

## The Project

The Northgate Lions Senior Citizens Recreation Centre shows no signs of slowing down. Attendance has been growing at a rate of 5-10% **per year** for the last 10 years. The majority of the rooms are filled during week-day hours—attendance is straining the centre to the limit.

Recent statistics indicate to us that the growth we are seeing at the Centre will only continue to increase. Edmonton is experiencing a significant increase in its' aging population, and by 2020, the number of seniors in our city over 65 years will double.

This renovation will allow the NLSCRC to successfully meet the future needs of its' growing membership. The Northgate Senior Citizens Association, with the ongoing support of the Northgate Lions Club, will need to raise \$5.5 million dollars to complete the facility expansion.

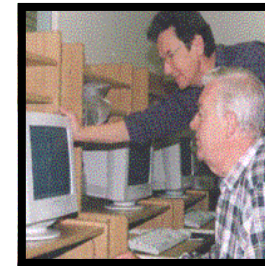
By helping us achieve our goal, you will make a life-affirming investment in a healthy and active future for our seniors, and ultimately your own future.

The Northgate Senior Citizens Association is confident that the expansion to NLSCRC will enable the centre to continue to provide THE place for laughter, learning and life for many years to come!

*“One of the best things about the Centre is being able to learn and stay young at heart. Laughter helps a lot! This is a place of life long learning regardless of age.”*

## THE Place for Laughter, Learning, Living!

### Northgate Lions Senior Citizens Recreation Centre



Building Expansion Community Campaign



Lions in partnership in the community



# THE Place for Laughter, Learning and Living!

Located in north Edmonton, the Northgate Lions Senior Citizens Recreation Centre is without a doubt the most popular seniors' facility in the City of Edmonton. With attendance soaring to well over 130,000 a year, the centre has become THE place to be for seniors!

The Centre offers a warm and inviting atmosphere. Many older adults can attest to the sense of belonging that one feels while at the centre. The staff are described as wonderful and caring, while the volunteers are enthusiastic and hard-working. The incomparable quality of service always attracts new members.



Having developed a reputation for being the most senior friendly facility in the city, it has also become the most successful. Programs at the centre are open to all adults, however seniors 55+ have first priority. Recent statistics also show growth in the number of younger adults (45-55 years) who participate in programs and activities. A partnership with East Community Services has allowed children's programs to be offered during school breaks and summer holidays. Space is also available for rent for meetings and special events.

## A Vision

In 1978, the Northgate Lions Club of Edmonton initiated a campaign to raise funds to build a recreation centre for seniors and the community. The vision – a centre where people could gather and socialize, continue learning and participate in physical activity. The campaign was very successful and the Northgate Lions Senior Citizens Recreation Centre (NLSCRC) was constructed on land generously donated by the City of Edmonton. The **Northgate Senior Citizens Association** was then formed to develop recreational, social, educational and health-related programs and services of interest and use to seniors. Attendance increased steadily from 30,000 to more than 130,000 in 2003. Responding to demand, programs and services have become increasingly varied. NLSCRC now offers the largest selection of programs and services to older adults in the City of Edmonton.



## The Future

The NLSCRC is dedicated to providing a friendly, active living centre for older adults, which offers activities, and services that are physically and mentally challenging, promote wellness and independence and encourage community involvement.

With the ever-increasing senior population, and with culturally diverse backgrounds the

need for additional programs and services at the centre is continuing to grow.

The centre is committed to providing a warm and welcoming environment where seniors can interact with others their own age and share their life experiences. While laughter is always present, much needed encouragement and support from a friend is never far away.

Sophisticated and intelligent, many seniors wish to continue learning. The centre provides a variety of courses and health related services.

The NLSCRC is an exciting and dynamic centre where seniors can enjoy a new chapter in their lives. It is a place that offers opportunities to enrich and enhance the lives of all who gather here.



*“I used to think that being a senior was all about getting old, now I know its' about staying young!”*