

PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your FUN inside:

- 11 Cross Stitch
- 15 Watercolor
- 38 Chair Hula





7524 - 139 Avenue

our history

In 1978...the Edmonton Northgate Lions Club constructed a recreation centre on City land for senior citizens and the community. One of the busiest and most successful Seniors Centre in all of Canada was born and has continued to thrive.

Today, the North Edmonton Seniors Association (NESA) operates the Centre with support from the Citizen Services Department of the City of Edmonton and the Northgate Lions Club. NESA is an independent, charitable, non-profit society providing recreational, social, educational and wellness programs and services to seniors (age 55+ years). NESA is the largest seniors organization in Edmonton, responsible for providing the most comprehensive older adult recreational and social programs.

NESA's success speaks for itself:

- Over 600 programs run annually
- Over 250 volunteers give over 40,000 hours of their time collectively, annually

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Join us for Laughter,
Learning, and Living!
Fun Keeps You Young

HOW TO REGISTER

SPRING 2020

REGISTRATION CLOSED

March 9 from 12-12:30 PM

Club Registration starts on **Monday, March 2 at 8:30 AM** and continues Monday to Friday from 8:30 AM - 4:30 PM.

Program Registration starts on **Monday, March 9 at 8:30 AM** and continues Monday to Friday from 8:30 AM - 4:30 PM.

OPEN LATE March 9, 10, & 11 until 7 PM

REGISTRATION AND PAYMENT

- In-person or mail-in registrations only. Please only send cheques, payable to NESA, with mail-in registration.
- You may only register **yourself and/or your spouse** on the first day of registration.
- Another participant may register for you anytime after the first day of registration.
- Reciprocal memberships from other senior centers will be honored for NESA programs at Member rates. Reciprocal members will be placed on a wait list until one week after registration starts and will be notified at that time if space is available.
- Your enrollment is not confirmed until your payment has been processed.
- **Debit/Credit available in-person only.**
- Cost of supplies are extra for most programs.
- NESA club members pay their club fees at the front office. See page 42 for more details.
- All programs and clubs require a set minimum number of participants enrolled in order to pay for instructor costs and administration fees. Programs and clubs that do not reach the required minimum will be at a risk of postponement or cancellation. Program and club enrollments are reviewed ONE WEEK PRIOR to their start date so please sign up early to avoid disappointment!

CANCELLATIONS AND REFUNDS

- NO REFUNDS or credits will be given for programs, presentations, clubs, tours, or Fitness Centre registration unless cancelled by NESA.
- **Non-members will have an additional charge of \$30/course.**



MEMBERSHIPS

- NESA memberships are available for persons 55 years and older for \$30 per year (Jan - Dec).

NON-SENIORS

- Non-Seniors (under age 55) are permitted in most daytime programs, however priority is given to members who are 55+.
- Non-Seniors memberships are available for \$60 per year (Jan - Dec) and permits Non-Seniors to register at member rates.
- Evening programs are open to all adults (18+) and are filled on a first-come basis.

DISCLAIMERS

- Opinions expressed by guest speakers do not necessarily reflect the views of NESA or the Board of Directors.
- NESA is not responsible for any physical injuries incurred during any programs.
- All participants must sign a waiver form before being permitted to partake in NESA programs, clubs, and our outings.
- All programs are organized and operated by NESA.



WINDOWS 10 IS INSTALLED ON ALL COMPUTERS IN THE COMPUTER LAB.

1:1 Computer Tutorials

Shawn Gramiak

Do you find a three-hour class overwhelming? Have you had a class cancel? A one-on-one tutorial gives you the opportunity to work on a handful of specific skills you want to know about.

NOTE These tutorials cover how to use the computer or device, NOT computer repair.

Sessions are in 1 hour intervals

- A** Thu, Apr 23 / 1-2 PM / 2-3 PM / 3-4 PM
- B** Thu, May 7 / 1-2 PM / 2-3 PM / 3-4 PM
- C** Thu, May 21 / 1-2 PM / 2-3 PM / 3-4 PM
- D** Thu, Jun 11 / 1-2 PM / 2-3 PM / 3-4 PM
- E** Thu, Jun 18 / 1-2 PM / 2-3 PM / 3-4 PM
- F** Thu, Jun 25 / 9-10 AM / 10-11 AM / 11AM -12 PM
- G** Thu, Jun 25 / 1-2 PM / 2-3 PM / 3-4 PM

\$50 Per One-Hour Tutorial

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

Email Instructor Shawn: shawn@gruntmulti.com
Please **DO NOT** contact the instructor about personal inquiries.

NEW! Digital Citizenship for Adults YMCA Digital Literacy

During the modern digital age, it can be difficult to understand how companies use your data, how to deal with privacy online and how to identify scams to minimize your risk online. In this program we will explore this and more as we help you learn what being a smart digital citizen means for you.

Mon, Apr 20 / 1-2:30PM

\$5

Excel Tips and Tricks

Shawn Gramiak

You might already be using Excel, or maybe have taken our "Getting Excellent in Excel" class. This session takes you one level deeper with a whole variety of tips and tricks that you can use with Excel. This will be a pretty fast paced course, so participants should have some basic Excel skill, as well as good mouse and typing skills!

Thu, Apr 30 / 9 AM-12 PM

\$30

Flash Drives and External Drives

Shawn Gramiak

This one-hour lecture will show participants how to use flash drives and external drives to back up data on their computer for safe keeping. Participants will learn that with a few simple steps, they can keep the pictures and documents they have created safe from potential computer malfunctions. Learning how to use a flash drive is also a great way to transfer data from an old computer to a new one. No need to bring anything, just sit back, relax and enjoy the presentation!

Thu, Apr 16 / 1-2 PM

\$10



How To Get More Out of Gmail

Shawn Gramiak

A lot of people have been encouraged to use Gmail as their regular email program. This class will give users a hands-on hello to how Gmail works. It will go right from the basics of sending and receiving email, but it will also include working with attachments, organizing your email, setting up auto-replies, how to use mail forwarding, how to send group emails, and other useful tips and tricks! This is a computer-based class, and is not intended for digital devices like phones, iPads or tablets. Basic typing and mouse skills are required.

Thu, May 7 / 9 AM-12 PM

\$30



NESA IS PROUD AND GRATEFUL

To have approx. 250 Volunteers that help with registration, administration, fundraising, social events, committees, CARE programs, our Board of Directors, and much more!

iPad: An Introduction

Shawn Gramiak

Still struggling with how to use your iPad? This slower paced 6 hour course is for you! Participants will learn how to: use iPad buttons, connect to a Wi-Fi network, work with basic applications already on the iPad, download and use new applications from the Apps store, purchase iPad books, and surf the internet. **NOTE** All participants need to bring their own iPad and their Apple ID and password for their iTunes account. Students must purchase a \$15 iTunes card and bring it with them to the class. Cards are available at most grocery and electronic outlets.

Thu, May 14 & 21 / 9 AM-12 PM / Wks 2

\$55

iPad: Tips and Tricks

Shawn Gramiak

This three-hour session is a smorgasbord of snappy little moves you can make with your iPad. You will learn a variety of quick iPad skills. This jam-packed session requires that you have experience with your device. If you are new to your iPad, take the iPad: An Introduction session first.

Thu, Jun 4 / 1-4 PM

\$30



iPhone: An Introduction

Shawn Gramiak

This overview class will take you through the basics of using your iPhone. Subjects covered will include actually using it as a phone, adding contacts, texting, searching the web, adding apps, using maps and a whole lot more!

Thu, May 28 / 9 AM-12 PM

\$30

iPhone: Tips and Tricks

Shawn Gramiak

This three hour session is a smorgasbord of snappy little moves you can make with your iPhone. You will learn a variety of quick iPhone skills. This jam packed session requires that you have experience with your phone. If you are new to your iPhone, take the iPhone: An Introduction session first.

Thu, Jun 11 / 9 AM-12 PM

\$30

Make an E-Transfer

Shawn Gramiak

Do you bank online, but are still leery about sending money electronically? Have you ever had to get cash to someone quickly, in time of emergency? This brief one-hour information session will be a demonstration on how you do an Interac E-transfer of funds. Adding payees to your account will also be covered. Don't worry, this is a lecture, so you don't have to bring any banking passwords or electronic devices. Just sit back and enjoy the presentation!

Thu, Apr 16 / 2:30-3:30 PM

\$10

Online Photo Books

Shawn Gramiak

Looking for a way to create great looking "coffee table book" quality photo books? Companies such as London Drugs offer online services that can take your collection of digital photos and turn them into attractive printed keepsakes. A great idea for family gifts, or even just a nice way to keep your treasured memories on the bookshelf, this online service is easy and fun to use. Join us for this 3-hour introduction into the basics of an Online photo book maker. Be prepared to play around and see how a photo book maker works.

Thu, Jun 4 / 9 AM-12 PM

\$30

Online Safety: Malware and Scam Protection

YMCA Digital Literacy

Web browsing and downloading is loads of fun and can give you access to a world of resources not previously available. When exploring online and downloading there is always a risk of infecting your computer with a virus or malicious software. In this program we will explore methods to avoid malware, how to recognize it and resources on who can help you remove it. We will also look at how to identify scams to avoid the compromising of your personal information.

Mon, May 11 / 1-2:30 PM

\$5

Paying Bills Online

Shawn Gramiak

This session is for those who aren't sure if they want to bank online. In this one-hour lecture, you will learn how to pay a bill online. This demonstration will use a Servus bank account, but most online banking works in similar ways. You will learn how payees get added to an online account, and how payments can be made to them. Don't worry, this is a lecture, so you don't have to be banking online yet. Just sit back and enjoy the presentation.

Thu, Apr 30 / 2:30-3:30 PM

\$10

PayPal to Buy Online

Shawn Gramiak

PayPal is another convenient electronic payment system. PayPal allows you to pay online vendors (who accept PayPal without having to give those vendors your credit card or banking information). In this one hour lecture, you will learn how PayPal works, and see how you can pay for a service online, and buy a product online using PayPal. Don't worry, this is a lecture, so you don't have to bring any passwords or electronic devices. Just sit back and enjoy the presentation.

Thu, Apr 30 / 1-2 PM

\$10



NEW!

Recognizing Phishing and Safe Online Dating

YMCA Digital Literacy

With the internet at our fingertips everyday, it has become easier than ever to form new relationships with friends and partners online from around the world. People can build incredible relationships with diverse individuals online, but not everyone has the best intentions. In this program participants will learn how to safely navigate online relationships and recognize a phishing attempt on their personal information.

Mon, Jun 8 / 1-2:30 PM

\$5

NEW!

The Internet of Things

Shawn Gramiak

This one-hour general interest lecture will inform participants about how the internet and smart devices promise to change our world. This lecture is not intended to teach you any new skills. Rather, it is meant to let people have a glimpse into what the future holds in this "connected" world.

Thu, May 28 / 2:30-3:30 PM

\$10

Using an Online Calendar

Shawn Gramiak

We're not suggesting you give up on the calendar on your wall, but if you want to learn to get more out of the electronic calendars you have access to, this is the class for you. Using the Google Calendar as an example, participants will learn how to make appointments and schedule their days. Participants will also learn how to set reminders, create repeating calendar entries and edit or delete existing calendar entries. Although the Google Calendar will be used in the class, skills learned here can be applied to other electronic calendars as well.

Thu, Jun 18 / 9 AM-12 PM

\$30



DON'T FORGET

To check out our website: www.nesa1.ca for some of our latest news on programs and upcoming events!

What is Google Drive

Shawn Gramiak

If you use an Android tablet or phone, you are connected to the G Drive (the Google Drive). This quick one-hour lecture will show users what the G: Drive and its apps can do. So if you are wondering what all this Cloud computing stuff is all about, this may be the presentation for you!

Thu, May 14 / 2:30-3:30 PM

\$10

What is iCloud

Shawn Gramiak

iCloud is a "connection point" and online backup/storage area for all your Apple devices. Although you can run iCloud on your PC, it is meant mainly to work with Apple Products. In this one-hour lecture, users will be introduced to iCloud and shown what it does.

Thu, May 14 / 1-2 PM

\$10



Where Did I Put That File?

Shawn Gramiak

Do you have a ton of pictures to organize on your computer? Do you have a bunch of documents that need to be tidied up? Do you have trouble finding items that you know you've stored on your computer? This class will take you through the basics of how to get items on your computer organized. Topics include: making storage folders and moving items into them, renaming computer files and folders so they make more sense, and deleting files and rescuing files you may have accidentally deleted. So if you are looking for the skills to organize the 300 photos from your summer trip through Europe, this class is for you! Basic typing and mouse skills are required.

Thu, Apr 16 / 9 AM-12 PM

\$30

Windows 10 - An Overview

Shawn Gramiak

If you were a fan of Windows XP or Windows 7, you might find Windows 10 to be a bit of a challenge. This class will take participants through a hands-on review of what Windows 10 can do. Topics will include filing, searching and customizing Windows so it will do what you want it to do. Participants will also learn about the apps built into Windows 10, and what to do if you don't want or need them. Basic typing and mouse skills are required.

Thu, Apr 23 / 9 AM-12 PM

\$30

Working With Voice

Shawn Gramiak

Want to get that family history book done, but have trouble typing? Thumbs too big for the keypad on your phone? This one hour lecture is a demonstration of how voice dictation can change the way you use your computer, tablet, iPad or iPhone! No need to bring anything, just sit back, relax and enjoy the presentation!

Thu, May 28 / 1-2 PM

\$10

You're One Click Away: eLearning

Edmonton Public Library

Do you have a passion and love of learning? Edmonton Public Library offers many exciting continuing education resources that you can access for free. Find out more at this informative workshop which will highlight some of the excellent tools that are available to you with a free Edmonton Public Library membership. Learning is only one click away! You must have a valid Edmonton Public Library card and pin/password in order to access EPL's online learning resources.

Wed, Jun 17 / 10-11 AM

\$2



You're One Click Away: eNewspapers & eMagazines

Edmonton Public Library

Love to keep informed? You're one click away from staying up-to-date with Edmonton Public Library's online newspapers and magazines. Learn how to access today's newspapers from Edmonton and beyond, all from the convenience of your laptop or tablet. This workshop will also cover how to download popular magazines on to your device. You must have a valid Edmonton Public Library card and pin/password in order to access EPL's online newspapers and magazines.

Wed, Apr 15 / 10-11 AM

\$2

You're One Click Away: Travel & Geography

Edmonton Public Library

Planning a trip or interested in other cultures? Regardless of whether you're an avid jet-setter or an armchair traveler, you're one click away from learning something new. Find out more in this informative workshop on accessing EPL's travel and geography resources. You must have a valid Edmonton Public Library card and pin/password in order to access EPL's digital content.

Wed, May 20 / 10-11 AM

\$2



DID YOU KNOW?

NESA is a non-profit charitable organization. This means that we can issue you an income-tax receipt for any monetary donations you wish to make! Visit us in person to donate today or online at www.nesa1.ca

GST Charitable #119060317 RR 0001

Bird Carving

Hugh Acheson

Please note that this carving course is a **continuation** from the Winter 2020 season. This six-week program is for the painting of bird carving projects from the season prior. Please look for the Fall 2020 guide for more information about new class offerings.

Wed, Apr 8-May 13 / 1-4 PM / Wks 6

\$58

Ceramics: All Levels

Jackie Garrant

Discover the art of creating beautifully crafted ceramic pieces with the guidance of a skilled instructor. You will be shown the tools and techniques necessary to create your own masterpiece! Have fun and learn a new craft in a relaxed environment where social interaction is strongly encouraged. All levels welcome. Students are expected to purchase their own greenware before class begins. **Supply list provided at registration**

Wed, Apr 8-Jun 24 / 12:30-3:30 PM / Wks 12

\$97

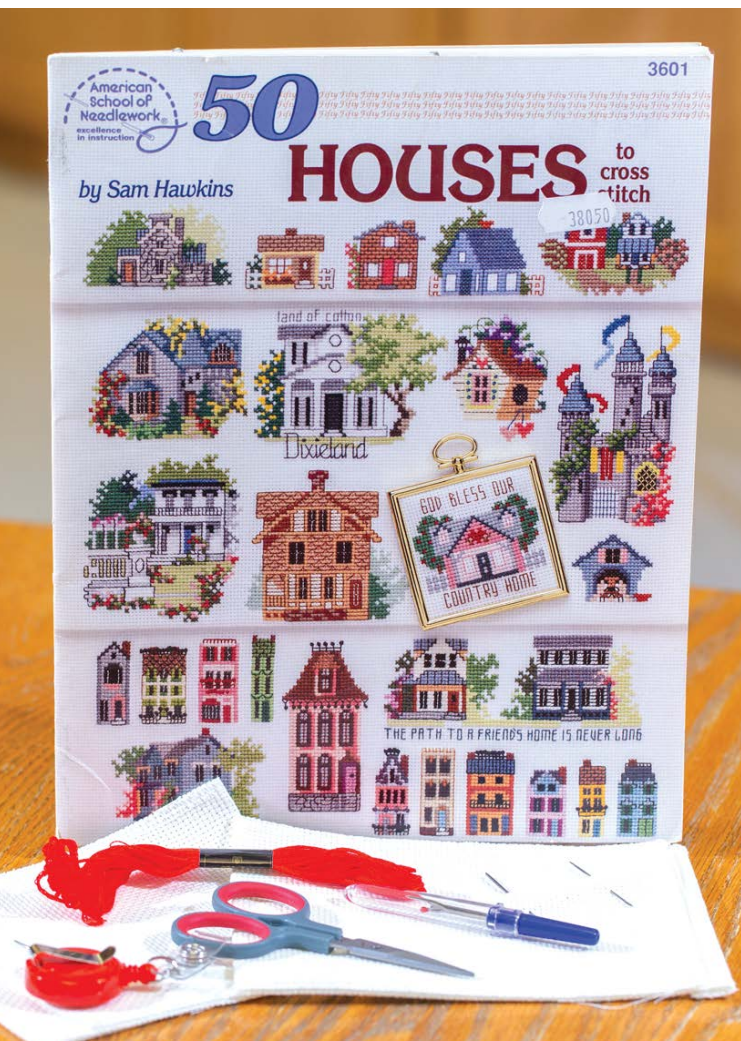
NEW! Counted Cross Stitch for Beginners

Oswald Ferreira

Come learn the art of Counted Cross Stitch. Once you master the art of cross stitching you will be able to make simple items such as bookmarks, fridge magnets, hand towels, to larger items such as table cloths, pillow cases, cushions, or frame pictures for your walls, the only limit will be your imagination and creativity. Watch patterns spring to life on a blank canvas through your skills with a needle and thread. You will find this hobby easy, relaxing and rewarding and friends and family will enjoy receiving your specially crafted creations. **Starter kit included in the class fees. Supply list provided on the first day of class.**

Thu, Apr 16-May 28 / 10:30-11:30 AM / Wks 7

\$47



Creative Writer's Circle

Ken Saik

Watch your writing evolve and keep motivated in this encouraging and fun Creative Writer's Circle. Writers will discuss, examine and develop their writing skills and style through peer analysis and critiques.

Tue, Apr 21-Jun 9 / 12:30-3 PM / Wks 8

\$65

Creative Writing: An Introduction

Ken Saik

Always wanted to put your thoughts, memories and stories to paper but have no idea how to begin? Learn how to write journals, letters, memoirs, fiction and poetry. Learn setting, mood and effective character development while exploring the sheer joy of playing with words.

Tue, Apr 21-Jun 9 / 10 AM-12 PM / Wks 8

\$52

Crochet: Basic - Advanced

Ann Marston

Slip knot, chain stitch, double crochet - what does that even mean? Ann will help you figure it all out! Start off with learning to crochet a scarf and then move on to a project of your choice. If you already know the basics and want to learn more, this class is for you too! Bring in a project that you have on the go or want to start and Ann will help you through any crochet challenges you encounter! **Supply list provided at registration**



A Tue, Apr 7-May 12 / 1:30-3 PM / Wks 6

\$46

B Tue, May 19-Jun 23 / 1:30-3 PM / Wks 6

\$46

CRAFT & HOBBIES . . . continued



Knitting - For All Levels

Ann Marston

Learn the art of knitting! Make a scarf using the knit and purl stitches, also how to cast on your stitches, binding them off and how to read a pattern. For those who have been knitting for some time, Ann will be happy to help you with any project you decide to tackle! **Supply list provided at registration**

A Tue, Apr 7-May 12 / 11 AM-1 PM / Wks 6

\$61

B Tue, May 19-Jun 23 / 11 AM-1 PM / Wks 6

\$61

NESA IS A NON-PROFIT ORGANIZATION

Which means that the fees are used to pay for the instructor and the space. When programs have a low enrollment we may have to cancel the program because we can not afford to keep it going. Sometimes we use other programs to supplement a new program to get it up and running. This means that we have a **NO REFUND** policy. Thank you for understanding!

Northgate Writing Society

Linda Glover

Have you ever had a story to tell but didn't know how to start it? Join us and discover how talented you are and how interesting your word weaving can be! Check out our blog at nglswordweavers.blogspot.com to read some of our stories. The blog will be updated frequently so as a member of Northgate Writing Society, you will be able to have your stories published on it.

Fri, Apr 17-Jun 19 / 1-3 PM / Wks 10

\$20



NESA MATINEE MOVIES



Movies start @ 1:15 PM

\$2 (for refreshments) Must pre-register.

Join us for the following movies...

“Dumbo” (2019)

Fantasy, Adventure (1 hour, 52 min)

Struggling circus owner Max Medici enlists a former star and his two children to care for Dumbo, a baby elephant born with oversized ears. When the family discovers that the animal can fly, it soon becomes the main attraction -- bringing in huge audiences and revitalizing the run-down circus. The elephant's magical ability also draws the attention of V.A. Vandevere, an entrepreneur who wants to showcase Dumbo in his latest, larger-than-life entertainment venture.

Tuesday, April 21

“Oceans 8” (2018)

Thriller, Crime (1 hour, 51 min)

Five years, eight months, 12 days and counting -- that's how long Debbie Ocean has been devising the biggest heist of her life. She knows what it's going to take -- a team of the best people in the field, starting with her partner-in-crime Lou Miller. Together, they recruit a crew of specialists, including jeweler Amita, street con Constance, suburban mom Tammy, hacker Nine Ball, and fashion designer Rose. Their target -- a necklace that's worth more than \$150 million.

Tuesday, May 19

“Breakthrough” (2019)

Drama (1 hour, 56 min)

Tragedy strikes when Joyce Smith's adopted son, John, falls through the ice on a frozen lake in Missouri. Trapped underwater for more than 15 minutes, rescuers bring John back to the surface and rush him to the nearest hospital. While doctors fear the worst, the 14-year-old boy continues to fight for his life as Joyce, her husband and their pastor stay by his bedside and pray for a miracle.

Tuesday, Jun 23

“The Upside” (2017)

Drama, Comedy (2 hours, 5 min)

Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest.

Tuesday, July 21

“A Dogs Way Home” (2019)

Dram, Adventure (1 hour 37 min)

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers who happen to cross her path.

Tuesday, August 18

DRAWING & PAINTING



NEW! Acrylic Painting: Easy - Fruit & Flowers

Carmella Haykowsky

In this class you will learn how to make the best color choices to make the image pop. You will work on several different styles of acrylic painting. You will paint three paintings including one of a sunny room with a table set with summer fruit and flowers. Carmella's classes include class demos, step by step and guided instructions. Lots of individual attention and positive feedback! This class is for anyone with no or little painting experience to intermediate.

Supply list provided at registration

Wed, Apr 8-May 13 / 9 AM-12 PM / Wks 6

\$120

NEW! Acrylic Painting: Easy - Summer Landscapes

Carmella Haykowsky

This engaging class will teach you the key skills to painting outstanding landscape paintings. Focus on three important aspects of landscape painting: color, value and temperature. Learn to train your eye to distinguish colors. Explore a variety of paint applications, effects and brush skills. In this class you will paint three paintings including a field of wild flowers. Carmella's classes include class demos, step by step and guided instructions. Lots of individual attention and positive feedback! This class is for anyone with no or little painting experience to intermediate.

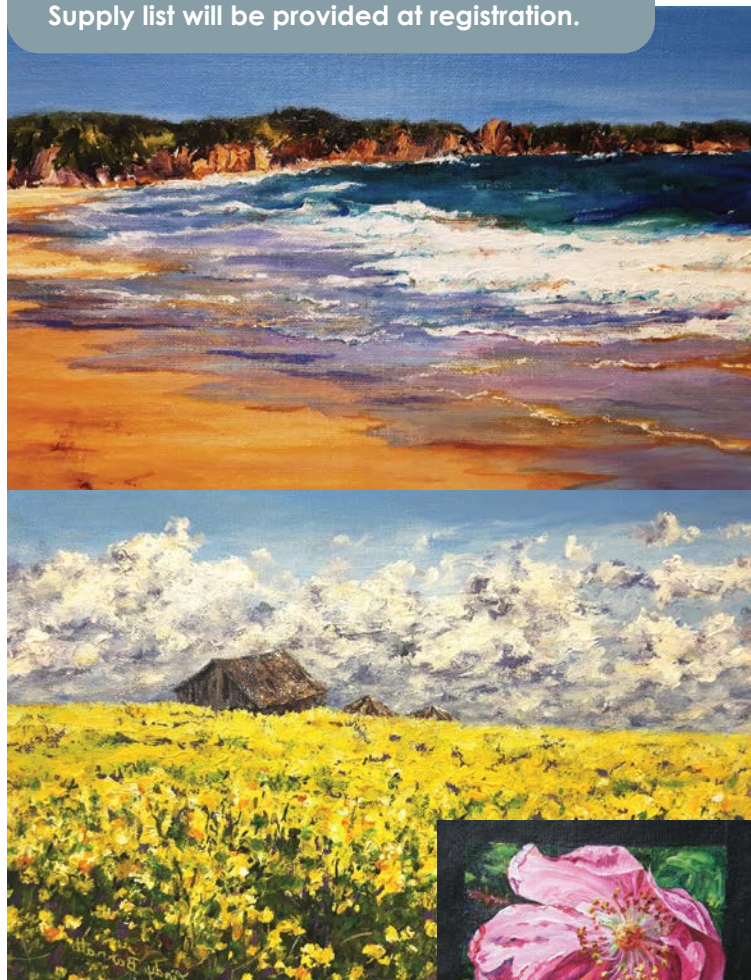
Supply list provided at registration

Wed, May 20-Jun 24 / 9 AM-12 PM / Wks 6

\$120

MATERIALS

Supply list will be provided at registration.



Acrylics with Cindy

Cindy Barratt

Come paint Acrylics with Cindy and learn good basics, color theory, brush strokes and techniques along with demos and individual assistance with your painting projects. Students can bring in their own painting reference or use the materials provided. Suitable for new and repeat students - beginner to intermediate levels.

Supply list provided at registration

Wed, Apr 15-Jun 3 / 12:30-3:30 PM / Wks 8

\$181

Colored Pencil on Black Paper

Susan Casault

Draw a variety of subjects, including animals, nature and nightscapes, all on black paper. An introductory class or previous colored pencil experience is recommended. Gain experience with choosing colors and problem solving as you focus on basic shapes, values and textures. The class will include demonstrations and individual guidance. Photo reference will be provided by the instructor. **Supply list provided at registration**

Thu, May 28-Jun 25 / 9:30 AM-12:30 PM / Wks 5

\$114

Colored Pencils - An Introduction

Susan Casault

In this six week session you will explore the versatile medium of colored pencil through demonstrations and one-on-one guidance. You will learn different mark-making and blending techniques and how to layer colors to create depth and richness in your drawings. You will work on small drawings with photo reference provided by the instructor. **Supply list provided at registration**

Thu, Apr 9-May 14 / 9:30 AM-12:30 PM / Wks 6

\$137



Watercolor For All Levels

Willie Wong

Learn how to paint with watercolors, no drawing or painting experience needed. All projects are easy to follow. Your choice of colors, just bring what supplies you have on hand and be ready to work on a new project! **Supply recommendations provided in first class**

A Mon, Apr 6-May 11 / 1-4 PM / Wks 5

No class Apr 13

\$101

Your choice of colors, just bring what supplies you have on hand and get ready to explore structural, car, and barn-themed projects!

B Mon, May 25-Jun 22 / 1-4 PM / Wks 5

\$101



UNSURE OF WHICH FITNESS CLASS TO CHOOSE?

For help with determining what is most suitable based on your current fitness level and experience, see page 24 for a class selection overview.

Age Reversing Essentrics®

Samara and Meaghan Hipkin and Liz Olson

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Some movement modifications available. Bring a yoga mat and water.

A Mon, Apr 6-Jun 22 / 10:15-11:15 AM / Wks 10

No class Apr 13, May 18

\$95

B Fri, Apr 17-Jun 26 / 10:45-11:45 AM / Wks 9

No class May 15, Jun 5

\$85

C Fri, Apr 17-Jun 26 / 1:30-2:30 PM / Wks 11

\$105

Back and Shoulder Rehab

Billy Yu

This class is designed for those recovering from injuries or living with chronic pain. It will consist of gentle progressive rehab exercises focusing on the upper body, core and lower back.

Wed, Apr 8-Jun 24 / 12:15-1:15 PM / Wks 11

No class Jun 3

\$59

Balance Out Your Week

Billy Yu

There's no better way to complete the week. Join this fun and friendly class and work on your balance, strength and coordination to help with your everyday activities.

Fri, Apr 17-Jun 26 / 11:15am-12:15pm / Wks 11

\$59

Beginner Yoga

Marguerite Critchley

Learn the basics of yoga and fundamental poses, plus breathing and relaxation techniques with a structured style that includes details and demonstrations. Ideal for those new to yoga or those willing to challenge themselves a bit. Participants must be able to get down to and up from the floor.

Mon, Apr 6-Jun 22 / 2:45-4:15 PM / Wks 10

No class Apr 13, May 18

\$65



Body Blast

Kiersten van Leenen

Come get your heart pumping, with a quick 45 minute class that encompasses 45 second based intervals of cardio and strength for a total body conditioning workout before you start your busy day!

Thu, Apr 9-Jun 25 / 8:45-9:30 AM / Wks 11

No class Jun 4

\$53

Cardio Plus

Falon Fleming

Start the day with Falon leading you through a variety of exercises to get the heart rate up, strengthen muscles and tone your whole body. Must be able to lower to floor to do mat work.

A Mon, Apr 6-Jun 22 / 8:45-9:45 AM / Wks 10

No class Apr 13, May 18

\$48

B Wed, Apr 8-Jun 24 / 8:45-9:45 AM / Wks 12

\$58

Chair Dance

Harmeet Khaira

Let's join the dance party with Harmeet! Each class includes stretching, strengthening, coordination and mobility exercises, all to the rhythm and tempo of the music. These updated aerobics classes are a fun way to get moving while also improving balance and coordination, reducing stress and boosting your overall fitness level. All exercises are done in the chair while seated.

A Tue, Apr 7-Jun 30 / 11 AM-12 PM / Wks 11

No class Jun 2 & 9

\$66

B Thu, Apr 9-Jul 2 / 11 AM-12 PM / Wks 11

No class Jun 4 & 11

\$66

Chair Total Body Workout

Harmeet Khaira

Harmeet will lead you through effective exercises and stretches for the entire body. Improve joint range of motion and release tense muscles. Each major muscle group will be focused on. Using bands, walls and chairs, this class is a great fit for all participants. No floor work.

Mon, Apr 6-Jun 29 / 12:30-1:15 PM / Wks 10

No class Apr 13, May 18, June 8

\$60

DID YOU KNOW?

We are pleased to offer our members free WIFI in our building! Please ask for the WIFI password at the Front Desk.

Chair Yoga

Barb Deneka

Chair Yoga is one of the gentlest forms of yoga available. This class uses a chair for all postures, sitting and standing. It is a great way to practice yoga if you have limitations that keep you from attending a traditional yoga class. No mat work.

A Mon, Apr 6-Jun 22 / 11:15 AM-12:15 PM / Wks 10

No class Apr 13, May 18

\$53

B Thu, Apr 9-Jun 25 / 12:15-1:15 PM / Wks 12

\$64

Cross Training

Jollean Ferrari

Utilize a combination of aerobic and strength training to help enhance your health and movements, while improving your strength, flexibility, endurance, and coordination. Station-based rounds are structured to keep you motivated and moving. Must be able to safely get up and down from the floor.

A Mon, Apr 6-Jun 22 / 1:45pm-2:45pm / Wks 9

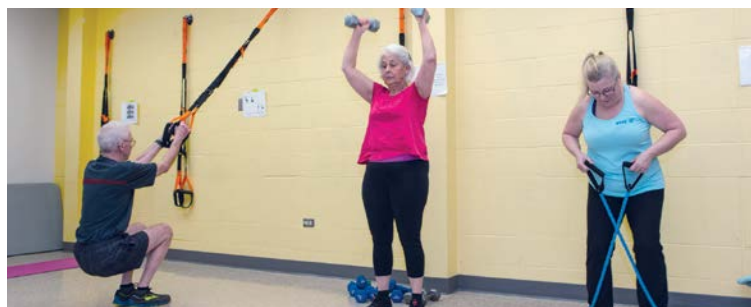
No class Apr 13, May 18, Jun 1

\$54

B Wed, Apr 8-Jun 24 / 1:45pm-2:45pm / Wks 11

No class Jun 3

\$66



NEW! Essentrics® for Seniors

Samara Hipkin

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work.

Mon, Apr 6-Jun 22 / 11:45 AM-12:30 PM / Wks 10

No class Apr 13, May 18

\$95



Essentrics® for Stretch and Tone

Samara and Meaghan Hipkin

A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy. Level 3 – Moderate fitness, includes standing and floor work (back and side only). Bring a yoga mat and water.

A Mon, Apr 6-Jun 22 / 9-10 AM / Wks 10

No class Apr 13, May 18

\$95

B Fri, Apr 17-Jun 26 / 9:30-10:30 AM / Wks 9

No class May 15, Jun 5

\$85

Fit For Your Life

Falon Fleming

A perfect mixture of aerobic activity, strength training and stretching, participants are urged to go at their own pace and enjoy this well-rounded fitness class. No floor work.

A Mon, Apr 6-Jun 22 / 10-11 AM / Wks 10

Apr 13, May 18

\$48

B Wed, Apr 8-Jun 24 / 10-11 AM / Wks 12

\$58

Flexibility and Foam Rolling

(Formally Flexibility with Falon)

Hit the mat to stretch muscles commonly overused to help relax the body. Discover proper foam rolling techniques to further reduce muscle tension. Must be able to comfortably and safely transition to and from the floor repeatedly.

Mon / Dates TBD / 11:15 AM-12:15 PM

NOTE The programming team is currently seeking the perfect candidate to teach this class - stay tuned for program updates! Thank you for your patience and understanding!

NEW! Flow Yoga

Harmeet Khaira

This class offers a variety of postures and breath work on the mat. No two classes are ever alike. We will move from one posture to another using breath. The flow yoga will give you notice of an increase to your endurance and stamina, also providing you with better balance and coordination.

A Thu, Apr 9-May 14 / 12:15-1:15 PM / Wks 6

\$48

B Thu, May 21-Jul 2 / 12:15-1:15 PM / Wks 6

No class Jun 11

\$48

Fun'n Fitness

This class involves plenty of walking to help improve the cardiovascular system. The class also incorporates balance, strength, and flexibility activities with the use of portable exercise equipment. No floor work.

Kiersten van Leenen

A Mon, Apr 6-Jun 22 / 12:30-1:30 PM / Wks 9

No class Apr 13, May 18, Jun 1

\$43

Harmeet Khaira

B Thu, Apr 9-Jul 2 / 1:30-2:30 PM / Wks 9

No class Apr 16, Apr 23, Jun 4 & 11

\$43

Gentle Yoga

This can benefit those with health conditions like fibromyalgia, chronic back pain, arthritis and other mobility issues. Focus is on gentle yoga stretches and poses, breathing and relaxation techniques to help alleviate pain and increase range of motion. Some mat work is required.

Beverley Moore

A Tue, Apr 7-Jun 23 / 12:15-1:45 PM / Wks 12

\$84

Barb Deneka

B Thu, Apr 9-Jun 25 / 10:30 AM-12 PM / Wks 12

\$84

NEW! Happy Hips, Core and Buns

Kiersten van Leenen

This class is designed to increase hip mobility, and strengthen your core and glutes! Come and work on this very important section of the body using yoga postures, dynabands and balls for some added fun! Please bring your own mat to this class as floor work will be required.

Wed, Apr 8-Jun 24 / 12:30-1:15 PM / Wks 12

\$58

Interval Training

Kiersten van Leenen

Join Kiersten for a total body workout experience! Experience an array of cardio and strength training exercises that challenge your body, burn calories, and energize you from head-to-toe! This course is for beginners and the advanced exerciser! Some floor work is practiced but modifications are also provided.

A Mon, Apr 6-Jun 22 / 8:45-9:30 AM / Wks 9

No class Apr 13, May 18, Jun 1

\$48

B Wed, Apr 8-Jun 24 / 8:45-9:30 AM / Wks 11

No class Jun 3

\$59



NEW! Keep Fit with Kiersten

Kiersten van Leenen

Improve your cardiovascular health, strength, balance, core and agility. Burn calories, tone your body and get fit at your own pace. Exercise modifications will be shown. Must be able to lower to the floor with ease.

Fri, Apr 17-Jun 26 / 8:45-9:45 AM / Wks 11

\$53

NEW! Laugh and Clap with Harmmeet

Harmmeet Khaira

This class is a combo of fun and exercise. Clapping is known to improve the overall heart health, blood pressure and blood circulation to various organs. It improves the brain function and concentration. A good, hearty laugh relieves physical tension and stress, boosts the immune system, decreases stress hormones and increases immune cells, thus improving your resistance to disease.

A Mon, Apr 6-May 11 / 1:30-2:30 PM / Wks 5

No class Apr 13

\$30

B Mon, May 25-Jun 29 / 1:30-2:30 PM / Wks 5

No class Jun 8

\$30

Limber and Laughter

Kiersten van Leenen

Join in for an effective seated workout using portable equipment and a range of modified movements. This class welcomes all levels of exercisers and is very beneficial to those with limited mobility.

A Mon, Apr 6-Jun 22 / 11:30 AM-12:15 PM / Wks 9

No class Apr 13, May 18, Jun 1

\$43

B Wed, Apr 8-Jun 24 / 11:30 AM-12:15 PM / Wks 12

\$58

Pick Your Pace

Harmmeet Khaira

This class focuses on balance, strength, flexibility and walking drills to get your heart rate up. Using a variety of portable equipment, you are led through a full body workout. All fitness levels are welcome!

A Tue, Apr 7-May 12 / 1:30-2:30 PM / Wks 5

No class Apr 14

\$30

B Tue, May 19-Jun 30 / 1:30-2:30 PM / Wks 5

No class Jun 2 & 9

\$30

Pickleball: Drop In

Looking for an afternoon to play Pickleball? Join other NESAs members for an afternoon of Pickleball fun for just \$2 a visit.

NOTE NESAs membership is required for drop-in access and no instruction is provided. Cash only.

Mon, Apr 6-Jun 22 / 3:30-5:30 PM / Wks 9

No class Apr 13, May 18, Jun 1

\$2 / Per visit **EVENINGS**

NEW! Pickleball: Learn to Play - Novice Level

with "In A Pickle" instruction

Interested in learning how to play pickleball? Join experienced and qualified pickleball instructors from "In a Pickle" for two afternoons of instruction on learning the basics of the game so you feel more confident on the courts here at NESAs or wherever you might play. Registration is limited, so don't delay and sign-up right away!

Wed, May 20 & May 27 / 2:30-4 PM / Wks 2

Round Robin Games

Wed, June 3, 10, 17, & 24 / 2:30-4 PM / Wks 4

\$43

NEW! Pickleball: Skills Assessment and Clinics - Intermediate Level

with "In A Pickle" instruction

Already know how to play but want to brush up on your skills? The instructors have a workshop for you too! Join the group for some skills assessments and refine your current techniques. Registration is limited, so don't delay and sign-up right away!

Wed, May 20 & May 27 / 4-5:30 PM / Wks 2

Round Robin Games

Wed, June 3, 10, 17, & 24 / 4-5:30 PM / Wks 4

\$43 **EVENINGS**

WANT MORE PICKLEBALL?

Check out page 43 for more information about the NESAs Pickleball Club.

Pickleball: Registered Evening Program

Pickleball is a paddle sport that combines elements of tennis, badminton, and table tennis. Join fellow pickleball enthusiasts for an evening of fun on the courts. Novice level plays at 5:30pm and Intermediate at 7:00pm. Please note that no instruction is provided and these sessions are intended for players with a basic understanding of the game. (If interested in receiving instruction or a skills assessment, see the program we are offering from In A Pickle on May 20 and 27).

NOTE Drop-ins are not permitted.

NOVICE

Tue, April 14-June 23 / 5:30-7 PM / Wks 11

\$60 **EVENINGS**

INTERMEDIATE

Tue, April 14-June 23 / 7-8:30 PM / Wks 11

\$60 **EVENINGS**

Pilates On The Ball

Linda Turnbull

Enjoy Pilates? Like a challenge? Try this class! You will feel stronger and more balanced after every class. Stretch and strengthen your body with specific focus on the core stabilizers.

Fri, Apr 17-Jun 26 / 10-11 AM / Wks 11

\$69

Recover & Rebuild

Billy Yu

Recovering from surgery? Or chronic pain and discomfort? Physical limitations? This class is designed specifically with these issues in mind. In a small group setting, Billy uses effective, safe and practical exercises to help improve your overall fitness level and keep you on the right path to good health.

A Tue, Apr 7-Jun 23 / 2-3 PM / Wks 12

\$64

B Thu, Apr 9-Jun 25 / 2-3 PM / Wks 12

\$64



Stretch it Out

Billy Yu

In this class, effective stretching is performed so each major muscle group will be focused on. Using bands, walls and chairs, this class is a great fit for all participants. No floor work.

Fri, Apr 17-Jun 26 / 12:30-1:15 PM / Wks 11

\$59

Stretch 'n Tone Yoga: Beginner

Beverley Moore

Tone your body while improving flexibility, endurance and well-being. Enjoy the energizing effects of gentle stretching and the peacefulness of yoga.

Tue, Apr 7-Jun 23 / 10:30 AM-12 PM / Wks 12

\$84

Stretch 'n Tone Yoga: Intermediate

Tone your body while improving flexibility, endurance and well-being. Enjoy the energizing effects of gentle stretching and the peacefulness of yoga.

Beverley Moore

A Tue, Apr 7-Jun 23 / 8:45-10:15 AM / Wks 12

\$84

Barb Deneka

B Thu, Apr 9-Jun 25 / 8:45-10:15 AM / Wks 12

\$84

Strong and Stable

Kiersten van Leenen

Join in for a total body workout for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. No floor work.

A Mon, Apr 6-Jun 22 / 9:45-10:45 AM / Wks 9

No class Apr 13, May 18, Jun 1

\$48

B Wed, Apr 8-Jun 24 / 9:45-10:45 AM / Wks 11

No class Jun 3

\$59

Tai Chi (Yang Style) - Level I

Leslie Sarabin

Invite discipline and grace into your life. Use fluid and yielding motions to strengthen and quiet the soul. **NOTE** New time!

A Mon, Apr 20-Jun 22 / 11:30 AM-12:30 PM / Wks 9

No class May 18

\$74

B Thu, Apr 16-Jun 18 / 6:30-7:30 PM / Wks 10

\$83 EVENINGS

Tai Chi (Yang Style) - Level II

Leslie Sarabin

Thu, Apr 16-Jun 18 / 7:30-8:30 PM / Wks 10

\$83 EVENINGS

Triple S

Stretch, Strengthen, and Suspend! Join us for a total body workout that includes stretching overactive muscles and strengthening those less active using weights, resistance bands, and suspension trainers. Some floor work.

NOTE *The intermediate class is meant for students who have taken the Beginner level at least twice.*

BEGINNER / Kiersten van Leenen

A Tue, Apr 14-Jun 23 / 9:45-10:45 AM / Wks 10

No class Jun 2

\$63

B Thu, Apr 16-Jun 25 / 9:45-10:45 AM / Wks 10

No class Jun 4

\$63

INTERMEDIATE / Jollean Ferrari

A Tue, Apr 7-Jun 16 / 8:30-9:30 AM / Wks 10

No class Jun 2

\$63

B Thu, Apr 9-Jun 18 / 8:30-9:30 AM / Wks 10

No class Jun 4

\$63

Yin Yang Hatha Yoga

Marguerite Critchley

A slow-paced style of yoga with postures held for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. Yin poses target tight hips, knees, feet and shoulders. Yang poses activate muscles in the body after joints and connective tissue are opened. Yin Yang yoga opens and engages the entire body inside and out.

Wed, Apr 8-Jun 24 / 1:45-3:30 PM / Wks 12

\$79

DON'T MISS OUT!

All programs and clubs require a set minimum number of participants enrolled in order to pay for instructor costs and administration fees. Programs and clubs that do not reach the required minimum will be at a risk of postponement or cancellation. Program and club enrollments are reviewed **ONE WEEK PRIOR** to their start date so please sign up early to avoid disappointment!

Yoga

Beverley Moore

Release tension and relieve stress while improving strength, flexibility and general well-being. All fitness levels are welcome!

Tue, Apr 7-Jun 23 / 7-8:30 PM / Wks 12

\$126 EVENINGS

Zumba

Marguerite Critchley

Use of low impact dance moves to Latin, America-based music, making this an exhilarating and perfect fit for both the seasoned Zumba student or those just starting their journey to a fit and healthy lifestyle.

A Mon, Apr 6-Jun 22 / 6-7 PM / Wks 9

No class Apr 13, May 18, Jun 1

\$54 EVENINGS

B Tue, Apr 7-Jun 23 / 12:15-1:15 PM / Wks 10

No class Apr 14, Jun 2

\$60

C Thu, Apr 9-Jun 25 / 12:15-1:15 PM / Wks 9

No class Apr 16, Apr 23, Jun 4

\$54



FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cardio Plus • Chair Yoga • Essentrics® Stretch and Tone • Fit For Your Life • Flexibility and Foam Rolling • Interval Training • Limber and Laughter • Strong and Stable • Tai Chi 	<ul style="list-style-type: none"> • Chair Dance • Stretch 'n Tone Yoga (Beg.) • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Cardio Plus • Fit For Your Life • Interval Training • Limber and Laughter • Strong and Stable 	<ul style="list-style-type: none"> • Body Blast • Chair Dance • Gentle Yoga • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Essentrics® Stretch and Tone • Keep Fit with Kiersten • Pilates On The Ball
A F T E R N O O N	<ul style="list-style-type: none"> • Beginner Yoga • Chair Total Body Workout • Cross Training • Drop-In Pickleball • Essentrics® For Seniors • Fun 'n Fitness • Laugh and Clap with Harmeet 	<ul style="list-style-type: none"> • Gentle Yoga • Pick Your Pace • Recover and Rebuild • Zumba 	<ul style="list-style-type: none"> • Back and Shoulder • Cross Training • Happy Hips, Core and Buns • Yin Yang Hatha Yoga 	<ul style="list-style-type: none"> • Chair Yoga • Flow Yoga • Fun 'n Fitness • Recover and Rebuild • Zumba 	<ul style="list-style-type: none"> • Balance Out Your Week • Stretch It Out • Age Reversing Essentrics®
E V E N I N G	<ul style="list-style-type: none"> • Zumba 	<ul style="list-style-type: none"> • Registered Evening Pickleball • Yoga 		<ul style="list-style-type: none"> • Tai Chi - Level I • Tai Chi - Level II 	

Fitness Programs and Classes for the exerciser comfortable with moderate intensity, pace, and/or some floor work.

Classes include:

Age Reversing Essentrics®, Beginner Yoga, Body Blast, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Flexibility and Foam Rolling, Flow Yoga, Gentle Yoga, Happy Hips, Core and Buns, Interval Training, Keep Fit with Kiersten, Pickleball [Drop-In and Registered], Pilates On The Ball, Stretch 'n Tone Yoga, Triple S, Yin Yang Hatha Yoga, Yoga, Zumba

Please see course description for more information about what the classes entail.

Gentle Fitness Programs and Classes for the new exerciser or person requiring low/light intensity movements and pace.

Classes include:

Back and Shoulder Rehab, Balance Out Your Week, Chair Dance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fit For Your Life, Fun 'n Fitness, Laugh and Clap with Harmeet, Limber and Laughter, Pick Your Pace, Recover and Rebuild, Stretch It Out, Strong and Stable, Tai Chi.

These classes involve **no floor** work but may include some standing. Please see course description for more information about what the classes entail.

OUR FITNESS CENTRE



Hours Of Operation

Monday to Thursday / 8:30 am - 7 pm

Friday / 8:30 am - 4:30 pm

Closed on Weekends & Holidays

**Hours may be subject to change during the summer and the holidays; please see fitness centre for updates!*

Fitness Centre Admission Fees

Drop-In \$4

10-Visit Pass \$30

Monthly Pass \$35

Annual Pass \$325

**Prices may be subject to change.*

***Passes are not refundable or transferrable.
10-Visit passes expire after one year.*

What We Offer

A welcoming, friendly, inclusive and fun exercise environment; Cardio and resistance training machines, free weights, portable equipment; machine basic-operation orientations for members*.

**Must be scheduled in advance with a fitness centre volunteer.*

Personal Training Services available to help you achieve your fitness goals, including: Health and Fitness Assessments, One on One and Partner Training, and Personalized Training Program Design.

Additional costs apply for these services.

NESA MERCHANDISE FOR SALE

Interested in purchasing a NESA-Shirt, tote bag, or some fitness equipment so you can exercise at home? Please visit our fitness centre to see what we have in our inventory!



PERSONAL FITNESS TRAINING SERVICES AVAILABLE!

Please visit the fitness centre to learn more.





NEW! 10 Ways to Keep Connected in Your Community

Jolyn Hall, Active Aging Advocate

Learning how to keep socially connected is important as we age. Beyond just meeting up with friends, learn how to live an active aging lifestyle while looking out for your social well-being in fun and creative ways. Jolyn Hall of Edmonton55 will help you live an active and connected life with purpose.

Fri, Jun 12 / 10-11:30 AM

\$2

NEW! 10 Ways to Make a Home Stand out in a Slow Market

Jolyn Hall, Active Aging Advocate

Selling a home can be overwhelming and scary when you don't know when your home will sell. Jolyn Hall, Seniors Real Estate Specialist with Schmidt Realty Group Inc. will guide you through 10 things you can do to ensure your home is putting its best foot forward when competing for buyers. Have a competitive edge when you know what buyers are looking for and you leverage that in listing your home for sale.

Tue, May 12 / 1-2:30 PM

\$2

NEW! An Audience With The Pope

Solomon Rolinger

Come hear about how a nice boy from Edmonton got to meet the Pope!

Wed, May 20 / 1-3 PM

\$2

Armchair Travel - Camino de Santiago de Compostela

John Woollard

The Camino de Santiago de Compostela is justly famous as a pilgrimage journey, not just for its spiritual significance, but equally for its varied scenery, hospitality and friendliness, historical monuments and structures, and even leisurely lifestyle. Most pilgrims have to leave for home as soon as they reach the destination of Santiago. However, after a truncated pilgrimage, John and his wife stayed on for three weeks in Santiago, volunteering, and got to know and appreciate this gem of a city, nestled in a valley surrounded by wooded hills and surrounded by other interesting sites. Join John for an introduction to this classic hike and a different perspective on a city in which most people rarely spend more than two nights.

Mon, June 8 / 1-3 PM

\$2

NEW! Body, Organ, and Tissue Donation

Gina Vliet, Life Change Agent

Who can donate their organs? What is tissue donation? What does it take to donate your body to science? What happens to the left-over bits? How do organ/tissue donation and body donation impact each other? In this session we will explore these and other questions, along with your rights and responsibilities when it comes to donating and ensuring your wishes are known.

Tue, Apr 14 / 1-3 PM

\$18

NEW! Canada Pension and Old Age Security Information Session

Tina Greyeyes, Service Canada

Come attend a general information session on the Canada Pension and Old Age Security benefits. This session will give you the opportunity to increase your awareness of these benefits you may not know about that could help you or your family. You will also have an opportunity to talk with the Service Canada representative after the session and ask any questions you might have.

Tue, Apr 14 / 10-11:30 AM

\$2

NEW! Creativity and Aging

Dorothy Lowrie, Human Learning Architecture Inc.

Staying creative is one of the key aspects of healthy aging but what does it mean to be creative - we are not all artists after all! In this session, we will cover the importance of opening ourselves up to different forms of creativity. We will examine what creativity might mean - to each of us. We will even try an exercise in creativity that might open up your thinking to a new creative path.

Tue, May 26 / 1-2:30 PM

\$15



NEW! Credit Cards and Prepaid Cards

Financial Pathways Collaborative

Join a financial educator for an informative morning to learn more about the difference between 'good' and 'bad' credit cards, how to figure out the real cost of using them, and how to get the most out of your card while minimizing unnecessary fees or risks.

Wed, Apr 15 / 9:30-11 AM

\$2

NEW! Digital Services: CRA

Sandra Paul, Canada Revenue Agency

Canadians have spoken and they want more digital options to get the information they need. Attend an information session with the Canada Revenue Agency to learn more about how you can manage your tax information online.

Wed, May 27 / 10-11 AM

\$2

MYSENIORCENTER

An automated check-in system has been installed in the foyer at NESA. It's specifically designed to help staff members manage the various signups and sign-ins, improve the way we report our services to the different levels of government and other funders, and to help improve our programming for our members.

If you need help using the system, our office volunteers are happy to assist you.



DID YOU KNOW?

You can purchase gift certificates for NESAs membership and/or programs at the front desk!

NEW! Exploring Newfoundland - Natural Wonders of a Special Place

Ian Wilson and Jacinthe Lavoie

Join authors and photographers Ian Wilson and Jacinthe Lavoie as they share their discovery of the wildlife, wildflowers, and scenery of Newfoundland. This 45-minute multimedia presentation is a mix of vivid images, traditional music, and entertaining stories ... from colorful coastal villages, to whales playing in the surf and puffins courting. After the presentation Ian and Jacinthe welcome questions and shared memories of this special place.

Wed, Apr 29 / 1-1:45 PM

\$10

NEW! Financial Well-Being for Women in Retirement

Weichurn Woo, Investment Advisor

Women are an increasingly important demographic in financial decision making for retirees. By 2026, it's estimated that women will control nearly half of all accumulated financial wealth in Canada. As women often outlive their spouse, 90% of women will be the sole financial decision maker at some point of their lives, and the majority of investment assets in Canada will eventually be left to them. In many relationships, the husband is often the case the primary financial decision maker, with surviving widows, female retirees finding a steep learning curve after the husband is gone. Moreover, beyond just widows, there are also increasing amount of women who choose to be single, either never married or divorced. Come learn the basics in how to get started on important strategies, mindset, and facts of navigating the financial and investment landscape as a woman in retirement.

Mon, Apr 20 / 1-2:30 PM

\$2



NEW!

Green Funeral Services are Here!

Brandy Rollins, Trinity Funeral Home

Do you carry your own bags to the grocery store? Do you do your best to limit your use of disposable plastics? Are you concerned about the footprint you have left, are leaving and will leave on the environment? A Green Burial can be the final piece to your legacy. Attend this session and learn what Green Burial options are available to Edmontonians right now and what's coming around the corner.

Tue, Apr 21 / 10-11:30 AM

\$2

NEW!

Having Important Conversations

Gina Vliet, Life Change Agent

Not talking about important things is like trying to keep a secret – it takes energy! Speaking about it frees up that energy, leaving you room to find more joy in living. In this session we'll explore new approaches to planning and having conversations about things that really matter: major life changes, your health, quality of life, where you'd like to live as you age, and ultimately how you'd like to leave this world.

Tue, Apr 28 / 1-3 PM

\$18

NEW!

Identity Theft and Fraud Prevention

Financial Pathways Collaborative

We hear about it every day, instances of fraud where people have had their money, assets, and even identities stolen, a terrible experience no one should ever have to face. Spend the morning with a financial educator who will share information about the steps you can take to increase your fraud and identity theft awareness, how to guard your financial information, and how to protect electronic records on your computer and devices.

Tue, May 5 / 9:30-11 AM

\$2

NEW!

Managing Your Money in Canada - For Seniors

The Canadian Foundation for Economic Education

Join in for an informative workshop to answer any questions you may have regarding your finances. Take part in engaging conversation with a representative from the Canadian Foundation for Economic Education, and other seniors in your community, to gain a better understanding of your financial issues and concerns. Topics of discussion include: Making estate arrangements, Moving as housing needs change, Dealing with attempted fraud or financial abuse, Caring for a loved one, Living with long-term illness or disability, and Managing retirement. Light refreshments will be served!

Tue, Apr 7 / 10 AM-12 PM

\$2

NEW!

Navigating Care Options in Your Home

Jolyn Hall, Active Aging Advocate

If you are planning to age in your home, it is important to understand the type of care services you may need to access in your home. Jolyn Hall of Edmonton55 will help you explore the variety of options of care available in your home to help you plan for your future needs. You'll know what to expect from these services and know when you should get services started as your health needs change.

Tue, Jun 9 / 1-2:30 PM

\$2

GENERAL INTEREST ... continued



Selling Your Last Home for the First Time

Jolyn Hall, Active Aging Advocate

If you haven't sold a home in the last 10 years, and know you may be planning a move to downsize, this seminar will guide you to prepare for selling your home. Jolyn Hall is a Seniors Real Estate Specialist with Schmidt Realty Group Inc., and will guide you on how to prepare your home, help you understand the market, discover service providers who can assist with downsizing and learn financial implications of selling your last home.

Fri, Apr 24 / 10-11:30 AM

\$2

NEW! Semi Annual 2020 Global Financial Market Review and Outlook

Weichurn Woo, Investment Advisor

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2020, and look at forward guidance on what to expect for the second half of the year.

Mon, Jun 22 / 1-2:30 PM

\$2

NEW! **The Clutter Conundrom -
Solving the Problem of Too
Much Stuff**

Shannon Belanger, Professional Organizer

Clutter is all around us. Clutter in our homes, in our relationships, in our minds. Most of us have too much stuff and not enough time to deal with it. Join Shannon Belanger from Simply SOS – Professional Organizers to learn tips and tricks to better organize your home and your life!

Wed, May 20 / 10 AM-12 PM

\$2

NEW! **Understanding Housing Options
as We Age**

Jolyn Hall, Active Aging Advocate

Are you confused by all the housing options? Not sure what would benefit you? Join Jolyn Hall of Edmonton55 as she helps clarify the types of options for housing and care as we age. Jolyn will demystify when to consider a move and help you understand financial implications of renting vs buying vs life lease. Learn to be proactive to stay in control of your housing choices as your needs change!

Fri, Apr 17 / 10-11:30 AM

\$2

NEW! **What It Means to Be an
Executor**

Gina Vliet, Life Change Agent

Most people take on being an Executor with no previous experience or instructions and must perform their duties while dealing with their own grief and loss. In this session we will explore the roles, responsibilities, risks, and rights of an executor, and how estate owners and executors can work together to prepare for and to execute this important role.

Wed, May 6 / 1-3 PM

\$18

NEW! **You Are Responsible For an
Estate - Now What?**

Lawyers partnered with the Edmonton Community Foundation

When a person is assigned or chooses to take on the role of administering the estate of another person, there are many responsibilities and duties expected. Attend this session to learn more about what these duties entail and to gain a better understanding of what is involved with such an important role. Additionally, you will review what is important to consider when selecting your own executor.

Wed, Apr 22 / 9:30-11:30 AM

\$ Free MUST Pre-register





NEW! Air Quality and Health

Opel Vuzi, Air Quality and Health Specialist

Are you air aware? Did you know that the levels of air pollution in your home could be two to five times higher than outdoors? On average, we take 20,000 breaths a day, which is about 10,000 liters of air that get into our lungs. Can you imagine what happens to our lungs if the air we breathe contain pollutants? At the presentation, we will discuss how air pollution affects our body and what we can do to reduce exposures to air pollutants. As well, because wildfire smoke has become a usual occurrence every summer, we will discuss how to prepare for the wildfire season.

Mon, May 11 / 1-1:45 PM

\$2

Connections

Carole Furgala

Are you feeling isolated at home and unsure about how to become involved again? Connections offers social opportunities, education and exercise in a safe, encouraging environment. Space is limited.

A Mon, Apr 20-Jul 6 / 10 AM-12 PM / Wks 11

No class May 18

\$22

B Fri, Apr 24-Jul 3 / 1-3 PM / Wks 11

\$22

Getting a Good Night's Sleep

Linda Nghiem, Pharmacist from Palisades Pharmacy

The quality and quantity of your sleep can affect your mood and overall health. Learn about developing a good sleep routine and various sleep hygiene tips to get a good night's rest.

Wed, Jun 10 / 1-2:30 PM

\$2



WELLNESS CLINICS FOOTCARE

The 1st and 3rd Wednesday/month
8:40 am - 3 pm

\$30 M / \$35 NM

Call AB Footcare Inc. at 780.488.5878 or email to make an appointment info@edmontonfc.net

Living with Osteoarthritis

Presented by the Edmonton North Primary Care Network

Learn what osteoarthritis is, lifestyle modification, treatment options and how to better manage your pain.

Wed, May 6 / 10-11:30 AM

\$2

Memory Booster

Presented by the Edmonton North Primary Care Network

Learn about memory loss and aging and about the different things you can do to better manage your memory loss.

Wed, June 17 / 10-11:30 AM

\$2

NEW! Good Health Takes Guts Part II: A Conversation About Intestinal Health

Kirsten Veugelers, Personal Patient Navigator

This course builds off of the ideas discussed in the first "Good Health Takes Guts" course (offered during the Winter 2020 season). This course will be a small discussion group, where participants are invited to bring their questions, to create a more personalized dive into what research is telling us about how intestinal microbes affect your health, and what you actually can do to improve your gut health. Register early as space is limited.

Mon, May 4 / 1:30-3 PM

\$15



HEALTH & WELLNESS... continued



NEW!

Staying Healthy

Linda Nghiem, Pharmacist from Palisades Pharmacy

Join Linda for an interactive discussion to learn about ways to avoid becoming ill with the cold and flu, including good hygiene techniques, food and supplements that boost the immune system and vaccinations.

Wed, Apr 22 / 1-2:30 PM

\$2



Your Mental Health Matters: Understanding Anxiety and Depression.

Presented by the Edmonton North Primary Care Network

Understand signs and symptoms of anxiety and depression and the stigma associated with it. Additionally, you will learn more about what treatment options there are and about what resources are available in your community.

Wed, Apr 22 / 10-11:30 AM

\$2

MAHALO MASSAGE THERAPY

Tuesdays - For pricing, appointments and inquiries, please call Anamaria or Carmen at 587.938.7122 or email them at avallejormt@gmail.com

NESA TOURS & OUTINGS



Nutrition Tour

Save-on-Foods

Thursday, April 16

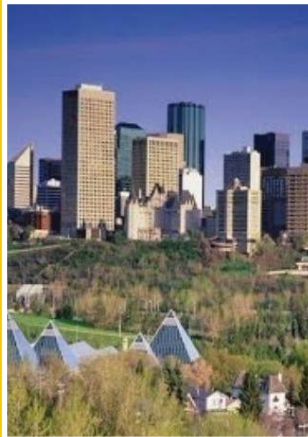
11 am – 12 pm

(Meet in the front entrance at Save-on-Foods at Londonderry Mall)

\$2

Learn how to make quick, healthy and affordable food choices the next time you grocery shop! Join us for this hands-on opportunity to learn about nutrition from a registered dietitian, as we are guided through a fun and informative tour of our Save-on-Foods Store.

NOTE You will need to have a Save-on-Foods card before this tour (Free of charge, available at customer service).



Roots and Resources Tour

Thursday, May 21

Bus Departs: 1 pm / Bus Returns: 3 pm

\$25

Learn about this prairie city, from the fur-trading past to the oil & gas-powered present. This tour is an interesting way to spend some time exploring some highlights and little-known gems of Edmonton. Visit Chinatown, little Italy and the French Quarter for a look at some of the cultural influences on the city, as well as neat spots to make Edmonton such a unique place to visit.



STARS Air Ambulance and Premium Outlet Shopping

Edmonton International Airport

Thursday, June 18

Bus Departs: 10 am / Bus Returns 4 pm

\$25

Join us as we take a look behind-the-scenes and learn about the excellent air medical care & transport services the STARS program provides Edmonton. After the 60 minute tour we will stop for a bite to eat and then do some shopping at the Premium Outlet Shopping Center!

Sign Language in the Community: A Beginner's Learning Class

Brenda Hansler

Interested in learning how to converse in sign language? Join Brenda for a fun and interactive five-week class where you will be introduced to the basics of this unique language including how to sign the alphabet, numbers, and for different categories including people, places, food, and much more!

A Wed, Apr 15-May 13 / 1-3 PM / Wks 5

\$57

B Wed, May 27-Jun 24 / 1-3 PM / Wks 5

\$57

Sign Language in the Community: A Continuing Learning Class

Brenda Hansler

Join Brenda for a five-week interactive sign session where you will put your skills to practice through drills and group exercises. In this class you will enhance your current vocabulary development, finger-spelled words, and basic ASL conversation skills. To participate in this class, it is recommended that the participant already knows how to sign the alphabet, numbers one through 10, and a few basic signs.

A Wed, Apr 15-May 13 / 10 AM-12 PM / Wks 5

\$57

B Wed, May 27-Jun 24 / 10 AM-12 PM / Wks 5

\$57

Spanish - Advanced Level I

Tania Oyarzun

This class is for you if you are wishing to improve your comprehension in reading, writing, and speaking in the Spanish language. Text book required: Spanish for Reading [Barron's Edition]

Thu, Apr 9-Jun 25 / 11:45 AM-1:45 PM / Wks 12

\$149

Spanish - Beginner Level II

Tania Oyarzun

This course is for those who understand the rudimentary basics of the Spanish language. Practice with illustrations and rules to reinforce speaking, reading, listening and writing. There will be time for interactive practice with the class. Text book required: Spanish Now 1 [Barron's Edition].

Thu, Apr 9-Jun 25 / 9:30-11:30 AM / Wks 12

\$149

LEARN
A NEW
LANGUAGE



Spanish - Beginner Level III

Tania Oyarzun

Practice, practice, practice! More speaking, reading, listening, writing and interactive practice with the class. Text book required: Spanish Now 1 [Barron's Edition]

Tue, Apr 7-Jun 23 / 10 AM-12 PM / Wks 12

\$149

OUR CENTRE IS A SCENT FREE ZONE

Help us keep the air we share healthy and fragrance-free.

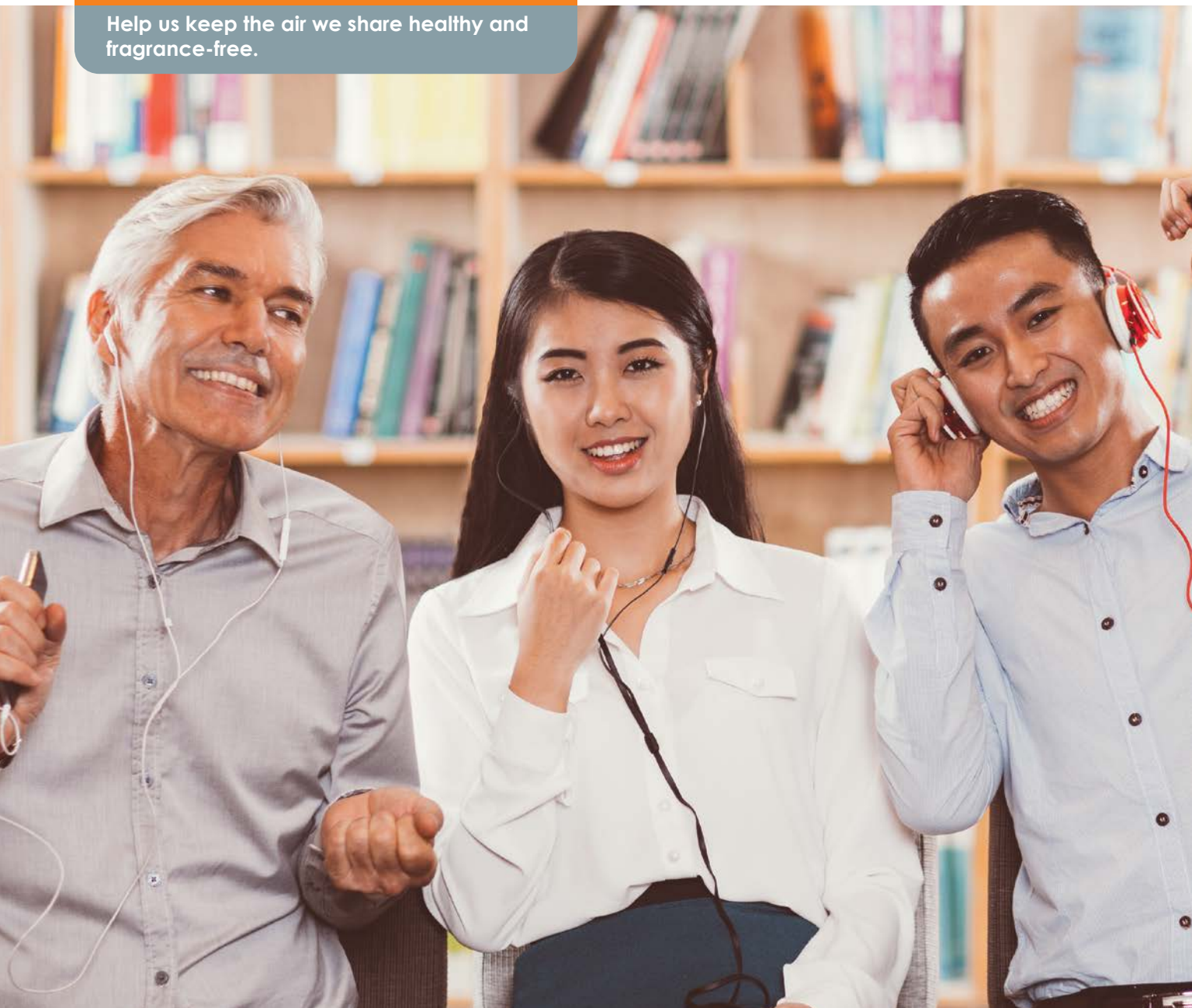
Spanish - Absolute Beginner

Tania Oyarzun

A fun course for individuals wanting to learn the basics of Spanish. Participants will practice learning Spanish based on illustrations, sentences, and rules for listening, reading, writing and speaking. Text book required: Spanish Now 1 [Barron's Edition]

Tue, Apr 7-Jun 23 / 12:30-2:30 PM / Wks 12

\$149



MUSIC, SONG, & DANCE



NEW! Chair Hula

Emily Soriano

Let your hands tell the story! Learn the art of hula dancing while seated – all wheels are welcome! Join Emily and the group for a fun, exciting and creative dance and exercise class.

Fri, Apr 17-Jun 26 / 1:15-2:15 PM / Wks 9

No class May 15, Jun 5

\$54

Clogging: Beginner Level II

Adele Brewer

Practice, practice, practice! This clogging class will help you build the confidence you need to move on to the next level. Come for the workout and stay for the fun!

A Mon, Apr 6-Jun 8 / 12:45-1:45 PM / Wks 8

No class Apr 13, May 18

\$55

B Wed, Apr 8-Jun 10 / 7-8 PM / Wks 9

No class May 20

\$62 EVENINGS

STAY IN THE KNOW ABOUT ALL THINGS NESAS!

Sign up to be on our email list!

Visit www.nesa1.ca and subscribe to receive the latest news and updates from the North Edmonton Seniors Association!

Clogging: EZ Intermediate Level

Adele Brewer

Now that you've mastered the basic steps we will take those movements and expand on them to include more subtle rhythmic and visual variations.

Wed, Apr 8-Jun 10 / 6-7 PM / Wks 9

No class May 20

\$62 EVENINGS

Clogging: Intermediate Level

Adele Brewer

We dance to a variety of music including country, bluegrass, celtic fiddle and pop music. Clogging is a great way to stay in shape both physically and mentally!

NOTE For this level, five to seven years of clogging experience is required.

Mon, Apr 6-Jun 8 / 2-3 PM / Wks 8

No class Apr 13, May 18

\$55

Guitar: Blues Level I

Brett Hansen

Participants will look at 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Prerequisite: Guitar Level II recommended.

Fri, Apr 24-Jun 26 / 12:45-1:45 PM / Wks 10

\$58

Guitar: Finger Pickin' 201

Brett Hansen

This intermediate class will introduce participants to picking with their fingers! Focus will be placed on various picking patterns, chord progressions and some finger picking repertoire pieces. Being able to play basic open chords such as G, A, Am, C, D, Dm, E, and Em is a good indication you are ready for this course. Prerequisite: Guitar Level II is recommended.

Fri, Apr 24-Jun 26 / 9:45 AM-10:45 PM / Wks 10

\$58

Guitar: Level I

Gilles Benoiton

No musical experience necessary – just a desire to have some fun! This class is designed for the absolute beginner. You will learn how to play simple one and two finger chords such as G, C, A, and E, which can be found in songs we can sing to. At registration, please indicate if you need to borrow a guitar. *This course is often taken more than once by participants.

Wed, Apr 15-Jun 17 / 11:30 AM-12:45 PM / Wks 10

\$58

Guitar: Level II

Gilles Benoiton

You should have experience with 3-finger open chords such as D and E, and feel comfortable using them. You will learn additional chords, eventually working your way up to the B7 chord and learning the country pick and strum method.

Wed, Apr 15-Jun 17 / 1-2:45 PM Wks 10

\$81



Guitar: Level III

Brett Hansen

Participants should know G, A, Am, C, D, Dm, E and Em chords. This class focuses on chords (including F and Bm), chord progressions, various strumming patterns and some single notes lines. Appropriate pieces will be brought in to play. Students are encouraged to suggest selections! Guitar Level II is recommended.

Fri, Apr 24-Jun 26 / 11 AM-12:30 PM / Wks 10

\$85

Handbells: Intermediate

Wendy Hoskin

This course is for anyone with some handbell experience, and will continue to build on the skills learned in previous sessions culminating into performances at various venues chosen by the group.

Thu, Apr 9-Jun 4 / 10-11:30 AM / Wks 8

No class May 14

\$47

Hawaiian Dance

Emily Soriano

Join Emily and friends for a weekly escape to the Hawaiian Islands! Learn basic Hula Dancing for fun or for performance. This is a great exercise class to help improve your posture and coordination!

Fri, Apr 17-Jun 26 / 12-1 PM / Wks 9

No class May 15, Jun 5

\$54

Line Dancing: Level I

Dwayne Tulik

Kick up your heels and join us for some fun while toning muscles, stimulating our brain and strengthening your heart! Learn the basic steps to a variety of popular line dances. Bring comfortable or low-heeled indoor shoes.

Tue, Apr 7-Jun 23 / 9-10:30 AM / Wks 11

No class Jun 2

\$74

Line Dancing: Level II

Dwayne Tulik

If you've taken the Level I class, you're ready for more advanced boot-scootin'! This class will challenge you with more turns, longer routines and a little faster pace.

Thu, Apr 9-Jun 25 / 2-3:30 PM / Wks 11

No class Jun 4

\$74

Music Lessons: Guitar, Mandolin, Piano & Violin

Reinhard Kroller

Learn the joys of playing in a supportive and encouraging environment through one-on-one instruction. All levels and any type of music can be instructed. Everyone is welcome from beginners to advanced. Space will be reserved for current students. New students will be booked on a first come first served basis.

NOTE 30 minute sessions

Thu, Apr 9-Jun 25 / 9 AM-12:30 PM / Wks 12

\$317

40 NESA North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre

NESA Songbirds

Faye McConville

Come join this group of singers that are coming together because they love to sing! No other qualification is needed. Instructor plays music by request. Come, relax and put your best voice forward in song!

Mon, Apr 6-Jun 22 / 1-2:30 PM / Wks 10

No class April 13, May 18

\$62

Ukulele for Beginners

Michael Wraith

Learn the joys of playing the ukulele. No musical experience required. Michael will introduce you to this wonderful instrument starting from the basics to strumming and playing easy 2, 3, and 4 chord songs. Must bring own ukulele.

NOTE New time and class duration!

Wed, Apr 8-Jun 24 / 9:30-11:30 AM / Wks 12

\$156

Ukulele Level II

Michael Wraith

Have fun and continue to advance your playing with new chords and styles. Enjoy playing and singing a wide variety of songs within a friendly group. Printed songs provided. Must bring own ukulele.

NOTE New time and class duration!

Wed, Apr 8-Jun 24 / 12-2 PM / Wks 12

\$156

NESA CLUBS AT A GLANCE



COME AND CHECK US OUT. STOP BY AT
OUR SCHEDULED TIME **FOR A CHAT**

	Monday	Tuesday	Wednesday	Thursday	Friday
A M C L U B S	Art - AM 9-12pm Badminton 9-11am Stained Glass 9:30-4pm	Carpet Bowling 10:45-12pm Creative Greeting Cards 9-12pm Music Makers 9:30am-12:30pm Silversmithing/Jewelry 9-4pm Travel (1 st Tuesday of month) 10:45-12pm Weavers 10-4pm	Badminton 9-11am Garden 10:30-12pm (3 rd Wednesday of the month) Pickleball 11-2pm Washi Chigiri-e 9-12pm	Carpet Bowling 10:30-12 pm 	Badminton 9-11 am Book Club 10:30 - 12pm (3 rd Friday of the month) Termites Chip Carvers Return in Fall Cribbage 9:45-12pm Hardanger Embroidery 9-12pm Pickleball 11-2pm Pins and Needles Quilting 9:30am -12:30pm Woodworking 9-4pm
P M C L U B S	Art - PM 1-4pm Stained Glass 9:30-4pm	Artists Club 12:30-3:30pm Jammers 1-4pm Silversmithing/Jewelry 9-4pm Weavers 10-4pm	Guitar Jam 12:30-3:30pm Just For The Company (2 nd Wednesday of the month) 2:30-4pm Wizards of Odds 'n Ends 11:30am-2:30pm	Bridge 12:15-4pm Canasta 1-4pm Fiber Arts 1-4pm Wildlife Carving Return in Fall	Cribbage 12:45-3pm Woodworking 9-4pm

For more information about these clubs, please ask at the front desk or call 780.496.6969.

Club days/times are subject to change. Must be a NESA member to join a NESA club.



REGISTRATION STARTS

Monday, March 2 @ 8:30 am

Art Club - AM

Join in and be motivated! All mediums welcome: oil and acrylic paints, colored pencil, ink and cards. Start a new project or finish an old.

Mon, Apr 6-Jun 22 / 9AM-12PM / Wks 10

No class Mon, Apr 13, May 18

\$20

Art Club - PM

Complete those unfinished art projects or just do your own thing in the supportive company of fellow students. All mediums welcome except for oil paints and solvents due to allergies and sensitivities.

Mon, Apr 6-Jun 22 / 1-4PM / Wks 10

No class Mon, Apr 13, May 18

\$20

Artists Club

Share time, expertise and motivation with this art group while working on your projects or homework from other art programs. All mediums and all skill levels are welcome!

Tue, Apr 7-Jun 23 / 12:30-3:30PM / Wks 12

\$24

Badminton Club

Join fellow badminton players for some fun on the court! **NOTE** No drop-ins permitted.

Mon, Wed, Fri, Apr 6-Jun 26 / 9-11AM / 30 dates

No class Mon, Apr 10, 13, 22, 24, May 18, Jun 5

\$60

CLUBS ARE FOR MEMBERS ONLY

You must be a current member of North Edmonton Seniors Association.

The North Edmonton Seniors Association clubs provide an opportunity to get together on a regular basis in a fun and relaxed atmosphere, with other members who share similar interests. No formal instruction is provided.

NOTE NESA Club fees must be paid at the front desk before the start date of your club. **THERE IS NO PRORATING FOR CLUBS.** If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available.

Some clubs may still have additional dues to pay for supplies, etc. and these are payable to the club coordinators.

Book Lover's Club

We enjoy reading and sharing our experiences about the books we've read in a relaxed, supportive and secure environment.

Fri, Apr 17, May 15, Jun 19 / 10:30AM-12PM / 3 dates

\$6

Bridge Club

Join fellow bridge players for an afternoon of fun!

Thu, Apr 9-Jun 25 / 12:15-4PM / Wks 12

\$24

Canasta Club

All are welcome including those new to the game of Canasta!

Thu, Apr 9-Jun 25 / 1-4PM / Wks 12

\$24

Carpet Bowling

A year-round, indoor sport that resembles outdoor lawn bowling! (Teams chosen in the Fall 2019 season. New players enlisting now will be assigned as spares).

Tue, Apr 7-Jun 25 / 10:45AM-12PM / 11 dates

Thu, Apr 7-Jun 25 / 10:30AM-12PM / 11 dates

No class Tue, Jun 2 & Thu, Jun 4

\$44 for all 22 dates

Creative Greeting Cards Club

Greeting cards using: parchment, embroidery, 3D or paper piercing, always new ideas and techniques. No formal instruction – lots of help available.

Tue, Apr 7-Jun 23 / 9AM-12PM / Wks 12

\$24

Cribbage Club

No partner necessary. Challenge your skills with fellow crib players.

Fri, Apr 17-Jun 26 / 9:45AM-12PM / Wks 11

Fri, Apr 17-Jun 26 / 12:45-3PM / Wks 11

\$22

Fiber Arts Club

Fiber art is a style of fine art which uses textiles such as fabric, yarn and natural and synthetic fibers, often by using multiple techniques for weaving or knotting the materials. Join the club of like-minded artists to work on various fiber art projects!

Thu, Apr 9-Jun 25 / 1-4PM / Wks 12

\$24

Garden Club

We learn about plants and planting. We have special guest speakers and enjoy trips to various places.

Wed, Apr 15, May 20 & Jun 17 / 10:30AM-12PM / 3 dates

\$6

Golf Club

Enjoy golfing trips with other older adults. Meets annually.

Tue, Apr 7 / 1-3PM / 1 date

\$2

Guitar Jam Club

A fun group of acoustic guitar players who play and sing (almost) any style of music. All levels welcome.

Wed, Apr 8-Jun 24 / 12:30-3:30PM / Wks 12

\$24

Hardanger Embroidery Club

Some Norwegian embroidery experience necessary. New members welcome.

Fri, Apr 17-May 15 / 9AM-12PM / Wks 5

\$10

Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Apr 7-Jun 23 / 1-4PM / Wks 12

\$24

Just For The Company

Scheduling day trips together allowing for socialization with new and old friends!

NOTE May's meeting date is on a Tuesday

Wed, Apr 8, May 12, Jun 10 / 2:30-4PM / 3 dates

\$6

Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Apr 7-Jun 23 / 9:30AM-12:30PM / Wks 12

\$24

Pickleball Club

A combination of ping-pong, tennis, and badminton that has been enjoyed for over 20 years by people of all ages. Bring your own paddles and balls or rent from the office.

NOTE No drop-ins permitted.

Wed & Fri, Apr 8-Jun 26 / 11AM-2PM / 19 dates

No class Apr 10, 22, 24, May 8, Jun 5

\$57

NESA CLUBS . . . continued

Pins and Needles Quilting Club

Socialize and share quilting ideas. Work on your own projects or club projects! Experience required as no formal instruction provided.

Fri, Apr 17-Jun 26 / 9:30AM-12:30PM / Wks 11

\$22

Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction, experience required.

Tue, Apr 7-Jun 23 / 9AM-4PM / Wks 12

\$48

Stained Glass Club

Experienced stained glass enthusiasts share ideas. New members welcome. Must have taken stained glass classes before joining club.

Mon, Apr 6-Jun 22 / 9:30AM-4PM / Wks 10

No class Mon, Apr 13 & May 18

\$40

Termites Chip Carvers Club

Using only a knife, join the group for the creation of some simple wood projects like coasters and jewelry boxes. No formal instruction provided however beginners are welcome!

We will be back in September 2020!

Travel Club

Come travel with us!

Tue, Apr 7, May 5, Jun 9* / 10:45AM-12PM / 3 dates

***June date meets on the 2nd Tuesday of the month**

\$6

Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing paper from Japan and gluing the paper onto a canvas to make a picture. The paper is handmade or machine made in various colors, weaves, textures and weight.

Wed, Apr 8-Jun 24 / 9AM-12PM / Wks 12

\$24

Weavers Club

We are fun, friendly, and love to weave! No formal instruction, experience required.

Tue, Apr 7-Jun 23 / 10AM-4PM / Wks 12

\$48

Wildlife Carving Club

No formal instruction provided but members are encouraged to bring in new or old projects and will learn and share tips with other experienced carvers.

We will be back in September 2020!

Wizards of Odds 'n Ends Club

The Wizards are a fundraising group. We socialize and have fun while we sew, knit, crochet, etc., The items we make are sold with all funds donated to NESA!

Wed, Apr 8-Jun 24 / 11:30AM-2:30PM / Wks 12

Free

Woodworking Club

Work on your small woodworking projects - experienced carpenters only. No instruction provided.

Fri, Apr 17-Jun 26 / 9AM-4PM / Wks 11

\$44



NESA Events

May 8	MOTHER'S DAY TEA 1-3 PM / Tickets: \$5 each (On Sale March 30 – May 1)
May 18	NESA CLOSED / STAT HOLIDAY / VICTORIA DAY
May 25	SAFARI REGISTRATION BEGINS
May 29	SPECIAL DINNER & DANCE – MIKE & THE RELICS Dinner 5:30-7 PM / Advance tickets only: \$20 each (On Sale April 27 – May 22). Dance 7-10 PM / Advance tickets: \$10 each OR At door: \$12 each (On Sale April 27 – May 29)
June 1	SENIORS WEEK TEA & ENTERTAINMENT 2-4 PM / Tickets: \$5 each (On Sale April 20 - May 22)
June 1	NESA CLUBS ARTS & CRAFTS SHOW & SALE 10-3 PM
June 2	HEALTH & WELLNESS FAIR 10-2 PM / Free
June 2	NESA CLUBS ARTS & CRAFTS SHOW & SALE 10-3 PM
June 4	SENIORS WEEK RECITAL 1-4 PM / Tickets: \$2 each (On Sale April 27 - June 3)
June 5	SENIORS WEEK PROGRAM & CLUB DAY Stay tuned for more information – details to follow!
July 1	NESA CLOSED / STAT HOLIDAY / CANADA DAY
July 24	PANCAKE BREAKFAST / CLASSIC CAR SHOW 9-12 PM / Tickets: TBD (On Sale June 15 - July 17)
August 3	NESA CLOSED / STAT HOLIDAY / CIVIC HOLIDAY
August 10	FALL CLUB REGISTRATION BEGINS
August 17	FALL PROGRAM REGISTRATION BEGINS

STAY IN THE KNOW

About upcoming events through the NESA newsletter, our website: www.nesa1.ca, or subscribing to receive email updates from us!

LANDRY LEISURE PASS @ NESAs



The Landry Leisure pass (LLP) is a income-based subsidy program that allows NESAs members to receive 75% discount on programs.

Things to Know

You can now register for the 2020 LLP card.

How do I qualify?

This program is an income-based subsidy only available to NESAs members who meet one of the following qualifiers:

1 Person Household: An income of **\$28,513 or less.**

2 Person Household: An income of **\$35,497 or less.**

(Households include main applicants spouse/partner; proof of income required; for example: Current Notice of Assessment).

Registering for Programs with your Landry Leisure Pass (LLP) at NESAs:

- Ensure to have your updated/active LLP card **PRIOR** to registering.
- Complete the NESAs registration form as required and proceed through the registration process.
- Prior to payment, present your LLP card to the program staff to receive the discounted rate. Program cost is reduced by 75%, therefore you pay 25% of the regular program cost. You may receive a discount on up to 10 programs a year.
- You may also receive a discount at our Fitness Centre on the Annual, Monthly, 10-visit Drop-in or single visit passes. Arrangements for Fitness Centre cost reduction, must be completed during NESAs hours of operation (8:30am-4:30pm).

NOTE The purchase of a fitness pass (annual, monthly or 10 visit) counts as one of your eligible subsidized programs.



NOT eligible for discount:

- NESAs membership fee
- Club fees
- Additional supplies needed for some programs
- Tours and Outings
- Cherrydale Café
- Personal Training
- NESAs Social or Fundraising Events
- NESAs swag (T-shirts, mugs, etc.)
- Programs, workshops or presentations less than \$20
- The Connections program

INTERESTED?

For more information or to register for a LLP, contact our Outreach Workers at 780.414.8790



Home Support Services

For more information, please call 780.944.7470

The Seniors Home Supports Program is a referral service for Edmonton Seniors. The goal of this program is to assist seniors with remaining in their homes longer, safely and independently. We have a list of screened service providers who offer assistance in the following categories:

Snow Removal - includes roof snow removal

Yard Maintenance - includes spring and fall clean-ups, tree and shrub trimming/removal

Housekeeping - includes light housekeeping or bigger jobs

Home Repair and Maintenance - includes deck repair, hand rail installation, replacement of door knobs and/or light bulbs, furnace repairs, electricians, plumbers and more!

Personal Services - includes mobile hair and foot care, and both medical and non-medical homecare.

Moving Help - includes organizing, declutter, downsizing, junk removal

Six senior organizations participate in this program and coordinate the program in their districts. NESAs district covers North East Edmonton.

Postal Codes:

T5A, T5B, T5C, T5W, T5Z, T5Y, T6S



Here to help you find the right community and social services. You can dial **2-1-1** to speak to an Information and Referral Specialist about

Financial social assistance, housing, food assistance and meal programs, Senior Services and home care, Disability supports and more!

Outreach Services

For more information, please call 780.414.8790

The Outreach program at the North Edmonton Seniors Association provides support and information to seniors living in North East Edmonton. Our team strives to be advocates and community navigators for seniors. We conduct individual confidential consultations with seniors to help determine their aspirations, assets and needs. We will provide education and information so that seniors can make informed decisions to achieve their goals and meet their needs. We liaise with community partners to proactively reach out to the most vulnerable and at-risk seniors living in our community.

We provide assistance with:

- Information and referrals to community programs and services
- Completing forms and applications for financial benefits
- Information regarding transportation services, homecare, housing options and food provisions
- Leisure Access passes for NESAs and the City of Edmonton
- Resources to reduce isolation
- Navigating the health care system

ETS: DONATE A RIDE



Who The Program Serves

DONATE A RIDE is a City of Edmonton initiated charity led by Councillor Andrew Knack and Councillor Aaron Paquette. Since its inception in 1996, DONATE A RIDE has grown tremendously and now helps thousands of Edmontonians every year through local social service agencies. The agencies provide the transit tickets to low-income individuals and families that are in need of basic transportation to get to employment, educational and social services, helping to improve their quality of life.

NESA is grateful to be able to offer DONATE A RIDE transit tickets to individuals who are struggling to find affordable transportation options. (Adult and Seniors Passes are available).

If you need more information or want to know if you qualify, please contact our Outreach Workers at 780.414.8790





North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY

Regular Membership ☐

Non senior Membership ☐

Gold Membership ☐

Reciprocal Membership ☐

NESA Membership Application

SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____ PHONE NUMBER: _____

MONTH OF BIRTH: _____ YEAR OF BIRTH: _____ ☐ MALE ☐ FEMALE

EMERGENCY CONTACT: _____

PHONE: _____ RELATIONSHIP: _____

Program Waiver (Required)

I, _____ recognize that the activities of the club/program I
(please PRINT name)

will be participating in may have some inherent risks. I knowingly and voluntarily assume the risks of engaging in this activity. I acknowledge that it is my responsibility to be aware of the risks associated with the activity and to safeguard my person by ensuring:

1. that I am physically able/capable of the activity;
2. that I exercise safety measures appropriate to the activity and,
3. that I do not participate beyond my capabilities.

I understand that the North Edmonton Seniors Association endeavors to provide the best possible leadership and instruction for the club/program I am joining.

I acknowledge that the North Edmonton Seniors Association organizes activities only and does not necessarily possess any special skill or knowledge in relation to any of the activities. I understand that NESA is not responsible for any personal property I bring into the building.

I hereby release the North Edmonton Seniors Association from any liability arising out of my participation.

Signed _____ Date _____

SEE OTHER SIDE





North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

Respect for People and Property

The City of Edmonton and the North Edmonton Seniors Association value the safety and security of visitors, volunteers and staff, and the protection of personal and public property at City recreation facilities.

City staff, the NESA Board of Directors and the Edmonton Police Service work together to prevent, monitor and react to any potential risk.

Inappropriate, abusive, undesirable, dangerous or criminal behavior will not be tolerated. Anyone not following facility guidelines will be asked to leave and, may have facility privileges suspended or terminated through the *Abusive Patrons Policy*. Individuals may be charged by the Edmonton Police Service under the Canadian Criminal Code. Please do your part by showing respect for people and property at the Northgate Lions Senior Citizens Recreation Centre, and reporting any suspicious persons or activities to staff immediately.

_____ Please initial to indicate that you have read and agree to adhere to the Terms & Conditions of the "Respect for People and Property Policy"

Email Consent (Optional)

☐ **No**, I do not want to receive electronic communications (emails) from the North Edmonton Seniors Association.

If YES check the below box and complete the requested information.

☐ **Yes**, I give North Edmonton Seniors Association consent to send electronic communications (emails) that concern North Edmonton Seniors Association's programs, activities, events, promotions, updates and newsletters to my email address listed below. I understand that I can unsubscribe from receiving these emails at any time.

My email address: _____

Signature: _____

Print Name: _____ Date: _____

The personal information collected from you is protected under the Personal Information and Protection Act of Alberta (2004). The information will be used to administer registrations and memberships, to provide information to members and may be used for satisfaction surveys. Data will also be used for program planning and evaluation. If you have any concerns about the collection of personal information, they should be directed in writing to: **Board President, North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre, 7524-139 Avenue, Edmonton, AB, T5C 3H7.**



Wednesdays for Dinner

Delectable, home cooked,
hot dinners. Doors open 5 pm

Dinner at 5:30 pm • \$22/pp

Call 780.406.0840 to make reservations.

Please note:

Cut-off for reservations or to cancel a
reservation is Monday prior to the
Wed. dinner. (No exceptions)

& Dance (live band)

Wednesdays • 7 - 10 pm

\$8 Member / \$11 Non Member

Prices are for regular dances only.

Doors open 6:45 pm

Singles welcome!

Band Schedule:

April 1 - Sparkling Tones

*April 8 - Vinyl Country (*Starts @ 7:30 pm)

April 15 - Chwill Brothers

April 22 - Sparkling Tones

April 29 - Diamonds

*May 6 - Diamonds (*Starts @ 7:30 pm)

May 13 - Sparkling Tones

May 20 - Chwill Brothers

May 27 - Vinyl Country

June 3 - Sparkling Tones

June 10 - Vinyl Country

June 17 - Chwill Brothers

June 24 - Diamonds



Banquet Hall & Meeting Rooms

Northgate Lions
Recreation Centre
7524 - 139 Avenue

Hall Rentals

780.496.4928

Space available for
Birthdays, Anniversaries,
Weddings, Banquets,
Meetings & much more!



E.M.M.A. Catering

780.406.0840

Superb home cooked meals
@ Excellent prices!

Over 40 years
ago, the North
Edmonton Seniors
Association chose
a different way to get
older. We began with a
simple premise: fun has
no expiration date.
It keeps you young.
When we learn, play,
build, eat, dance and
travel together, we are
happier and healthier.
We live longer.
We live more
meaningfully.

BE ACTIVE



PLAY



LEARN



Please recycle!

– And pass this program guide on to a friend