

Summer 2026

Registration is now open!
Programs start July 6, 2026



Find your FUN inside:

Fit and Flex pg. 14

Fit and Flow pg. 14

Muscle, Mobility & Mindfulness pg. 16

Tours & Outings pg. 25-26



Program & Activity
GUIDE

At the Northgate Lions Seniors Recreation Centre

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 Senior Centres 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 240 volunteers give over 35,000 hours of their time collectively, annually

MISSION STATEMENT

Supporting the mental, physical, social, and emotional well-being of adults 55+ by encouraging and enabling them to participate in NESA programs and activities.

VISION STATEMENT

To foster a diverse and inclusive, vibrant community that supports the well-being of adults 55+.

Table of Contents

| | |
|-------------------------------------|--------------|
| Clubs | 8-10 |
| Events | 27 |
| Fitness & Sports | 11-19 |
| Fitness Centre | 22 |
| Fitness Class Schedule | 23 |
| Home Supports & Outreach | 29 |
| Landry Leisure Pass | 28 |
| Pickleball | 20-21 |
| Performing Arts | 24 |
| Tours & Outings | 25-26 |

MEMBERSHIP INFORMATION



ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$40/person

UNDER 55 MEMBERSHIP: \$80/person

- Valid January 1 (or date of purchase) to December 31.
- Full voting privileges at Annual General Meeting (55+ only).
- Priority access to NESAs programs and club enrollment at membership rates. (Not required for special events and various one-day lectures or presentations).

How to Obtain: Purchase online (nesa1.ca), by calling 780.496.6969, in person (see page 4 for office location details), or via mail.

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

- Member must have turned 85 before January 1st of the current year.
- Valid for a lifetime with no expiry.
- Full voting privileges at Annual General Meeting.
- Access to NESAs programs and club enrollment at membership rates.

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 28 for more information about NESAs subsidy program.

RECIPROCAL MEMBERSHIP

- Valid January 1 (or date of purchase) to December 31.
- No voting privileges at Annual General Meeting.
- No access to Fitness Centre, Pickleball Programs, or club activities (must be a NESAs member).
- Access to NESAs program enrollment at member rates, starting the next business day after the first day of registration.

How to Obtain: Purchase at participating senior recreation centres. Please retain your proof of purchase for reciprocal membership verification.

NON-MEMBERS

Want to join us for a special event, one day workshop, outing, or presentation?

Look for this symbol  (Non-members welcome) to confirm which activities do not require a NESAs membership.

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2026 MEMBERSHIP?

Call us at 780.496.6969 and we can look up your account and verify your membership status.

PROGRAM REGISTRATION INFORMATION & FORMS



REMINDER!

A valid 2026 NESAs Membership is required for most programs and activities. See pages 5–6.

HOW TO REGISTER:

ONLINE REGISTRATION

Already have your online account set up? Please visit our website www.nesa1.ca and click on 'My Account' to sign in and register.

Don't have an account? Please visit our website www.nesa1.ca and click on 'My Account' and then select the 'Click here to create a New Account' option.

Need to register a spouse or friend online? Make sure we have received their permission for you to do this ahead of time and a NESAs staff can make arrangements to add them to your account.

For Technical Support call:
780.496.6969

NESA'S OFFICE LOCATION

Northgate Lions Seniors
Recreation Centre
7524 139 Avenue

SUMMER HOURS OF OPERATION

Effective July 2-August 28, 2026

Monday-Friday | 8:30AM-3:00PM

Closed on weekends and all
statutory holidays

DON'T HAVE ACCESS TO OUR ONLINE OPTION? REGISTER VIA MAIL OR IN-PERSON

MAIL-IN Complete the form on page 7 and mail it with cheque payment to North Edmonton Seniors Association. Mail-in registrations must include full payment. Receipts will be mailed once enrolment is confirmed.

IN-PERSON Members who are unable to register online or require assistance are welcome to register in person at the NESAs office during regular hours. Please note that registration days can be very busy and line-ups may occur. If possible, we encourage online registration or mailing/dropping off a completed registration form with cheque payment to help reduce wait times.

CANCELLATIONS AND REFUND POLICY Programs, clubs, presentations, tours, workshops, events, and Fitness Centre passes are non-transferable and non-refundable unless cancelled by NESAs. Registration confirms acceptance of this policy.

In cases of a medical or personal emergency, a partial credit for the remaining portion of a program may be considered at NESAs's discretion if notified in advance.

Credits are not provided for missed sessions due to illness, travel, scheduling conflicts, or other personal commitments. All requests are reviewed case-by-case, and approval is not guaranteed. Supporting documentation may be required. *Requests made after a program or event ends cannot be considered.*

LOW ENROLLMENT POLICY Programs are reviewed one week prior to the start date. If minimum enrollment is not met, the program may be cancelled. Register early to avoid disappointment.

DISCLAIMERS Opinions expressed by guest speakers do not necessarily reflect the views of NESAs or its Board of Directors. NESAs is not responsible for injuries incurred during programs or activities. All participants must sign a waiver before participating.



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 | |
|-----------------------|--------------------------|
| 55+ Membership | <input type="checkbox"/> |
| Under 55 Membership | <input type="checkbox"/> |
| Gold Membership | <input type="checkbox"/> |
| Reciprocal Membership | <input type="checkbox"/> |

NESA Membership Application

Please **PRINT** Clearly

MAIL-IN REGISTRATIONS must be accompanied by a money order or cheque made out to North Edmonton Seniors Association with the exact payment amount. Incorrect or missing payment will result in delayed processing time.

Senior Membership (55+) - \$40 | Non-Senior Membership - \$80

See **Membership Information** page for further details and fees.

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE NUMBER: (____) _____ EMAIL ADDRESS: _____

Email Address required for online registration access.

BIRTH DATE (MM/DD/YYYY): _____

Full birth date required for Membership Type criteria.

MALE FEMALE PREFER NOT TO SAY

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: (____) _____ EMERGENCY RELATION: _____

| OFFICE USE ONLY: | |
|--|---|
| <input type="checkbox"/> MEMBERSHIP INFORMATION INPUT INTO BOOKING ON _____ (DATE) BY _____ (INITIALS) | |
| <input type="checkbox"/> EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS | <input type="checkbox"/> FORM ELECTRONICALLY SCANNED ON NESA SYSTEM |
| PLEASE ENSURE COMPLETED FORM IS FILED IN THE 'NEW MEMBERSHIP APPLICATIONS' FOLDER AT FRONT DESK AFTER PROCESSING | |

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: **Executive Director, North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre, 7524-139 Avenue, Edmonton, AB, T5C 3H7.**

SEE OTHER SIDE >

Membership, Activities, and Tour/Outing Waiver and Terms of Service

NESA is dedicated to providing safe, enjoyable, and accessible programs for all members. Please read carefully before signing. Your signature confirms that you have read, understood, and agree to the terms below.

1. Important Information and Participant Responsibility

Participation in NESA programs, activities, and outings is intended to be enjoyable and accessible for all members. Each participant is responsible for ensuring that they are physically able to take part in their chosen activities. If you have any concerns about your health or mobility, you are encouraged to consult your physician before participating.

NESA staff and volunteers are not able to provide one-on-one or personal assistance during programs or outings. Participants who require support with mobility, transportation, or other personal needs must arrange for their own aide, companion, or support person to accompany them.

2. Warning of Risk

While NESA strives to conduct all activities safely, not all hazards and dangers can be foreseen. Risks may include, but are not limited to, slips, falls, illness, injury, vehicle accidents, inclement weather, or other circumstances inherent to recreational and off-site activities. Absolute safety cannot be guaranteed.

3. Waiver and Release of Liability

By signing below, I understand and voluntarily accept all risks associated with participating in any NESA activity, class, club, event, or outing (on-site or off-site). I hereby fully release and discharge NESA, its staff, volunteers, officers, the City of Edmonton, and any affiliated partners from any and all claims, liabilities, damages, or losses arising from my participation, including travel to and from such activities.

I acknowledge that NESA only organizes its activities and does not provide specialized instruction or personal supervision for all programs, and that participation is voluntary and at my own risk.

4. Conduct and Facility Use

I agree to follow all facility guidelines and to respect the rights, safety, and property of others. Inappropriate, abusive, dangerous, or criminal behavior will not be tolerated and may result in removal or loss of privileges in accordance with NESA and City of Edmonton policies.

NESA is not responsible for personal belongings brought into the facility or on outings.

5. Membership Information

I am responsible for keeping my contact and emergency information current with NESA.

6. Refund Policy

As NESA is a non-profit organization, fees collected help cover programming, facility, and administrative costs. No refunds or credits will be issued for memberships, programs, clubs, presentations, special events, tours, or fitness centre use unless the activity is cancelled by NESA.

7. Photography Consent

I acknowledge that photographs or videos may be taken at NESA programs, events, or outings. These images may be used for promotional or archival purposes. If I do not wish to be photographed, I will inform the photographer at the time and NESA will make reasonable efforts to exclude me from images.

8. Acknowledgement and Signature

I have read, fully understand, and voluntarily agree to the above Membership, Activities, and Tour/Outing Waiver and Terms of Service, and Photography Consent.

Participant Name: _____ Date: _____

Signature: _____





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 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 | |
|-----------------------|--------------------------|
| 55+ Membership | <input type="checkbox"/> |
| Under 55 Membership | <input type="checkbox"/> |
| Gold Membership | <input type="checkbox"/> |
| Reciprocal Membership | <input type="checkbox"/> |

Mail-In Registration Form

Simply mail the completed form (please PRINT clearly) with payment
 (cheque payable to **North Edmonton Seniors Association**)

Important – Mail-in registrations:

- Will be processed **at the end of day** on the first day of online registration and as received thereafter;
- Are accepted on a space availability basis and a space in class is not guaranteed; **in-person and online registration opens first and receives priority**;
- Must be received a minimum of one business day prior to the club or program start date to allow processing time;
- Failure to have a completed membership will result in your registration not being processed. An active/current membership is **required**. Please see **Membership Information** for further details and fees. Ensure these costs are added to your total below if necessary;
- For further resources (printable forms or online support) visit www.nesa1.ca, click 'Get Involved' and select 'Register'

Confirmation: Registrants will receive a confirmation receipt by mail. If you do not receive a confirmation prior to the first day of class, please call to confirm receipt of registration.

First Name: _____ Last Name: _____

Address: _____

City: _____ Province _____ Postal Code: _____

Phone(s): _____ Email: _____

| Activity Name | Start Day/Date | Time | Fee | Office Use |
|---|----------------|------|--------------|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Payment: Payment in full must accompany registration. Please do NOT send cash. Cheques must be made payable to: North Edmonton Seniors Association | | | Total | Supply lists Required/Added? <input type="checkbox"/> YES <input type="checkbox"/> NO |



CLUBS

**COME AND CHECK
OUT OUR CLUBS. STOP BY
AT OUR SCHEDULED TIME
FOR A VISIT!**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------|------------------------|---|---|--|------------------------------------|
| A M C L U B S | | Creative Greeting Cards 9AM-12PM Music Makers 9AM-12PM Weavers 10AM-3PM | Washi Chigiri-E 9AM-12PM Mahjong 12PM-2:30PM | | Badminton 9AM-11AM |
| P M C L U B S | Art 12PM-3PM | Jammers 12PM-3PM Weavers 10AM-3PM | | Bridge 12PM-3PM Canasta 12PM-3PM Guitar Jam 12PM-3PM | Creative Writing 1PM-3PM |

CLUBS ARE FOR NESAS MEMBERS ONLY

You must be a current member of North Edmonton Seniors Association. NESAs 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. NESAs Club fees must be paid prior to 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.

**FOR MORE INFORMATION ABOUT THESE CLUBS, PLEASE
EMAIL INFO@NESAS.CA OR CALL 780.496.6969.**
Club days/times are subject to change. Reciprocal memberships are not accepted. You must be an active/registered NESAs member to join a NESAs club.



CLUBS

ART

Complete those unfinished art projects or just do your own thing in the supportive company of fellow art students. All mediums are welcomed as long as they are non-toxic, solvent and odor-free.

Mon, Jul 6-Aug 17, 2026 | 12:00 PM-3:00 PM

No session Aug 3

\$12 | 6 Weeks

BADMINTON

Welcome to our friendly badminton club! New members are always welcome – please note that having knowledge, and the ability to serve and rally is required for your participation as no formal instruction is provided. Want to try it out before you register? NESAs Members are welcome to try one session before registering. Registration is required for the entire season; no drop-ins permitted.

Fri, Jul 17-Aug 21, 2026 | 9:00 AM-11:00 AM

\$12 | 6 Weeks

BRIDGE

Enjoy an afternoon of Contract Style Bridge with fellow enthusiasts! All skill levels are welcome, from beginners and novice players to those with more experience.

Thu, Jul 9-Aug 20, 2026 | 12:00 PM-3:00 PM

\$14 | 7 Weeks

CANASTA

All are welcome including those new to the game of Canasta! Please arrive at 11:50AM for table assignment.

Thu, Jul 9-Aug 20, 2026 | 12:00 PM-3:00 PM

\$14 | 7 Weeks

CREATIVE GREETING CARDS

Create cards using different techniques and materials. Some equipment is available for use at the club. Knowledge of card making is necessary and you are required to bring your own supplies as they are not provided. No formal instruction offered but help is available.

Tue, Jul 7-Aug 18, 2026 | 9:00 AM-12:00 PM

\$14 | 7 Weeks

CREATIVE WRITING

"Nobody ever became a writer merely by wanting to be one." (F. Scott Fitzgerald). Come write with us! It's a new year and a new opportunity to pursue your dream of writing. We welcome writers of all levels. Through the generosity of NESAs, the Creative Writing Club (formerly the Northgate Seniors Writing Society) has existed for some 30 years. Its current members continue to encourage published authors and to guide new writers. In past years, some of the many stories have been collected and published in anthologies. As well, members can post their stories on nslswordweavers.blogspot.com The blog is open to the reading public. Join us as we share our literary works and give each other support and feedback. Your writing experience awaits!

Fri, Jul 10-31, 2026 | 1:00 PM-3:00 PM

\$8 | 4 Weeks



CLUBS



GUITAR JAM

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

Thu, Jul 9-Aug 20, 2026 | 12:00 PM-3:00 PM

\$14 | 7 Weeks

JAMMERS

An acoustic guitar group who meet for singing and fellowship!

Tue, Jul 7-Aug 18, 2026 | 12:00 PM-3:00 PM

\$14 | 7 Weeks

NEW! MAHJONG

Enjoy an afternoon of strategy, skill, and social connection! Whether you're a seasoned player or looking to sharpen your game, this casual gathering offers a welcoming space to play, learn, and meet fellow Mahjong enthusiasts. Bring your competitive spirit and enjoy friendly games in a relaxed and supportive environment. **It is free to attend, however an active 2026 NESAs membership is required.**

Wed, July 8-Aug 19 | 12:00 PM-2:30 PM

Drop-in | 7 Weeks

MUSIC MAKERS

Do you enjoy making music? We welcome all instruments!

Tue, July 7-Aug 18, 2026 | 9:00 AM-12:00 PM

\$14 | 7 Weeks

WASHI CHIGIRI-E

Washi Chigiri-E is a Traditional Japanese Art consisting of hand-torn Japanese paper called washi. This paper can be handmade, or machine made of various colour combinations, weaves, and textures. The torn paper is glued on a canvas to make a picture which can look like a watercolour, a pastel, or an oil painting (or a combination of all these). Chigiri-e is an artistic experience/a mental experience – requires a sense of colour, order/organization, and a bit of patience. Supplies can be purchased from the Club.

Wed, Jul 8-29, 2026 | 9:00 AM-12:00 PM

\$8 | 4 Weeks

WEAVERS

We are fun, friendly, and love to weave! Basic weaving experience is required as no formal instruction is provided.

Tue, Jul 7-Aug 18, 2026 | 10:00 AM-3:00 PM

\$28 | 7 Weeks

WHIST

Do you like playing cards and having fun? Join our Whist club for good conversation and friendly card playing. If you want to learn to play whist, we would be happy to provide instructions. If you want to try it out before registering, NESAs members are welcome to one free session.

Mon, Jul 6 - Aug 17, 2026 | 12:45PM-2:45PM

No session Aug 3

\$2/date | 6 Weeks



7:15 STRONG START

Jollean Ferrari

Get moving, stay strong, and have fun in this guided circuit-style class held right in NESAs weight room. Each week, you will work through eight energizing stations designed to improve balance, endurance, and range of motion, all while boosting your strength and confidence. The stations change weekly to keep things fresh, fun, and functional, giving you a full hour of purposeful movement in a supportive small group setting.

A Mon, Jul 6-Aug 10, 2026 | 7:15 AM-8:15 AM

No Class Aug 3

\$69 | 5 Weeks

B Tue, Jul 7-Aug 11, 2026 | 7:15 AM-8:15 AM

\$83 | 6 Weeks

C Wed, Jul 8-Aug 12, 2026 | 7:15 AM-8:15 AM

\$83 | 6 Weeks

D Thu, Jul 9-Aug 13, 2026 | 7:15 AM-8:15 AM

\$83 | 6 Weeks

ACTIVE WITH ARTHRITIS

Amy Petersen

Physical activity is important for the management of joint pain or stiffness associated with Arthritis or other chronic conditions. Join us for a light-intensity, gentle and safe workout while experiencing some relief to your muscle and joint discomfort through a series of different movements that will include various stretching, strengthening and light aerobic activities with the goal to help improve and better manage these conditions. No floor work.

A Tue, Jul 7-Aug 18, 2026 | 10:30 AM-11:30 AM

\$46 | 7 Weeks

B Thu, Jul 9-Aug 20, 2026 | 10:30 AM-11:30 AM

\$46 | 7 Weeks

AGE REVERSING ESSENTRICS®

Meaghan Hipkin

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. Please bring your own yoga mat.

Fri, Jul 10-Aug 21, 2026 | 10:30 AM-11:30 AM

\$81 | 7 Weeks

BARRE CARDIO

Falon Fleming

Rev up that intensity with barre-styled cardio to feel that extra burn and tone your muscles. Improve your endurance, strength and balance at the 'barre', with high repetitions and light resistance. Short cardio bursts incorporated to help keep up your heart rate while sculpting your body. Must be able to lower and rise from the floor for mat based exercises. Please bring your own yoga mat.

Thu, Jul 16*-Aug 13, 2026 | 9:00 AM-10:00 AM

\$33 | 5 Weeks

***Starts this late due to July 9-11 NESAs Booksale being hosted in the gymnasium.**

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 23 for a class selection overview.



CARDIO PLUS

Falon Fleming

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

A Mon, Jul 6-Aug 10, 2026 | 8:15 AM-9:15 AM
No Class Aug 3
\$33 | 5 Weeks

B Wed, Jul 8-Aug 12, 2026 | 8:15 AM-9:15 AM
\$39 | 6 Weeks

CHAIR TOTAL BODY WORKOUT

Designed for those with limited mobility, this class welcomes all levels of exercisers. Using modified movements, portable equipment, walls and chairs, this class focuses on improving strength, flexibility and balance.

Tom Hughes

A Mon, Jul 6-Aug 17, 2026 | 11:00 AM-12:00 PM
No Class Aug 3
\$39 | 6 Weeks

Amy Petersen

B Tue, Jul 7-Aug 18, 2026 | 12:00 PM-1:00 PM
\$46 | 7 Weeks

NEW Instructor!

Tracy Divincenzo

C Thu, Jul 9-Aug 20, 2026 | 12:00 PM-1:00 PM
\$46 | 7 Weeks

Tom Hughes

D Fri, Jul 10-Aug 21, 2026 | 11:30 AM-12:30 PM
\$46 | 7 Weeks



CHAIR YOGA

Makaela Paynter

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 floor work but bringing your own yoga mat to stand on is recommended.

A Tue, Jul 7-Aug 18, 2026 | 11:00 AM-12:00 PM
\$55 | 7 Weeks

B Tue, Jul 7-Aug 18, 2026 | 12:15 PM-1:15 PM
\$55 | 7 Weeks

NEW Time!

C Wed, Jul 8-Aug 12, 2026 | 9:45 AM-10:45 AM
\$47 | 6 Weeks



FITNESS & SPORTS

CROSS TRAINING

Come ready to take on a total body workout designed to improve strength, endurance, and balance. Work through a twelve-station class where you're guaranteed every muscle will work to help you improve every week. Improve your cardiovascular endurance and increase your strength and stamina with diverse and unique movement patterns. Must be comfortable with floor work. Please bring a yoga mat.

NEW Date and Time!

Falon Fleming

A Wed, Jul 8-Aug 12, 2026 | 11:15 AM-12:15 PM

\$39 | 6 Weeks

Jollean Ferrari

B Thu, Jul 9-Aug 13, 2026 | 12:00 PM-1:00 PM

\$39 | 6 Weeks

Tom Hughes

C Fri, Jul 10-Aug 21, 2026 | 10:15 AM-11:15 AM

\$46 | 7 Weeks

SUMMER WORD SCRAMBLE

RAIDOC _____

NUSYN _____

BYIMTOIL _____

CNBHUR _____

KMETRA _____

COLPEPIS _____

MARKET
POPSICLE

MOBILITY
BRUNCH

CARDIO
SUNNY

WORD LIST:

ESSETRICS® FOR SENIORS

Meaghan 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, or 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. No floor work but bringing your own yoga mat to stand on is recommended.

Mon, Jul 6-Aug 17, 2026 | 10:30 AM-11:15 AM

No Class Aug 3

\$62 | 6 Weeks

ESSETRICS® FOR STRETCH AND TONE

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). Please bring your own yoga mat.

A Mon, Jul 6-Aug 17, 2026 | 9:15 AM-10:15 AM

No Class Aug 3

\$69 | 6 Weeks

B Fri, Jul 10-Aug 21, 2026 | 9:15 AM-10:15 AM

\$81 | 7 Weeks



FASCIAL MANEUVERS SERIES

Brittany Uchach

In this seven-week journey, working with Personal Fitness Trainer Brittany Uchach, you'll learn how to release tension, support healthy movement, and feel more energized — without pushing or straining. Fascial Maneuvers combine gentle movement with breath and intention to help improve mobility, reduce stress, and ease chronic discomfort. Each class builds on the last, guiding you toward more freedom and comfort in your body. Please note that there is no floor work in this class.

Wed, Jul 8-Aug 19, 2026 | 12:30 PM-1:15 PM

\$56 | 7 Weeks

NEW! FIT AND FLEX

Jollean Ferrari and Falon Fleming

Looking to workout in a supportive and fun group setting? Join Jollean and Falon for a 90-minute wellness experience that combines fitness, movement and recovery. Each week, Jollean will lead you through a 45-minute "Fit" workout using body weight and portable fitness equipment designed to build strength, mobility and confidence.

Falon will then guide participants through a 45-minute "Flex" session focused on stretching, flexibility training, range of motion activities, foam rolling, and muscle recovery techniques to help improve mobility, reduce tension and promote overall relaxation. Whether you are new to exercise or simply looking to add fresh ideas to your current routine, we've got you covered! Please note that floor work is required, so remember to bring a mat.

Tue, Jul 7-Aug 11, 2026 | 9:15AM-10:45AM

\$66 | 6 Weeks

NEW! FIT AND FLOW

Jollean Ferrari and Makaela Paynter

Looking to workout in a supportive and fun group setting? Join Jollean and Makaela for a 90-minute wellness experience that blends fitness, movement and mindfulness. Each week, Jollean will lead you through a 45-minute "Fit" workout using body weight and portable fitness equipment designed to build strength, mobility and confidence.

Makaela will then guide participants through a 45-minute "Flow" session focused on yoga-inspired floor work, breathwork, meditation and mindful movement to encourage relaxation, improve flexibility and range of motion and help restore balance to both body and mind. Whether you are new to exercise or simply looking to add fresh ideas to your current routine, we've got you covered! Please note that floor work is required, so remember to bring a mat.

Thu, Jul 9-Aug 13, 2026 | 9:15AM-10:45AM

\$66 | 6 Weeks

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 so they can enjoy this well-rounded fitness class. No floor work.

A Mon, Jul 6-Aug 10, 2026 | 9:45 AM-10:45 AM

No Class Aug 3

\$33 | 5 Weeks

B Wed, Jul 8-Aug 12, 2026 | 9:45 AM-10:45 AM

\$39 | 6 Weeks



FLEXIBILITY AND FOAM ROLLING

Falon Fleming

Hit the mat to stretch commonly overused muscles 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.

NEW Time!

Wed, Jul 8-Aug 12, 2026 | 12:30 PM-1:30 PM

\$48 | 6 Weeks

FUN AND FITNESS

Join us for an hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous, low impact cardio, weights and/or resistance bands to improve overall strength, and activities that improve posture, balance and flexibility. Some floor work is required. Please bring a yoga mat.

Tom Hughes

A Mon, Jul 6-Aug 17, 2026 | 12:15 PM-1:15 PM

No Class Aug 3

\$39 | 6 Weeks

NEW Instructor!

Tracy Divincenzo

B Thu, Jul 9-Aug 20, 2026 | 1:30 PM-2:30 PM

\$46 | 7 Weeks

GENTLE FIT CHAIR YOGA

Swee Law

Ready to feel good in your body? Join our chair-supported movement class where we focus on fun, low-impact ways to improve your stamina, strength, balance, and mobility. Using tools like yoga blocks, resistance bands, and bender balls, you'll learn how to reconnect your mind and body through gentle exercises and stretches. This has no floor work and requires no previous experience, making it perfect for anyone looking to start or restart a movement practice. You have the option to stand or sit in your chair during class workout. There will be a five minute seated cool down at the end for the practice of mind-body-spirit connection.

Fri, Jul 10-Aug 21, 2026 | 1:00 PM-2:00 PM

\$55 | 7 Weeks



THINKING ABOUT TRYING A NEW CLASS?

With shorter session lengths and lower overall registration costs, summer is the perfect time to explore a new instructor or format. Please note that free trials will not be offered during the summer season.



GENTLE HATHA YOGA

Swee Law

This gentle yoga class offers stress relief while improving strength, flexibility, and balance in a welcoming, supportive environment. Beginners are encouraged to join. Class begins with seated then progresses to standing and/or floor based postures. Participants should be able to transition from the floor to standing independently; chairs and wall support are available. Movements are guided with breath and mindfulness, and class ends with a short guided relaxation. Please bring a yoga mat.

NEW Time!

Mon, Jul 6-Aug 17, 2026 | 1:15 PM-2:30 PM

No Class Aug 3

\$59 | 6 Weeks

INTERVAL TRAINING

Jollean Ferrari

Join a welcoming group for a total-body workout that's always fresh and adaptable to your pace! Through timed intervals of light cardio and total-body exercises, you'll work on strength, balance, flexibility, and more—using different equipment and movement styles each week. Safe, social and fun for every fitness level!

A Mon, Jul 6-Aug 10, 2026 | 9:00 AM-10:00 AM

No Class Aug 3

\$33 | 5 Weeks

B Wed, Jul 8-Aug 12, 2026 | 9:45 AM-10:45 AM

\$39 | 6 Weeks

NEW! MUSCLE, MOBILITY AND MINDFULNESS

Makaela Paynter and Tom Hughes

Join instructors Tom and Makaela for a welcoming class that blends gentle strength training with mindful movement and relaxation practices for a balanced body-and-mind experience. First 45 Minutes – Muscle & Mobility: Tom will guide participants through approachable, low-impact resistance exercises focused on building functional strength, improving mobility, and supporting balance and stability in everyday movement. Exercises are designed to be accessible for a variety of experience levels.

Final 30 Minutes – Mobility & Mindfulness: Makaela will lead the class into a slower-paced yoga-inspired practice with gentle stretching, calming breathwork, and guided meditation to encourage relaxation, body awareness, and ease. This class is open to all levels, including beginners and those looking for a supportive, non-intimidating way to move their bodies and unwind. Please note that participants should be comfortable moving to and from the floor. Please bring a fitness or yoga mat, along with any props that may help you feel comfortable during relaxation practices, such as a blanket or pillow.

Tue, Jul 7-Aug 18, 2026 | 1:30 PM-2:45 PM

\$69 | 7 Weeks

THINKING ABOUT TRYING A NEW CLASS?

With shorter session lengths and lower overall registration costs, summer is the perfect time to explore a new instructor or format. Please note that free trials will not be offered during the summer season.



PILATES ON THE MAT EXPRESS

Falon Fleming

Mat Pilates is designed to strengthen your core, improve overall body stability, and enhance muscle strength. We focus on activating and strengthening small accessory muscles that support balance, posture, and functional movement. Participants should be comfortable getting down to and up from the floor, as many movements will be performed on a mat.

Thu, Jul 16*-Aug 13, 2026 | 8:15 AM-8:45 AM

\$20 | 5 Weeks

**Starts this late due to July 9-11 NESA Booksale being hosted in the gymnasium.*

STRONG AND STABLE

Amy Petersen

Join us for a gentle and light-intensity total body workout. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. All levels of fitness welcome! No floor work.

A Tue, Jul 7-Aug 18, 2026 | 9:15 AM-10:15 AM

\$46 | 7 Weeks

B Thu, Jul 9-Aug 20, 2026 | 9:15 AM-10:15 AM

\$46 | 7 Weeks

SUSPENSION TRAINING

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Already taken classes in the past? Get in on the fun and take this class to learn (or revisit) the basics of how to safely use this equipment with just your body weight to help improve your strength, balance, flexibility and coordination. All fitness levels are welcome! No floor work.

Jollean Ferrari

A Mon, Jul 6-Aug 10, 2026 | 10:15 AM-11:15 AM

No Class Aug 3

\$40 | 5 Weeks

Jollean Ferrari

B Wed, Jul 8-Aug 12, 2026 | 8:30 AM-9:30 AM

\$48 | 6 Weeks

Tom Hughes

C Fri, Jul 10-Aug 21, 2026 | 9:00 AM-10:00 AM

\$56 | 7 Weeks

COME CHECK OUT NESA'S MEMBER SOCIAL SPACE & GAMES ROOM



A welcoming space to relax, connect with others, and enjoy board games, card games, and puzzles in a laid-back, inclusive environment. Drop in to unwind, play, and make yourself at home. Room 207, open Monday to Friday, 9:00am-3:00pm





SUSPENSION TRAINING EXPRESS

Looking for a short but effective workout? Want to supplement your current fitness program using just your body weight and the suspension trainers? Join Jollean for a 30 minute class where she will lead you through a safe, low impact and fun workout - sign up today and come 'hang out'! No floor work, no experience necessary, and all fitness levels welcome.

Jollean Ferrari

A Mon, Jul 6-Aug 10, 2026 | 8:15 AM-8:45 AM

No Class Aug 3

\$20 | 5 Weeks

Jollean Ferrari

B Tue, Jul 7-Aug 11, 2026 | 8:30 AM-9:00 AM

\$24 | 6 Weeks

Jollean Ferrari

C Thu, Jul 9-Aug 13, 2026 | 8:30 AM-9:00 AM

\$24 | 6 Weeks

Tom Hughes

D Fri, Jul 10-Aug 21, 2026 | 8:15 AM-8:45 AM

\$28 | 7 Weeks

NEW! WALK THIS WAY: WALKING AND WELLNESS WITH AMY

Amy Petersen

Join Personal Trainer Amy for a fun and supportive weekly walking program designed for older adults and seniors of all fitness levels. Enjoy outdoor walks, explore new routes, connect with others, and stay active in a welcoming group environment.

Each class includes a gentle warm-up, guided group walk, brief functional fitness exercises such as balance and mobility movements, followed by relaxing stretches to cool down. This program focuses on safe walking techniques, functional movement, social connection, and overall wellness at a comfortable pace.

This program embraces the many benefits of being active outdoors throughout the seasons. Participants are encouraged to dress appropriately for the weather and bring a water bottle, as classes will take place outdoors in a variety of conditions. Sessions will only be canceled when extreme weather or poor air quality, such as heavy smoke, creates an unsafe environment for participants.

Thu, Jul 9-Aug 20, 2026 | 12:00 PM-1:00 PM

\$46 | 7 Weeks



FITNESS & SPORTS

ZUMBA®

Marguerite Critchley

Join us for a low-impact Zumba® class that blends infectious Latin rhythms with timeless favorites to create an upbeat and energizing workout experience, combining fitness and dance. Whether you're a Zumba® veteran or just getting started on your wellness journey, this class is designed for everybody and every body! No need to sit this one out, unless you want to! Chair-based modifications are available, making it easy for individuals with limited mobility or balance concerns to participate fully and safely. Dance from your feet or your seat—either way, you're guaranteed a great time and a heart-healthy workout. Come for the music, stay for the joy. Let's dance our way to feeling fabulous!

A Tue, Jul 7-Jul 28, 2026 | 12:15 PM-1:15 PM

\$26 | 4 Weeks | or \$10 per class

B Thu, Jul 16-Jul 30, 2026 | 12:15 PM-1:15 PM

\$20 | 3 Weeks | or \$10 per class

SUMMER ZUMBA DROP-IN

Register for a full session or enjoy the flexibility of dropping in for just \$10 per class all summer long!

Sign up for drop-in at the front desk on the day of the class you wish to sign up for.

**Please note drop-in admissions are subject to availability.*

ZUMBA® GOLD

Tammy Clark

Join our Zumba® Gold class, the perfect blend of fun and fitness for active older adults! We take the Zumba® moves you love and modify them to a lower intensity, focusing on all elements of fitness: cardio, muscular conditioning, flexibility, and balance. It's an exhilarating way to stay active, feel great, and unleash your inner dancer. Come discover why Zumba® Gold is the ultimate workout for your body and mind!

Fri, Jul 10-Aug 21, 2026 | 12:00 PM-1:00 PM

\$56 | 7 Weeks | or \$10 per class

ZUMBA® GOLD CHAIR

Join our Zumba® Gold class, the perfect blend of fun and gentle fitness for active older adults! We take the Zumba® moves you love and adapt them for a seated workout, focusing on all elements of fitness: cardio, muscular conditioning and flexibility. It's a fantastic way to stay active, feel great, and unleash your inner dancer, all from the comfort of your chair. Come discover why Zumba® Gold is the ultimate gentle workout for your body and mind!

NEW Time!

Anna Au

A Mon, Jul 6-Aug 17, 2026 | 11:30 AM-12:30 PM

No Class Aug 3

\$48 | 6 Weeks | or \$10 per class

NEW Date and Time!

Sheela Hota-Mitchell

B Wed, Jul 8-Aug 12, 2026 | 11:00 AM-12:00 PM

\$48 | 6 Weeks | or \$10 per class

Tammy Clark

C Fri, Jul 10-Aug 21, 2026 | 1:15 PM-2:15 PM

\$56 | 7 Weeks | or \$10 per class



PICKLEBALL PROGRAMS

PICKLEBALL AT NESAS

For the Summer 2026 season, NESAS will be hosting pickleball at Northgate only (and will resume their court rental arrangement at Rundle Park in the Fall of 2026).

Please note, we will be offering a modified schedule for the summer season, the former schedule will return in the Fall of 2026.

PICKLEBALL LEVELS

- **Beginner:** This player is just learning the rules, basic strokes like the serve and return, and getting a feel for the court. They are focused on making consistent contact with the ball and understanding game flow rather than strategy. They may struggle with keeping the ball in play consistently and often hit shots out of bounds or into the net.
- **Novice:** This player has a grasp of the basic rules and can consistently get serves and returns in play. They are starting to understand court positioning and can sustain short rallies, but their shot selection and consistency can still be erratic. They are working on developing more control over their shots and beginning to explore basic strategies like getting to the net.
- **Intermediate:** This player has solid control over all basic strokes, including volleys and dinks, and can consistently hit them with reasonable accuracy. They understand court positioning, demonstrate consistent use of the non-volley zone, and are beginning to employ strategic elements like third shot drops and drives. They can sustain rallies effectively and are developing a more varied shot arsenal.

Additionally, we also offer a Mixed Levels approach, allowing all players of all levels to participate together if they so choose.

Reminder! NESAS members are welcome to stay at the same pickleball level for as many seasons as they like—there's no pressure to move up. We know many members enjoy keeping the same schedule or playing with the same group, so feel free to register for the sessions that best fit your time and playing style!

NOTE If the above levels do not meet the required minimum number of players, we will adjust by combining groups into Mixed Level play, ensuring that everyone has the chance to participate.

PICKLEBALL SCHEDULE FORMAT

The format for this season's pickleball will remain the same as previous seasons. There will be a 15-member maximum per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

PICKLEBALL RULES, SCORING AND GROUP SUPPORT

To ensure that all pickleball registrants are familiar with the rules, scoring system, and how to organize their round robin matches, it is recommended that only members with experience playing the game or those who have taken one of NESAS's previous 'Learn to Play' or 'Introduction to Pickleball' workshops register as there will be no instruction or support available for those new to the game.



PICKLEBALL PROGRAMS

CREDITS/REFUNDS FOR MISSED PICKLEBALL SESSIONS

No refunds will be issued unless NESAs cancels this program. NESAs requires all registrants to pay in full for the entire season so we can ensure that the space will remain reserved and booked for NESAs. NESAs is unable to refund or credit any pickleball sessions you may be unable to attend. You are however encouraged to report any known absences to

pickleball@nesa1.ca with as much notice as possible so the Programming team can attempt to find a replacement for you. If a replacement player can be found during your absence(s), your NESAs account will be credited for the amount the missed session(s) are worth.

WAITLIST REMINDER

If you were unsuccessful at registering for a pickleball program before it filled up, be sure to add your name to the waitlist as you will be contacted in the event of additional spaces/sessions opening up. (There is no cost to be on the waitlist).

INTERESTED IN A SINGLE-SESSION OF PICKLEBALL?

On occasion there may be member absences from one of the weekday pickleball sessions. If you are interested in being contacted for a single session of pickleball, be sure to email pickleball@nesa1.ca or add your name to the waitlist on the weekday and timeframe of pickleball you would be interested in joining and you will be contacted should a space open up. (There is no cost to be on the waitlist).

BEGINNER

1 Tue, Jul 7-Aug 18 | 9:15 AM-10:30 AM

\$38.50 | 7 Weeks

2 Tue, Jul 7-Aug 18 | 10:35 AM-11:50 AM

\$38.50 | 7 Weeks

3 Thu, Jul 16*-Aug 20 | 10:30 AM-11:45 AM

\$33 | 6 Weeks

NOVICE

1 Wed, Jul 15*-Aug 19 | 1:50 PM-3:05 PM

\$33 | 6 Weeks

2 Fri, Jul 17*-Aug 21 | 12:20 PM-1:35 PM

\$33 | 6 Weeks

INTERMEDIATE

1 Mon, Jul 6-Aug 17 | 1:30 PM-2:45 PM

No session Aug 3

\$33 | 6 Weeks

2 Wed, Jul 15*-Aug 19 | 12:30 PM-1:45 PM

\$33 | 6 Weeks

3 Fri, Jul 17*-Aug 21 | 11:00 AM-12:15 PM

\$33 | 6 Weeks

MIXED LEVELS

1 Tue, Jul 7-Aug 18 | 1:30 PM-2:45 PM

\$38.50 | 7 Weeks

2 Wed, Jul 8-Aug 19 | 11:00 AM-12:15 PM

\$38.50 | 7 Weeks

3 Fri, Jul 17*-Aug 21 | 1:40 PM-2:55 PM

\$33 | 6 Weeks

***Starts this late due to July 9-11 NESAs Booksale being hosted in the gymnasium.**



FITNESS CENTRE



NOTE: THE FITNESS CENTRE WILL BE CLOSED JULY 13-17 FOR UPGRADES!

SUMMER FITNESS CENTRE HOURS

The Fitness Centre is open weekdays from 8:30 AM-3:00 PM. Closed on weekends and all statutory holidays.

HAVE QUESTIONS? Please call 780.944.7442 or 780.496.4915 for fitness centre inquiries.

FITNESS CENTRE ADMISSION FEES

- Single Admission** \$5
- 10-Visit Pass** \$30
- Monthly Pass** \$35
- Annual Pass** \$325

**Prices may be subject to change.*
***Passes are not refundable or transferable. 10-Visit passes expire after one year from date of purchase.*

WHAT WE OFFER

The fitness centre is a welcoming, friendly and inclusive environment equipped with various cardio, resistance training, and portable equipment. While not required of members to participate in, a machine basic-operation orientation is available (by appointment) with a fitness centre volunteer.

Personal Training Services are 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, please visit the Fitness Centre for more details.**



FITNESS CLASS SCHEDULE



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|---|--|--|--|---|
| MORNING | <ul style="list-style-type: none"> • 7:15 Strong Start • Cardio Plus • Chair Total Body Workout • Essentrics® for Seniors • Essentrics® for Stretch and Tone • Fit For Your Life • Interval Training • Suspension Training Express • Zumba® Gold Chair | <ul style="list-style-type: none"> • 7:15 Strong Start • Active with Arthritis • Chair Yoga • Fit and Flex • Strong and Stable • Suspension Training Express | <ul style="list-style-type: none"> • 7:15 Strong Start • Cardio Plus • Chair Yoga • Cross Training • Fit For Your Life • Interval Training • Suspension Training • Zumba® Gold Chair | <ul style="list-style-type: none"> • 7:15 Strong Start • Active with Arthritis • Barre Cardio • Fit and Flow • Pilates on the Mat Express • Strong and Stable • Suspension Training Express | <ul style="list-style-type: none"> • Age Reversing Essentrics® • Chair Total Body Workout • Cross Training • Essentrics® for Stretch and Tone • Suspension Training • Suspension Training Express |
| AFTERNOON | <ul style="list-style-type: none"> • Fun and Fitness • Gentle Hatha Yoga | <ul style="list-style-type: none"> • Chair Total Body Workout • Chair Yoga • Muscle, Mobility and Mindfulness • Zumba® | <ul style="list-style-type: none"> • Fascial Maneuvers Series • Flexibility and Foam Rolling | <ul style="list-style-type: none"> • Chair Total Body Workout • Cross Training • Fun and Fitness • Walk This Way: Walking and Wellness with Amy • Zumba® | <ul style="list-style-type: none"> • Gentle Fit Chair Yoga • Zumba® Gold • Zumba® Gold Chair |

WHAT EXERCISE CLASS IS BEST FOR ME?

Please review the below descriptions to learn more about the difference between our low to moderate intensity-based programs

Gentle Fitness Programs and Classes for the new exerciser or person requiring low/light intensity movements and pace. No floor work.

Classes include:

Active with Arthritis, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fascial Maneuver, Fit For Your Life, Gentle Fit Chair Yoga, Interval Training, Strong and Stable, Suspension Training, Suspension Training Express, Walk this Way, Zumba®, Zumba® Gold, and Zumba® Gold Chair.

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

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

Classes include:

7:15 Strong Start, Age Reversing Essentrics®, Barre Cardio, Cardio Plus, Cross Training, Essentrics® for Stretch and Tone, Fit and Flex, Fit and Flow, Flexibility and Foam Rolling, Fun and Fitness, Gentle Hatha Yoga, Muscle, Mobility and Mindfulness, and Pilates on the Mat Express.

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



PERFORMING ARTS



GUITAR: SUMMER PRACTICE

Gilles Benoit

This class is open to level 2.5 Level 3, 4 and Finger pickers. This is a summer class to keep your skills solid or even improve and learn songs from your next level. We will have various versions (keys) of each song so you can play it at your level and see how it would be done in a more difficult key or with a finger picking pattern. Bring a capo if you have one. I hope to see you!

Wed, Jul 8-Jul 29, 2026 | 1:15 PM-2:30 PM

\$29 | 4 Weeks

LINE DANCING: LEVEL 2

Tracy Walters

In this program, you will learn dances to a variety of music genres, including country, rock, dance, hip hop, Irish, and more. Participants must have experience with a beginner or level 1 line dancing program. Shoes with leather soles are recommended, but not required. No partner needed. Join Tracy for some Line Dancin' fun and enjoy dancing to diverse music while enhancing your skills and having a great time!

Tue, Jul 7-Aug 18, 2026 | 1:30 PM-2:30 PM

\$29 | 7 Weeks

NESA'S MINI WORD SEARCH

DISTILLERY
GUITAR

MINDFUL
BRUNCH

WELLNESS
DANCING

BADMINTON
MARKET

A H G B R F B A N I D A V O P N W L N D B Y N W L O
 B I N A T D T P A D I S T I L L E R Y N E S D T B A
 U U C D H A L M A L E N H F S A L M E C K E Y M D O
 N N I M E M I N D F U L H B D I L G U Y G U I T A R
 D O M I P G A R F D A A V R H E N L F W S K N E N S
 S B A D M I N T O N T M G U M S E F M E R A R K C M
 I A C T D R T E A S W E S N D L S P H J S R I W I K
 L F G O V T M A R K E T M C J N S R F A R H J M N J
 E C H N E A N G P L U I N H W J L R S R A E B N G A



TOURS & OUTINGS

NEW! EDMONTON WASTE MANAGEMENT CENTRE

Curious about what happens to your garbage, recycling, and food scraps after collection? Join us for an engaging behind-the-scenes tour of the Edmonton Waste Management Centre and discover how Edmonton is leading the way in waste management and environmental sustainability. Participants will gain insight into how waste is processed, reused, and responsibly disposed of, while learning about innovative strategies that support environmental stewardship at both the community and individual level.

This 90-minute guided bus tour of the Edmonton Waste Management Centre includes visits to key facilities such as the Material Recovery Facility, Integrated Processing and Transfer Facility, Quantum Lifecycle Partners, the Compost Cure site, and the landfill.



Registration deadline: July 10, 2026 by 3 PM

Wed, Jul 15, 2026



Bus Departs: 9:40 AM | Bus Returns: 12:05 PM

Please arrive at NESAs between 9:15 AM-9:30 AM to check in before departure.

Early Bird Rate: \$30 (Until July 3 by 3:00 PM)

Regular Rate: \$40 (Until July 10 by 3:00 PM)

NEW! RIG HAND DISTILLERY TOUR



Discover one of Alberta's hidden gems with a visit to Rig Hand Distillery — the first craft distillery in the greater Edmonton area! This family-owned business is proud to create exceptional handcrafted spirits using locally sourced ingredients that celebrate Alberta's rich agricultural and resource heritage. Their signature bottles, designed as replicas of the iconic Leduc #1 drilling rig, offer a unique tribute to our province's history and innovation. Enjoy the warm and welcoming atmosphere of Rig Hand's rustic tasting room, the perfect place to relax and unwind while learning about the art of craft distilling.

Your NESAs fee includes round-trip bus transportation, a 45-minute guided facility tour, a tasting experience featuring either a 1 oz. sample of handcrafted liquor or a craft beer, and a delicious lunch at Rig Hand's in-house restaurant, complete with a non-alcoholic beverage, entrée, and side dish from a pre-selected menu. NESAs Programming Staff will contact participants in the weeks prior to the outing to assist with menu selections.

Registration deadline: July 17, 2026 by 3 PM

Thu, Jul 23, 2026



Bus Departs: 10:30 AM | Bus Returns: 2:00 PM

Please arrive at NESAs between 10:00 AM-10:15 AM to check in before departure.

Early Bird Rate: \$95 (Until July 10 by 3:00 PM)

Regular Rate: \$105 (Until July 17 by 3:00 PM)



TOURS & OUTINGS

NEW! FORT EDMONTON BRUNCH AND TOUR

Step back into time at Fort Edmonton, a historic recreation of the original settlement that was the beginning of



our modern city. As part of the 2026 Season, the Indigenous People's Experience is now open. The Indigenous People's Experience of a first of its kind exhibit located within the park. It was developed through extensive consultations with over 50 Indigenous elders, community members and historians. The exhibit features a 30,000 square foot cultural center that combines storytelling with a variety of immersive displays, allowing visitors to engage deeply with Indigenous world views.

Your NESAs fee includes the bus fare, a delicious brunch at the historical Selkirk Hotel's Johnson Café and admission. At the conclusion of the brunch, NESAs Programming Staff will lead participants through the Indigenous People's Experience and other aspects of the park.

Registration deadline: July 31, 2026 by 3 PM

Sat, Aug 8, 2026

NMW

Bus Departs: 10:45 AM | Bus Returns: 3:00 PM

Please arrive at NESAs between 10:15 AM-10:30 AM to check in before departure.

Early Bird Rate: \$95 (Until July 20 by 3:00 PM)

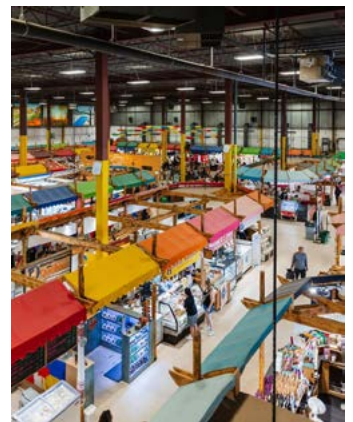
Regular Rate: \$105 (Until July 31 by 3:00 PM)

NEW! BOUNTIFUL MARKET

Come and experience Bountiful Market, a fully indoor shopping experience in South Edmonton with over 120 different vendors. More than 80% are local artisans who make, bake, and grow their products themselves.

Enjoy local, vibrant fruits and vegetables, freshly baked desserts and breads, meat, eggs, delicious wines, mead, and beer, arnica, nuts and sweets, unique artisan crafts and fresh plants are just some of the offerings you'll find!

Your NESAs fee is the transportation to and from the venue. Bring spending money for shopping and anything else you would like to purchase.



Registration deadline: August 7, 2026 by 3 PM

Fri, Aug 14, 2026

NMW

Bus Departs: 9:30 AM | Bus Returns: 12:30 PM

Please arrive at NESAs between 9:00 AM-9:15 AM to check in before departure.

Early Bird Rate: \$30 (Until July 31 by 3:00 PM)

Regular Rate: \$40 (Until Aug 7 by 3:00 PM)

ADVENTURE IS BETTER TOGETHER!

Invite a friend to join you on one of our Tours & Outings for a fun day of exploring, making memories, and enjoying great company.

NESA EVENTS AT A GLANCE

| | |
|-------------------------|--|
| JULY 1 | NESA CLOSED / STAT HOLIDAY / CANADA DAY |
| JULY 2–AUGUST 28 | SUMMER HOURS 8:30AM - 3PM |
| JULY 9–11 | BOOK, PUZZLE, AND JEWELLERY SALE 9AM - 3PM (Open till 7 pm on Thursday) Free Admission Free Parking |
| JULY 13–17 | FITNESS CENTRE CLOSURE |
| AUGUST 3 | NESA CLOSED / STAT HOLIDAY / CIVIC HOLIDAY |
| AUGUST 25 | FALL PROGRAM REGISTRATION Must have a valid 2026 NESA Membership |
| AUGUST 28 | BUMPERS & BURGERS 11AM - 3PM |

Please Note: Event details including prices, dates, and times are subject to change.
ALL ARE WELCOME TO OUR EVENTS!

BUMPERS & BURGERS

FRIDAY, AUGUST 28 | 11AM-3PM



CLASSIC CAR SHOW • LUNCHEON • RAFFLE • LIVE ENTERTAINMENT



SCAN HERE FOR
LUNCHEON TICKETS

The Bumpers and Burgers Fundraiser supports NESA's **Senior Transportation Program**, which provided **889 rides** to local seniors last year, helping them stay active, independent, and connected.

This free event is open to everyone! Bring your friends and family to enjoy classic cars, live music by Mike Chenoweth (12:00pm–1:30pm), and support a great cause.

Luncheon tickets are \$15 and include a burger, chips, a cookie, and a beverage, catered by Caterology. Scan the QR code for more information and to purchase tickets.



SCAN HERE FOR
CAR REGISTRATION

NORTH EDMONTON SENIORS ASSOCIATION

BOOK, PUZZLE & JEWELLERY Sale

JULY 9-11, 2026

Thursday, July 9 | 9am-7pm
Friday, July 10 | 9am-3pm
Saturday, July 11 | 9am-3pm

Items will be added and restocked daily, so be sure to stop by more than once to catch the latest finds!



NESA'S LANDRY LEISURE PASS



The Landry Leisure Pass (LLP) is an income-based subsidy program that allows eligible NESA members to receive \$300 towards NESA programming.

THINGS TO KNOW

Registration is open for the 2026 LLP PROGRAM.

HOW DO I QUALIFY?

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

1. Annual Income Eligibility

One Person Household:

An income of **\$34,770 or less.**

Two Person Household:

An income of **\$56,820 or less.**

*Households include main applicant's spouse/partner if applicable; proof of annual income required by providing **one** of the following: 2024/2025 Notice of Assessment, AISH status, Edmonton LAP holder status, Special Needs Assistance status, or a letter from a social/outreach worker when one of the above is not available.*

2. Current Address Eligibility

One of the following NE Edmonton postal codes:

T5X, T5Y, T5Z, T5A, T5B, T5C, T5E and T5W.

Proof of current address is required by providing one of the following: Drivers License, Passport, Personal Identification, recent utility bill or similar document.

NESA also welcomes and supports new Permanent Residents or Refugees aged 55 and older.

To be eligible, individuals must have been in Canada for less than one year and not yet qualify to file a tax return. In the following year, individuals may reapply based on income and address qualifications.

HOW DO I RENEW MY CURRENT LLP PASS?

- Ensure you have an active 2026 NESA Membership;
- Provide NESA with a copy of your 2024/2025 Notice of Assessment (or other proof of income) and proof of your current address. How?
 - Visit our office during business hours (see page 4 for schedule), or
 - Email us copies of your document(s) at llp@nesa1.ca
- If eligibility requirements are met, your member account will be updated, and your \$300 LLP subsidy will be available immediately in your virtual wallet, for all NESA programs/activities.

REGISTERING FOR PROGRAMS AND ACTIVITIES WITH YOUR LANDRY LEISURE PASS:

- Your LLP status will be in effect from January 1, 2026 – December 31, 2026, and you will have access to \$300 in your virtual wallet to be used at your own discretion for NESA programs and activities.
- **If registering in person or over the phone**, you will have the option to use **all, part or none** of your remaining LLP subsidy.
- If registering online, you will only be able to apply **all or none** of your remaining LLP subsidy amount.
- Refer to page 4 for registration information. You can call us at 780.496.6969 to find out your remaining LLP subsidy.

THE FOLLOWING ARE ELIGIBLE FOR LLP SUBSIDY:

- Programs and activities;
- Tours and outings;
- Social events; and
- NESA's Fitness Centre's annual, monthly, 10-visit, or single admission fitness passes.

NOTE: Wallet funds have no cash value and can only be used for NESA programs/activities. No program refunds will be issued for virtual wallet expenditures unless programs are cancelled by NESA. Unused funds at the end of each year will not be carried forward to the next year.

HOME SUPPORTS & OUTREACH SERVICES

WHY HAVE OUTREACH AND HOME SUPPORT SERVICES CHANGED?

In 2022, the City of Edmonton's Community Support Services Program came together with senior-serving organizations to improve how Outreach and Home Support Services are coordinated in our community. These changes were made to strengthen collaboration and improve access to services for older adults and seniors across the city.

DOES THE NORTH EDMONTON SENIORS ASSOCIATION (NESA) STILL OFFER THESE SERVICES ON SITE?

As of July 1, 2023, The North Edmonton Seniors Association (NESA) no longer provides Outreach or Home Support Services directly

WHERE CAN I ACCESS OUTREACH OR HOME SUPPORT SERVICES NOW?

Outreach and Home Support Services continue to be available through other community organizations. Please review the Community Resources listed below for current service providers and contact information.

COMMUNITY RESOURCES

Please review the following resources for Outreach and Home Support Services available in our community:

Alberta Programs and Services

<https://ab.211.ca>

City of Edmonton Information

<https://www.edmonton.ca>

City of Edmonton Service Requests

https://311.edmonton.ca/reports/list_services

Hello Seniors Support Program

<https://seniorscouncil.net/hello-seniors/>

Seniors Home Supports

<https://seniorscouncil.net/seniors-home-supports/>

Support Services for Seniors

https://www.edmonton.ca/programs_services/for_seniors/support-services

NEED HELP GETTING TO YOUR NESA PROGRAMS? CHECK OUT OUR TRANSPORTATION SUBSIDY PROGRAM.

If you are unable to access NESA's programs due to transportation obstacles and/or financial limitations, we encourage you to email us at transportation@nesa1.ca or call us at 780.496.6969 so the team can determine if you may be eligible for NESA's transportation subsidy program.

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.



DISCOVER



CONNECT



MOVE



Please Recycle!
And pass this program guide on to a friend