-Alberta Museum/Huckleberrys	Northgate Lions (NESA)	780-496-6969
Rosebud Theatre Trip	Jewish Senior Citizen's Centre	780-488-4241
Symphony Presentations and Visits *	Jewish Senior Citizen's Centre	780-488-4241
Ukrainian Cultural Village	SouthWest Edmonton Seniors Assoc	587-987-3200

OTHER EVENTS

CLSA Fundraising Gala Dinner & Dance With The Emeralds (Dec.)	Central Lions (CLSA)	780-496-7369
Edmonton Footprint	ASSIST Community Services Centre	780-429-3111
Edmonton School Boys Alumni Band 20th Anniversary Celebrations (Sept.)	Central Lions (CLSA)	780-496-7369
Fall Rummage Sale *	SEESA	780-468-1985
Fashion Shows	North West Edmonton Seniors	780-451-1925
Golden Girl Fashion Show *	SEESA	780-468-1985
Historical Self-Guided Events *	John Walter Museum	780-442-4311
Murder Mysteries *	Fort Edmonton Park	780-496-7381
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
Pancake Breakfast	Central Lions (CLSA)	780-496-7369
Pancake Breakfast	Edmonton Seniors Centre	780-342-8625
Scandinavian Pavilion - Heritage Days *	Scandinavian Heritage Society of Edmonton	780-436-7286
Spring Book Sale *	Strathcona Place 55+ Centre	780-433-5807
Spring Rummage Sale *	SEESA	780-468-1985

Age Friendly Edmonton Healthy Aging Information Series

If you would like to book a free presentation for your group, contact the presenter directly. For detailed course descriptions or more information about the presentations, contact Laura Murray at 780-893-0713 or afehaiscoord@gmail.com or check the Age Friendly Edmonton website at www.AgeFriendlyEdmonton.ca.

ARTHRITIS

Introduction to Arthritis	The Arthritis Society	780-424-1740x2301
Understanding Arthritis	The Arthritis Society	780-424-1740x2301

DEMENTIA AND ALZHEIMER'S

Alzheimer's 101	Alzheimer Society of AB & NWT	780-488-3055
Alzheimer's Disease & Other Dementias	Home Instead	780-439-9990

DIABETES

Diabetes – What You Need to Know	Canadian Diabetes Association	780-423-5722 x 240
Living Well with Diabetes	Canadian Diabetes Association	780-423-5722 x 240
Diabetes: Are You at Risk?	Alberta Health Services	780-735-1066
Healthy Living with Diabetes	Alberta Health Services	780-735-1066

FINANCIAL LITERACY

Seniors Financial Empowerment	Seniors Financial Empowerment Network	780-392-3267
Financial Management Seminars	Wei Woo, Investment Advisor	780-299-0760
Personal Money Management and Credit	Money Mentors	780-917-8255

HEALTHY AGING

Better Choices, Better Health®	Alberta Health Services	780-735-1080
Strike Out Stroke	Alberta Health Services	780-407-8729
Skin Cancer is Preventable	Canadian Skin Cancer Foundation	780-423-2723
Moving Matters	Alberta Health Services	780-735-1066
Tips to Prevent Slips, Trips and Falls	Injury Prevention Centre	780-492-7822
Dare to Age Well	University of Alberta	780-492-3700
The Link Between Oral & Systemic Health	Periosmart Mobile Dental Hygiene & Dentures	780-405-2268
Older Adults and Problem Gambling	Alberta Health Services	780-644-5022
Mindful Aging	Alberta Health Services	780-644-3629
Gamblers Anonymous	Alberta Gamblers Anonymous	patc47@telus.net
Tobacco – You CAN Quit!	Alberta Health Services	780-415-0768

Age Friendly Edmonton Healthy Aging Information Series

HEARING LOSS

Your Third Ear	Bridges Support Services	780-428-6624
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HOME CARE & CONTINUING CARE ACCESS

Community Care Access	Alberta Health Services	780-735-3129
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HOUSING TRANSITIONS

Aging in Place	Your Organized Friend	780-996-3583
Home Modifications	Denise Thorsley	780-246-3763
Live Safely-Longer in Your Home	Jacqueline Lovely	780-431-3744
SAGE Housing Information	Sage	780-701-9018
Managing Your Move	Elder Move	780-991-9059
Moving Forward - Downsizing Tips	Realty Executives Polaris	780-965-1408
This Full House Program - Community Response to Hoarding	Sage	780-701-9005
Holistic Decluttering for Seniors	Balance Your World	780-465-9893

LEISURE

Spread the Words	Edmonton Public Library	780-944-5311
Personal Wellness Through Leisure & Socialization	Alberta Health Services	780-394-1298

MEDICATION MANAGEMENT

Oops, I Think the Dog Ate my Laxative	Alberta Health Services	780-408-5936
Med Safety	Medi-Drugs	780-478-9480
More Than Just Meds	Dolar Drugs	780-819-8168

NUTRITION

Singles/Couples Meal Planning	Edmonton Southside PCN	780-395-2645
Small Bites to Better Health	Alberta Health Services	780-342-4017
Rate Your Plate	Alberta Health Services	780-342-4017
Eat Well, Live Well	Alberta Health Services	780-342-4017
Sodium Savvy	Alberta Health Services	780-342-4017
Fiber: For Bowel Health and More	Alberta Health Services	780-342-4017

STRESS MANAGEMENT

Caregiver Stress Management	Home Instead	780-439-9990
Reducing the Stress of Family/Friend Caregiving	Caregivers Alberta	780-453-5088

TRANSPORTATION

Driving and Beyond	Edmonton Transit System	780-496-5788
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Age Friendly Edmonton



Age Friendly Edmonton, co-led by the City of Edmonton and the Edmonton Seniors Coordinating Council, brings leaders and volunteers together to encourage Edmontonians to work together to build a city that's happier, safer, friendlier, warmer, and more interesting, for everyone of every age.

We have done a lot of good thinking, studying, learning, and planning about age-friendliness. Now, we intend to help people expand the idea through the whole city through projects such as Home for Life™, Age Friendly Business Audit Tool, Healthy Aging Information Series and Phone Chats, Senior's Transportation Information Hubs, and Age Friendly Innovation Fund.

In creating an age friendly Edmonton, we want to persuade Edmontonians to think of everyone, to keep age-friendliness at the heart of decisions of all sorts — in infrastructure, health, business, culture, recreation. And we invite the city to invent new ways, Edmonton ways, to connect people of all ages.

To learn more about how you can build an age friendly Edmonton:

Visit the website at www.agefriendlyedmonton.ca

Subscribe to the Age Friendly Edmonton e-newsletter via the link on the www.agefriendlyedmonton.ca website.

Follow Age Friendly Edmonton on Twitter @AgeFriendlyYEG

Like Age Friendly Edmonton on Facebook at www.facebook.com/agefriendlyedmonton

Call or email the Age Friendly Edmonton Coordinator
780-423-5635, ext. 4
agefriendly@seniorscouncil.net

Age Friendly Edmonton

Senior's Transportation Information Hubs

Your one-stop location for information about driving, retiring from driving, using busses 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

Contact Margaret Dorey at (780) 496-5788 or Caroline Gee at (780) 474-8608, co-leads Age Friendly Edmonton Transportation Working Group for more information.



Reciprocal Program Registration

More course choice and flexibility with Reciprocal Program Registration

Eleven 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
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.

More Opportunities to Get Involved

The programs, courses and events listed in the Recreation and Wellness Directory for Older Adults are only some of the opportunities available for older adults to get involved in activities in the community. Check out the following:

The **Edmonton Lifelong Learners Association (ELLA)** provides lifelong learning to adults 50+. ELLA partners with the University of Alberta, Faculty of Extension, to offer an annual 3-week Spring Session of courses that are affordable, relevant, challenging and fun, with no prerequisites or exams. For more information call 780-492-5055 or visit web.extension.ualberta.ca/extcms/index.php/ella.

Seniors centres provide a wide variety of educational and recreational opportunities, supports, and services. To find your local seniors centre call 311 or visit www.edmonton.ca/programs_services/for_seniors/senior-centres.aspx.

Many **arts and culture organizations** have free or discounted admission at certain times. For example, McDougall United Church presents free concerts through the Music Wednesdays at Noon series, the Art Gallery of Alberta offers free admission on the last Thursday of every month from 6-9 p.m., and the Citadel Theatre's Pay-What-You-Can night is the first Sunday evening preview performance of each show.

The **Edmonton Public Library** gives you access to information and entertainment at multiple locations across the city and through their extensive online resources. For more information on services, programs and events visit www.epl.ca.

The **City of Edmonton Leisure Access Program** gives low income Edmontonians access to City of Edmonton recreation facilities, attractions and programs for free or at a reduced cost. For more information call 780-496-4918 or visit www.edmonton.ca/programs_services/leisure-access-program.aspx.

Your local **community league** offers events and programs in your neighborhood. Visit www.efcl.org to find your nearest community league.

The **Priceless Fun Guide** produced by the City of Edmonton has great tips for finding free and low-cost recreational opportunities in Edmonton. Visit www.edmonton.ca/activities_parks_recreation/program-guides.aspx. Also note that September 25, 2016, is Free Admission Day at some City of Edmonton owned and operated attractions. Call 311 for more information.

Notes
