

Fall 2025

Registration starts August 28, 2025 at 8:30AM

Programs start September 8, 2025



Find your FUN inside:

Belly Dancing pg 57

Carving Workshops pg 14-15

Fascial Maneuvers pg 29

Suncatcher Workshops pg 20

Zumba Gold plus Toning pg 36



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 200 volunteers give over 30,000 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+.

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MEMBERSHIP INFORMATION

Fall 2025



ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$30/person

UNDER 55 MEMBERSHIP: \$60/person

- Valid January 1 (or date of purchase) to December 31.
- Full voting privileges at Annual General Meeting.
- Priority access to NESA 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.

PROMOTIONAL MEMBERSHIP

\$10 FALL 2025 55+ | \$20 FALL 2025 UNDER 55

- Valid September 1-December 31, 2025

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 NESA programs and club enrollment at membership rates.

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 68 for more information about NESA's 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 or club activities (must be a NESA member).
- Access to NESA program enrollment at member rates, starting one week 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 NESA membership.

**NOTE: 2026 MEMBERSHIPS WILL
BE ON SALE NOVEMBER 2025**

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2025 MEMBERSHIP?

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

PROGRAM REGISTRATION INFORMATION & FORMS



REMINDER!

An active 2025 NESA Membership is required for most programs and activities at NESA. See Membership Application on pages 5-6.

**FALL REGISTRATION BEGINS
AUGUST 28, 2025 AT 8:30AM**

HOW TO REGISTER:

ONLINE REGISTRATION

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

Don't have an account? Please visit our website www.nesal.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 NESA 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

REGULAR HOURS OF OPERATION

Monday-Friday | 8:30AM-4:00PM
*Closed on weekends and all
statutory holidays*

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

MAIL-IN REGISTRATION Please see page 7 for the mail-in registration form. Upon its completion please mail it back to NESA with a cheque payable to North Edmonton Seniors Association. Mail-in registrations will only be processed if full payment is provided. A receipt will be sent back via mail to members who have successfully been enrolled in their program(s).

IN-PERSON REGISTRATION If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration with cheque payment. Please note that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider online registration if possible as it proves to be the safest, most efficient, and fastest option.

TELEPHONE Please note that telephone registration is not available on the first day of the new season's registration period. Telephone support will only be available for technical or online account assistance.

CANCELLATIONS AND REFUND POLICY No refunds or credits will be given for programs, clubs, presentations, tours, or Fitness Centre passes unless canceled by NESA.

LOW ENROLLMENT POLICY Avoid disappointment and register early! The programming team assesses enrolment one week prior to the start date of each class. If the minimum required registration is not met, the program may be canceled. Don't delay registration, sign up today and secure your spot!

DISCLAIMERS Opinions expressed by guest speakers do not 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 outings. All programs are organized and operated by NESA.



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 ☐
Under 55 Membership ☐
Gold Membership ☐
Reciprocal Membership ☐

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+) - \$30 | Non-Senior Membership - \$60 | \$10 Fall (55+) | \$20 Fall (Under 55)

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:

☐ MEMBERSHIP INFORMATION INPUT INTO BOOKING ON _____ (DATE) BY _____ (INITIALS)
☐ EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS ☐ FORM ELECTRONICALLY SCANNED INTO NESA SYSTEM
PLEASE ENSURE COMPLETED FORM IS FILED IN THE 'NEW MEMBERSHIP APPLICATIONS' FOLDER AT THE 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, 7524139 Avenue, Edmonton, AB, T5C 3H7.

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

Terms of Service

[Last updated November 21st, 2024]

By completing an application for NESA membership online or in-person, I acknowledge and agree to the terms of the activity waiver and terms of service as outlined below:

I, the participant, recognize that the activities of the club/program I 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 [NESA] endeavors to provide the best possible leadership and instruction for the activity I am joining. I acknowledge that NESA 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 NESA from any liability arising out of my participation.

Personal Information Update: I understand that it is my responsibility to maintain up to date membership records concerning my contact information. I will also ensure to notify NESA when there have been changes to my emergency contact(s).

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.

Refund Policy: NESA is a non-profit organization. The fees that are collected online or in-person are used to pay for the contractors, program and activity expenses, and for the cost of space. No refunds or credits will be given for memberships, programs, presentations, clubs, tours, special events or fitness centre transactions unless cancelled by NESA.

Photography Consent: I acknowledge that photographs may be taken at NESA programs, activities and events. If I do not wish to have my photograph taken, I will inform the photographer, who will make arrangements to ensure that I am not included in any images.

I have read and understand the above Terms of Service.

Signed: _____ Date: _____



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

Friendly Reminder!

Mail-in forms must be received a minimum of one day prior to the club or program start date with full payment to allow for processing time.

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 AT A GLANCE

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	Stained Glass 9AM-4PM	Carpet Bowling 10:30AM-12PM Creative Greeting Cards 9AM-12PM Music Makers 9:30AM-12:30PM Silversmithing 9AM-4PM Weavers 10AM-4PM	Book Lovers 10:30AM-12PM (See schedule) Washi Chigiri-e 9AM-12PM	Carpet Bowling 10:30AM-12PM Wildlife Carving 9AM-12PM	Badminton 9AM-11AM Cribbage (A) 9:45AM-12PM Pins and Needles Quilting 9:30AM -12:30PM
P M C L U B S	Art 1PM-4PM Stained Glass 9AM-4PM Whist 12:45PM-2:45PM	Jammers 1PM-4PM Silversmithing 9AM-4PM Weavers 10AM-4PM	Late Bloomers Garden Club 12PM-2PM (See schedule) Travel 1PM-3PM (See schedule) Wizards of Odds 'n Ends 12PM-2:30PM	Bridge 12PM-3:45PM Canasta 1PM-4PM Fiber Arts 1PM-4PM Guitar Jam 12PM-3PM	Cribbage (B) 12:45PM-3PM Creative Writing 1PM-3PM

**FOR MORE INFORMATION ABOUT THESE CLUBS, PLEASE
EMAIL INFO@NESA1.CA OR CALL 780.496.6969.**

Club days/times are subject to change. Reciprocal memberships are not accepted as admission into NESA Clubs. You must be an active/registered NESA member to join a NESA 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 if they are non-toxic and solvent and odor-free.

Mon, Sep 8-Dec 8 | 1:00 PM-4:00 PM

No session Oct 13

\$26 | 13 Weeks

BADMINTON

Welcome to our friendly badminton club! New members are always welcome – please note that an ability to serve and rally is requested for your participation. Having knowledge and rules of the game is also suggested 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 weekday's duration; no drop-ins permitted.

Fri, Sep 12-Dec 12 | 9:00 AM-11:00 AM

\$28 | 14 Weeks

BOOK LOVERS

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

Please note: The Book Lovers Club Coordinator will reach out to all registered members after the start of the Fall 2025 registration to confirm book selection and pickup arrangements.

Wed, Sep 24, Oct 29, & Nov 26 | 10:30 AM-12:00 PM

\$6 (for the season) | 3 dates

BRIDGE

Join fellow bridge players for an afternoon of fun! We welcome beginner and novice players as well as those experienced with the game!

Thu, Sep 11-Dec 11 | 12:00 PM-3:45 PM

\$28 | 14 Weeks

CANASTA

All are welcome including those new to the game of Canasta! Please arrive at 12:50PM for table assignment.

Thu, Sep 11-Dec 11 | 1:00 PM-4:00 PM

\$28 | 14 Weeks

CLUBS ARE FOR NESAs 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. 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.



CLUBS

CARPET BOWLING

Carpet bowling is a year-round indoor game, resembling lawn bowling. It is a great opportunity to socialize and have fun. All are welcome! Note: A meeting will be held during our first club date, on September 9, so we can vote in the new Club Executive, establish teams and review rules and safety protocols.

Tue & Thu, Sep 9-Dec 11 | 10:30 AM-12:00 PM

No session Sep 30 and Nov 11

\$52 | 26 Sessions

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, Sep 9-Dec 9 | 9:00 AM-12:00 PM

No session Sep 30 and Nov 11

\$24 | 12 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 NESA, 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. (These books are still available for purchase.) As well, members can post their stories on nglswordweavers.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, Sep 12-Dec 12 | 1:00 PM-3:00 PM

\$28 | 14 Weeks

CRIBBAGE

No partner necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes prior to start time for team assignment. Later arrivals will not be permitted to play.

A Fri, Sep 12-Dec 12 | 9:45 AM-12:00 PM

\$28 | 14 Weeks

B Fri, Sep 12-Dec 12 | 12:45 PM-3:00 PM

\$28 | 14 Weeks

FIBER ARTS

Fiber Arts is a group of like-minded crafters who by using needle and thread create a variety of embroideries, beading, felting and more. Experience with needlework is required as no formal instruction is available.

Thu, Sep 11-Dec 11 | 1:00 PM-4:00 PM

\$28 | 14 Weeks



CLUBS

GOLF

The Golf Club finishes its season early September and won't be meeting up again until the Spring of 2026. Please stay tuned for information about their annual general meeting in the coming months.

GUITAR JAM

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

Thu, Sep 11-Dec 11 | 12:00 PM-3:00 PM

\$28 | 14 Weeks

JAMMERS

An acoustic guitar group who meet for singing and fellowship!

Tue, Sep 9-Dec 9 | 1:00 PM-4:00 PM

No session Sep 30 and Nov 11

\$24 | 12 Weeks

LATE BLOOMERS GARDEN CLUB

Join fellow garden enthusiasts on a monthly basis to talk plants, gardening and more! Join us for our lobby Plant sale at NESA scheduled for Wednesday, September 17 from 10am-3pm at NESA (or until supply lasts).

Wed, Oct 15 & Nov 19 | 12:00 PM-2:00 PM

\$4 (for the season) | 2 Weeks



MUSIC MAKERS

Do you enjoy making music? We welcome all instruments!

Tue, Sep 9-Dec 9 | 9:30 AM-12:30 PM

No session Sep 30 and Nov 11

\$24 | 12 Weeks

PINS AND NEEDLES QUILTING

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

Fri, Sep 12-Dec 12 | 9:30 AM-12:30 PM

\$28 | 14 Weeks

SILVERSMITHING

Socialize and share jewelry ideas and techniques with others. No formal instruction provided. Experience required using basic jewelry tools, including a Micro-torch.

Tue, Sep 9-Dec 9 | 9:00 AM-4:00 PM

No session Sep 30 and Nov 11

\$48 | 12 Weeks

STAINED GLASS

Experienced stained glass enthusiasts share ideas. New members welcome (must have taken stained glass classes before joining this club).

Mon, Sep 8-Dec 8 | 9:00 AM-4:00 PM

No session Oct 13

\$52 | 13 Weeks



CLUBS

TRAVEL

NESA Travel Club's mission is to provide travel opportunities and travel-related information to club members by arranging for tour companies and travel providers to present these travel destinations at our meetings in line with the club members' stated preferred destinations. Join our club to learn about what trips and travel adventures we have planned for 2026!

Wed, Sep 17, Oct 8, Nov 12 & Dec 10

1:00 PM-3:00 PM

\$8 (for the season) | 4 dates

TRAVEL CLUB SOCIAL

Have you ever wondered what NESA's Travel Club talks about? Are you interested in learning more about the upcoming travel plans this club has organized? Would you like to meet other people who like to travel? If you answered yes to any of these questions, please join us for a social meet and greet, ask your travel questions to the Club Executives, and come and learn about the adventures we have planned!

Wed, Sep 10 | 1:30 PM-2:30 PM

\$2 | 1 Week

WASHI CHIGIRI-E

Washi Chigiri-e is a Japanese Art that consists of tearing washi paper. Some handmade or machine made of various color combinations. Giving you a beautiful picture. Supplies will be available for purchase from within the club.

Wed, Sep 10-Dec 10 | 9:00 AM-12:00 PM

\$28 | 14 Weeks

WEAVERS

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

Tue, Sep 9-Dec 9 | 10:00 AM-4:00 PM

No session Sep 30 and Nov 11

\$48 | 12 Weeks

WHIST

Come and join fellow card playing enthusiasts for an afternoon of Whist. All are welcome and no experience is necessary.

Mon, Sep 8-Dec 8 | 12:45 PM-2:45 PM

No session Oct 13

\$2/date | 13 Weeks

WILDLIFE CARVING

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.

Thu, Sep 18-Dec 11 | 9:00 AM-12:00 PM

\$26 | 13 Weeks

WIZARDS OF ODDS 'N ENDS

The Wizards fundraise for NESA. Our members sew, knit, crochet, etc., The Wizards welcome those NESA members who are skilled in these crafts. Please note that we are not able to offer instruction.

Note: We are always looking for any clean fabric, batting or yarn that you may have to donate for us to make beautiful homemade items. Please drop off your donations at the front desk – thank you for your support!

Wed, Sep 10-Dec 10 | 12:00 PM-2:30 PM

FREE Registration still required | 14 Weeks



COMPUTERS & DEVICES

1:1 TECH TUTORIALS

NMW

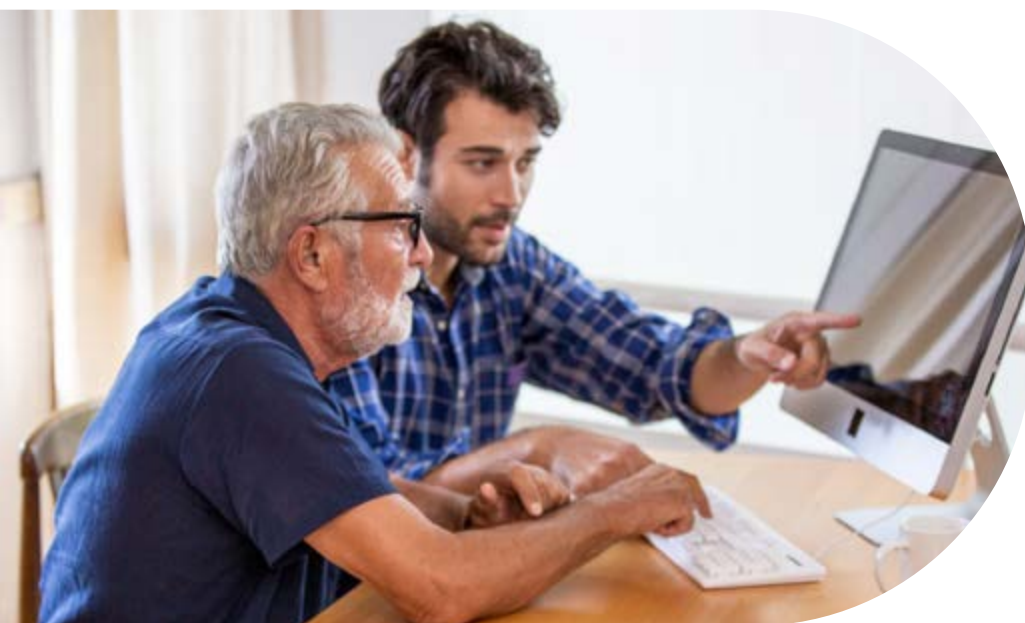
Shawn Gramiak

Do you need to: Learn how to use your phone, tablet or computer? Get your email under control? Learn some tips and tricks for making Word, Excel or other Microsoft stuff easier to use? What about how to figure out how to use the Google Drive, Docs, Sheets, Slides or other apps? Well wait no longer, we have some tutorials for you! On Wednesdays, computer/device-tutor Shawn will offer hour-long tech tutorials. Book one or book a bunch! Closer to the start date of your session the instructor will contact you to review what your tutorial needs and goals are and will prepare for your time together accordingly. Just remember to bring your electronics' power adapters or cables to the session. No matter what the future holds, we will endeavor to answer your technical questions to the best of our ability and make sure you have fun while we do so!

Please Note: *These tutorials cover how to use the computer or device, NOT computer repair.*

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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



4 SESSIONS/DAY

Each week has four
different 1-hour time
intervals to choose from
and they are as follows:

Wed, Sep 17, 2025

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Wed, Oct 15, 2025

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Wed, Nov 12, 2025

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Wed, Dec 10, 2025

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial



CRAFTS & HOBBIES

NEW!

CARVING WORKSHOP: WOOD - COMFORT BIRD

Wildlife Carving Club Members



Whittle away your worries! Come discover the joy of carving and leave with a charming keepsake. Join the experienced members of the Wildlife Carving Club for a hands-on introduction to woodcarving as you create your very own Comfort Songbird. You'll learn about safety, how to properly use tools, and various carving techniques. The club will supply all the necessary tools and materials — including dremels, files, rasps, sandpaper, woodburners, and the wood itself. However, participants are welcome to bring their own tools if they have them. No experience is necessary — just bring your curiosity and creativity.

ALL SUPPLIES INCLUDED.

Please Note: To participate safely and comfortably, participants must bring their own safety glasses or face shield, dust mask, and a heavier apron to protect your clothing. A magnifier headband/visor is optional.

Wed, Oct 8-15, 2025 | 9:30 AM-12:30 PM

\$50 | 2 Weeks

NEW!

CARVING WORKSHOP: SOAPSTONE - SEAL

Kay McCormack

Love sculpture and stone carving? Join local soapstone artist Kay McCormack for a hands-on, 3-week workshop focused on carving a seal from soapstone. Perfect for both beginners and intermediate carvers, this workshop covers the full process—from planning your design to safely using hand tools and applying finishing techniques. With Kay's expert guidance, you'll shape and refine your own expressive seal sculpture from raw stone. A creative and rewarding experience for anyone interested in the art of carving.



ALL SUPPLIES INCLUDED.

Fri, Oct 10-24, 2025 | 1:00 PM-4:00 PM

\$99 | 3 Weeks

DONATION REQUEST FROM NESA!

Have any worsted weight yarn you're not using? If so, please bring it to the Northgate Lions Seniors Recreation Centre (7524-139 Avenue) and have it donated to 'Knitting From the Heart' so this volunteer group can turn the yarn into amazing creations that will be donated to those in our community who need them most! Thank you!



CRAFTS & HOBBIES

NEW!

CARVING: WOOD - BROWN BEAR

Diane Sharkey

In this hands-on class, students will carve a brown bear. Open to all skill levels, this project will be focused on shaping, texturing, and finishing, with individual guidance to help each student complete a display-ready piece. Instruction supports both beginners and advanced carvers working at their own pace. Students will need a dremel with a flex shaft or a micromotor, calipers, a pencil, and 2-3 carving bits (available from the instructor at approximately \$25 each). A bear cutout is also required and can be purchased from the instructor for \$35.



 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Wed, Sep 10-Feb 4, 2026 | 1:00 PM-4:00 PM

No Class Dec 17, 24, 31, Jan 7

\$240 | 18 Weeks

NEW!

CARVING: WOOD - EAGLE HEAD

Diane Sharkey



In this hands-on class, students will carve a detailed eagle bust using power tools and precision techniques. Open to all skill levels, the

course focuses on shaping, texturing, and finishing, with individual guidance to help each student complete a display-ready piece. Instruction supports both beginners and advanced carvers working at their own pace. Students will need a dremel with a flex shaft or a micromotor, calipers, a pencil, and 2-3 carving bits (available from the instructor at approximately \$25 each). A wooden eagle bust cutout is also required and can be purchased from the instructor for \$35.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Tue, Sep 9-Apr 28, 2026 | 9:00 AM-12:00 PM

No Class Sep 30, Nov 11, Dec 16, 23, 30, Jan 6, Mar 31, Apr 7

\$342 | 26 Weeks

WORD SCRAMBLE

VESLAE _ _ _ _ _
 HPOWSOKR _ _ _ _ _
 PLAEP _ _ _ _ _
 ATWESRE _ _ _ _ _
 HRECOTC _ _ _ _ _
 UMANTU _ _ _ _ _

WORD LIST:
 LEAVES SWEATER CROCHET
 WORKSHOP AUTUMN APPLE

UNLEASH YOUR INNER ARTIST

Unlock your creative potential and discover the joy of artistic expression. Whether you're interested in drawing, painting, or crafting, our classes offer a welcoming environment for artists of all levels. Embrace your creativity, learn new techniques, and connect with fellow art enthusiasts. Don't miss the chance to explore your artistic side and bring your imagination to life.



CRAFTS & HOBBIES

NEW!

CEDAR HOLIDAY WREATH

Shantel Toma

Celebrate the holiday season by creating a stunning, massive cedar wreath with Shantel! These impressive wreaths range from 26"-36" in diameter, depending on your preference for fresh cedar. Customize your wreath with a variety of embellishments to make it uniquely yours. Perfect for all skill levels, this workshop ensures you'll bring home a beautiful, fragrant wreath that welcomes the holidays in style.



ALL SUPPLIES INCLUDED.

Thu, Nov 20, 2025 | 9:00 AM-11:30 AM

\$50 | 1 Week **NMW**

CERAMICS

Jackie Garrant

Discover the art of creating beautifully crafted ceramic pieces with the guidance of a skilled instructor. In this workshop, you will learn about the tools and techniques necessary to create your masterpiece. Enjoy a relaxed environment where social interaction is strongly encouraged, making it a perfect setting for both beginners and experienced crafters. Students are expected to purchase their greenware before class begins.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Wed, Sep 10-Dec 10, 2025 | 12:30 PM-3:30 PM

\$135 | 14 Weeks

CREATIVE CHRISTMAS CARDS WORKSHOP

Janelle Tameling

Join us for the Creative Christmas Card Buffet! Enjoy a fun-filled day getting a head start on your Christmas cards. Work at your own pace and choose from over a dozen festive card designs. Each kit comes with all the materials and instructions needed, so you can focus on stamping, assembling, embellishing, and adding your personal greeting inside. Your handmade festive creations will delight their recipients. The class fee includes supplies to make up to 20 cards with envelopes, and additional cards are available for \$2 each. Please bring your own lunch.

ALL SUPPLIES INCLUDED.

Fri, Nov 14, 2025 | 9:00 AM-3:00 PM

\$48 | 1 Week **NMW**

CREATIVE CARDS WORKSHOP: ALL OCCASIONS

Janelle Tameling

Join us at the Creative Card Buffet for a delightful day of card-making! Work at your own pace to create a variety of cards for all occasions. Choose from over a dozen designs, including birthday cards for him and her, sympathy cards, thank you cards, and more. Each kit includes all the necessary materials and instructions, so you can focus on stamping, assembling, embellishing, and adding your personalized message. Your handmade cards will surely impress their recipients. The class fee covers supplies for up to 20 cards with envelopes, with additional cards available for \$2 each.

ALL SUPPLIES INCLUDED.

Fri, Sep 26, 2025 | 9:00 AM-3:00 PM

\$48 | 1 Week **NMW**



CRAFTS & HOBBIES

NEW!

CRESCENT MOON WREATH WORKSHOP: WINTER FROST

Janelle Tamelong

Celebrate the winter season with a whimsical and unique lighted crescent moon wreath that adds charm and warmth to your home during the chilly months. Janelle will walk you through creating a beautiful piece using soft winter tones and charming accessories including foliage, florals, and other adornments.



ALL SUPPLIES INCLUDED.

Wed, Nov 5, 2025 | 6:30 PM-9:00 PM

\$54 | 1 Week **NMW** Evening

NEW!

FLORAL ARRANGING WORKSHOP: CHRISTMAS CENTERPIECE

May Ferro

In this one-day workshop, May will guide you through the art of designing a stunning floral centerpiece. You will learn professional techniques for arranging flowers, selecting complementary colors, and creating a balanced composition. Whether for a special occasion or everyday décor, this class will help you craft an eye-catching centerpiece to brighten any space. All materials, including fresh flowers, will be provided.



ALL SUPPLIES INCLUDED.

Thu, Dec 4, 2025 | 12:30 PM-3:00 PM

\$70 | 1 Week **NMW**

NEW!

FLORAL ARRANGING WORKSHOP: FALL PUMPKIN CENTERPIECE

May Ferro

In this one-day workshop, May will guide you through creating a unique fall-themed centerpiece using a pumpkin as the base. You'll learn professional techniques for arranging seasonal flowers, incorporating autumn colors, and building a balanced, eye-catching design. Featuring rich textures and warm tones, this centerpiece is perfect for Thanksgiving tables or fall décor. All materials, including fresh flowers and pumpkins, will be provided.



ALL SUPPLIES INCLUDED.

Fri, Oct 17, 2025 | 9:00 AM-12:00 PM

\$55 | 1 Week **NMW**

NEW!

JUMBO HOLIDAY ORNAMENTS Shantel Toma

In this festive workshop, students will create a set of two jumbo holiday ornaments, sized 16" x 11" and 9" x 6". Led by instructor Shantel, the class offers a variety of paint colors and embellishment options to personalize each piece. Participants will explore basic decorative techniques while designing ornaments that make bold holiday décor or heartfelt gifts. All materials are provided, and no prior experience is needed.



ALL SUPPLIES INCLUDED.

Thu, Nov 27, 2025 | 9:00 AM-11:30 AM

\$40 | 1 Week **NMW**



NEW!

MOSAIC GLASS WORKSHOP

Sharon Waunch Tomljenovich

Join instructor Sharon for a fun and creative Mosaic Glass Workshop, open to all skill levels. Over two sessions, you'll design and complete your own 6" x 6" porcelain tile mosaic. On the first day, let your imagination guide you as you arrange colorful glass pieces into your unique design—sample ideas will be available if you need inspiration. On the second day, you'll learn how to grout your piece and take it home to dry. Whether you're a beginner or just looking to try something new, this relaxed and welcoming workshop offers a great hands-on introduction to mosaic art.



ALL SUPPLIES INCLUDED.

Tue, Oct 21-28, 2025 | 1:00 PM-4:00 PM

\$85 | 2 Weeks



NEEDLECRAFT: CROCHETING

Ann Marston

Slip knot, chain stitch, double crochet - what does that even mean? Let Ann guide you through the basics and beyond! Start by learning to crochet a scarf, and then progress to a project of your choice. Whether you're a beginner or looking to expand your skills, this class is perfect for you. Bring in a project you're working on or one you'd like to start, and Ann will help you overcome any crochet challenges you encounter.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

A Tue, Sep 9-Oct 21, 2025 | 1:30 PM-3:30 PM

No Class Sep 30

\$62 | 6 Weeks

B Tue, Oct 28-Dec 9, 2025 | 1:30 PM-3:30 PM

No Class Nov 11

\$62 | 6 Weeks

NEEDLECRAFT: KNITTING

Ann Marston

Discover the art of knitting! Begin by making a scarf using the knit and purl stitches, and learn essential techniques like casting on, binding off, and reading a pattern. If you've been knitting for a while, Ann is here to assist you with any project you choose to tackle. Join us and enhance your knitting skills, whether you're a beginner or an experienced knitter.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

A Tue, Sep 9-Oct 21, 2025 | 11:00 AM-1:00 PM

No Class Sep 30

\$62 | 6 Weeks

B Tue, Oct 28-Dec 9, 2025 | 11:00 AM-1:00 PM

No Class Nov 11

\$62 | 6 Weeks



CRAFTS & HOBBIES

NEW!

NEEDLECRAFT: CROCHETING AN INFINITY SCARF (BEGINNERS)

Annette Babb

This beginner-friendly course, led by instructor Annette, introduces the fundamentals of needlecraft through the creation of a cozy infinity scarf. Students will learn and practice the four basic crochet stitches while building confidence and technique. The course includes a complete starter kit featuring a 5mm crochet hook, blunt plastic yarn needle, stitch markers, yarn cutters, a skein of yarn, and a reusable project bag. Annette will guide participants step-by-step, offering support and tips throughout. No prior experience is needed—just bring your enthusiasm to create your first wearable project.

ALL SUPPLIES INCLUDED.

Mon, Oct 20-Nov 24, 2025 | 9:30 AM-11:30 AM

\$60 | 6 Weeks



NEW!

RUSTIC WOOD DECORATIVE PUMPKINS

Shantel Toma

In this class, students will create two rustic wood decorative pumpkins, measuring 1" x 8" x 15" and 1" x 8" x 11". Instructor Shantel guides participants through painting and embellishing their pumpkins using a variety of colors and decorative materials. The workshop focuses on simple techniques to achieve a charming, handcrafted look perfect for fall décor. No prior experience is necessary, and all supplies are included.

ALL SUPPLIES INCLUDED.

Thu, Oct 2, 2025 | 9:00 AM-11:30 AM

\$40 | 1 Week

NMW



STAINED GLASS: AN INTRODUCTION

Sharon Waunch Tomljenovich

Learn how to create your own stained glass piece from beginning to end, and get all the information you need to set up your studio. This workshop covers everything from selecting and picking your glass, cutting and grinding techniques, foiling, soldering, and finishing with a zinc border. Join Sharon to gain comprehensive knowledge and hands-on experience in the art of stained glass making!

ALL SUPPLIES INCLUDED.

Mon, Nov 10-24, 2025 | 9:00 AM-1:00 PM

\$390 | 3 Weeks

EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed online or during NESA's regular business hours. See page 4 for office hour information.



NEW!

STAINED GLASS SUNCATCHER WORKSHOPS:

**Sharon Waunch
Tomljenovich**

Join instructor Sharon for a hands-on workshop where you'll create a stunning Suncatcher while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted suncatcher to brighten any window!

ALL SUPPLIES INCLUDED.

PUMPKIN SUNCATCHER

A Mon, Oct 6, 2025 | 9:00 AM-1:00 PM

\$80 | 1 Week NMW

SPIDER SUNCATCHER

B Mon, Oct 20, 2025 | 9:00 AM-1:00 PM

\$80 | 1 Week NMW

SNOWFLAKE SUNCATCHER

C Mon, Nov 3, 2025 | 9:00 AM-1:00 PM

\$80 | 1 Week NMW



WATER MARBLING WORKSHOP: SILK SCARF AND PAPER

Karen Selinger



Water Marbling is a centuries-old art form where paint floats on water and special tools are used to create designs and patterns. The image is then captured by placing paper or fabric (or other porous materials) on top of the water where it

is immediately transferred and permanently affixed. This is an introduction to this mystical art form where you will learn basic water marbling techniques. You will use simple tools such as rakes, sticks, combs, and splatter brushes to create unique, one-of-a-kind designs.

We will start the workshop by learning how the paints float and how the colors respond to each other. Next, we learn basic designs like freestyle, stone, peacock, and feather which we will print to paper. Lastly, you will then apply these techniques to design a 14" x 72" silk scarf. There are no special skills required, only the willingness to experiment and have fun!

ALL SUPPLIES INCLUDED.

A Fri, Nov 14, 2025 | 9:00 AM-12:00 PM

\$70 | 1 Week NMW

B Fri, Nov 14, 2025 | 12:30 PM-3:30 PM

\$70 | 1 Week NMW



DRAWING & PAINTING

NEW!

COLOURED PENCILS: PORTRAITS

Susan Casault

In this six week session you will gain confidence in your ability to draw realistic portraits using the versatile medium of coloured pencil. Experiment with various pencil techniques and use the fundamentals of blending and layering to create accurate drawings of adults and children. Instruction will include demonstrations as well as individual guidance. Previous experience with coloured pencils is recommended. Photo-reference will be provided by the instructor.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Thu, Sep 11-Oct 16, 2025 | 9:30 AM-12:30 PM

\$92 | 6 Weeks



NEW!

DEVELOPMENTAL PAINTING: ACRYLIC AND/OR WATERCOLOR

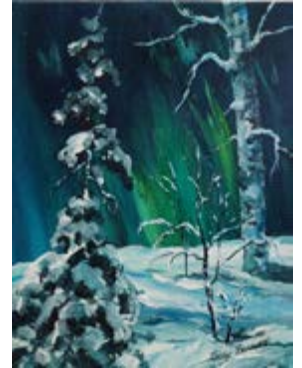
Cindy Barratt

This class is perfect for those with some painting experience who are looking to grow their skills in a supportive, creative environment. Whether you prefer working in acrylic or watercolour, the choice is yours. Each week, students help guide the focus by suggesting subjects or techniques they'd like to explore. Cindy offers engaging demonstrations, thoughtful discussion, helpful reference materials, and one-on-one guidance to support you as you work through your personal painting projects. Come ready to be inspired, experiment, and take your painting to the next level!

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Tue, Oct 7-Nov 4, 2025 | 12:30 PM-3:30 PM

\$96 | 5 Weeks





DRAWING & PAINTING

NEW!

FIGURATIVE ART: ALL LEVELS

Lily Jeong

Learn how to draw and paint the human figure and portraits using a variety of expressive tools and techniques. This course will explore working with pencil, fountain pen, dip pen, ink (both waterproof and water-soluble), and watercolor. Whether you're a beginner or more experienced, you'll receive step-by-step guidance to help develop your skills and personal style. Come ready to experiment, loosen up, and bring your artwork to life with line and color. All levels are welcome!



 [CLICK HERE](#) TO DOWNLOAD YOUR SUPPLY LIST.

A Wed, Oct 1-22, 2025 | 10:00 AM-12:00 PM

\$60 | 4 Weeks

B Wed, Oct 29-Nov 19, 2025 | 10:00 AM-12:00 PM

\$60 | 4 Weeks

NON-MEMBERS WELCOME

Grab a friend and join us for our fun and inspiring one-day workshops! You don't need to be a member to participate – just look for the **NMW** symbol. Our workshops are the perfect way to try something new, learn a new skill, or simply spend quality time with a friend. Sign up today!

NEW!

OIL PAINTING WORKSHOP: BIRCH TREES

Adrian Zorzut



Join artist Adrian for a two-week hands-on workshop exploring oil painting techniques using both brush and knife. Designed for all skill levels, this course guides participants through creating a vibrant birch tree landscape on a 10x20 canvas. Students will learn how to build texture, control color, and develop depth using the unique properties of oil paint. Adrian will demonstrate key techniques with both tools, offering individualized feedback throughout. Whether you're new to oil painting or looking to sharpen your skills, this workshop provides a focused, supportive environment to explore expressive mark-making and composition. All materials are included, and students will leave with a finished piece.

ALL SUPPLIES INCLUDED.

Mon, Nov 17-24, 2025 | 9:00 AM-12:00 PM

\$90 | 2 Weeks



DRAWING & PAINTING

NEW!

PAINT WITH COFFEE: CARD MAKING WORKSHOP

Linda Finstad



In this hands-on workshop, artist Linda Finstad guides students step by step through the unique process of painting with coffee. Participants will learn how to stain watercolor paper to mimic the look of burnished wood and explore the use of values to enhance composition. The class focuses on creating original greeting cards, each paired with a matching envelope. No prior experience is required—just bring an apron and an open mind.

ALL SUPPLIES INCLUDED.

Thu, Oct 2, 2025 | 1:00 PM-3:30 PM

\$45 | 1 Week **NMW**

NEW!

PAINT YOURSELF HAPPY DRAWING & PAINTING

Linda Finstad

Discover the healing power of creativity in this four week workshop designed to boost mood, reduce stress,



and reconnect you with your inner joy. Each session combines calming breath work, gentle guided meditation, expressive art projects, and reflective journaling. Together, these practices support mindfulness, self discovery, and emotional wellbeing. Weekly themes include, a beloved childhood book, first love, adventure, and our happy places. This workshop is about presence, play, and painting your way to a better state of mind. Come as you are and leave a little lighter.

ALL SUPPLIES INCLUDED.

Thu, Oct 16-Nov 6, 2025 | 1:00 PM-3:30 PM

\$175 | 4 Weeks

NESA'S MINI WORD SEARCH

ART
PICKLEBALL

FITNESS
SENIORS

HOBBY
CRAFTS

CLUBS
GUITAR

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



DRAWING & PAINTING

PEN & WASH: ALL LEVELS

Lily Jeong



In this course, students will create expressive drawings by sketching with a fountain pen filled with water-soluble black ink (If you have some watercolor paints you can bring to color with them as well) and then applying water to add soft washes and shading. Beginning with the pen sketch, participants will

use water and a brush to bring depth and texture to their work. The relaxed, step-by-step approach allows students to explore ink wash techniques and experiment with blending effects. If students have their own fountain pen and brush, they're encouraged to bring them; however, instructor Lily will have supplies available to lend. All participants must bring the required materials, a medium-sized round watercolor brush, a watercolor sketchbook, a cotton rag, and a water cup.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

A Mon, Sep 29-Oct 27, 2025 | 10:00 AM-12:00 PM

No Class Oct 13

\$60 | 4 Weeks

B Mon, Nov 3-24, 2025 | 10:00 AM-12:00 PM

\$60 | 4 Weeks

NEW!

TEXTURED ART WORKSHOP: BAS RELIEF

Linda Finstad

This beginner course introduces the techniques and history of bas-relief, a form of low-relief sculpture with



ancient roots. Students will learn to create a simple 3D design on an 11" x 14" canvas over two sessions, allowing time for the plaster to cure before coloring. The class includes a brief overview of bas-reliefs' evolution—from prehistoric petroglyphs and Egyptian stone carvings to classical Greek and Roman friezes like those on the Parthenon, and its continued use in medieval church art. Instructor Linda Finstad provides step-by-step guidance, making it accessible for anyone looking to explore a historic art form and develop new creative skills.

ALL SUPPLIES INCLUDED.

Thu, Nov 13-20, 2025 | 1:00 PM-3:30 PM

\$95 | 2 Weeks

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or just enjoy some quiet time! With comfy chairs, tables, a microwave, and lots of windows to let in the sun, it's the perfect place to unwind.



FITNESS & SPORTS

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, Sep 9-Dec 9, 2025 | 10:30 AM-11:30 AM

No Class Sep 30, Nov 11

\$78 | 12 Weeks

B Thu, Sep 11-Dec 11, 2025 | 10:30 AM-11:30 AM

\$91 | 14 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, Sep 12-Dec 12, 2025 | 10:30 AM-11:30 AM

\$161 | 14 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, Sep 11-Dec 11, 2025 | 9:00 AM-10:00 AM

No Class Oct 23

\$85 | 13 Weeks

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 are encouraged to bring their own mat and must be able to get down to and up from the floor.

Mon, Sep 8-Dec 8, 2025 | 1:15 PM-2:45 PM

No Class Oct 13

\$146 | 13 Weeks





FITNESS & SPORTS

BENDER AND STABILITY BALL: TOTAL BODY WORKOUT

Falon Fleming

A total body workout designed to improve strength from head to toe. Each class is designed to target all muscle groups with a strong emphasis on core stability. We will incorporate strength based exercises, utilizing various equipment pieces such as bands, hand weights, and a bender and stability ball. Must be able to transition to the floor easily and be comfortable with mat-based exercises.

Tue, Sep 9-Dec 9, 2025 | 8:30 AM-9:30 AM

No Class Sep 30, Nov 11

\$78 | 12 Weeks

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, Sep 8-Dec 8, 2025 | 8:30 AM-9:30 AM

No Class Oct 13, 27

\$78 | 12 Weeks

B Wed, Sep 10-Dec 10, 2025 | 8:30 AM-9:30 AM

\$91 | 14 Weeks



CHAIR STRETCH AND BALANCE

Marguerite Critchley

A gentle session incorporating stretching and balance moves using a chair. Both seated and standing postures are explored with modifications where necessary. This class also focuses on muscle strengthening and breathing techniques to increase lung capacity. No floor work, but bringing your own yoga mat to stand on is recommended.

Mon, Sep 8-Dec 8, 2025 | 12:00 PM-1:00 PM

No Class Oct 13

\$85 | 13 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, Sep 8-Dec 8, 2025 | 11:00 AM-12:00 PM

No Class Oct 13

\$85 | 13 Weeks

Amy Petersen

NEW Date & Time!

B Tue, Sep 9-Dec 9, 2025 | 12:00 PM-1:00 PM

No Class Sep 30, Nov 11

\$78 | 12 Weeks

Maggie Nichol

C Thu, Sep 18-Dec 11, 2025 | 12:00 PM-1:00 PM

\$85 | 13 Weeks

Tom Hughes

NEW Date & Time!

D Fri, Sep 12-Dec 12, 2025 | 11:30 AM-12:30 PM

No Class Nov 28

\$85 | 13 Weeks



FITNESS & SPORTS



CHAIR YOGA

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.

Makaela Paynter

A Tue, Sep 9-Dec 9, 2025 | 11:00 AM-12:00 PM

No Class Sep 30, Nov 11

\$93 | 12 Weeks

Makaela Paynter

B Tue, Sep 9-Dec 9, 2025 | 12:15 PM-1:15 PM

No Class Sep 30, Nov 11

\$93 | 12 Weeks

Makaela Paynter

C Wed, Sep 10-Dec 10, 2025 | 10:15 AM-11:15 AM

\$109 | 14 Weeks

Barb Deneka

D Thu, Sep 11-Dec 11, 2025 | 10:45 AM-11:45 AM

\$109 | 14 Weeks

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.

Falon Fleming

A Tue, Sep 9-Dec 9, 2025 | 9:45 AM-10:45 AM

No Class Sep 30, Nov 11

\$78 | 12 Weeks

Amy Petersen

NEW Instructor!

B Thu, Sep 11-Dec 11, 2025 | 12:00 PM-1:00 PM

\$91 | 14 Weeks

Tom Hughes

C Fri, Sep 12-Dec 12, 2025 | 10:15 AM-11:15 AM

No Class Nov 28

\$85 | 13 Weeks



FITNESS & SPORTS

ESSETRICS® FOR SENIORS

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.

Meaghan Hipkin

A Mon, Sep 8-Dec 8, 2025 | 10:30 AM-11:15 AM

No Class Oct 13

\$133 | 13 Weeks

Liz Olson

B Thu, Sep 11-Dec 11, 2025 | 11:00 AM-11:45 AM

\$144 | 14 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, Sep 8-Dec 8, 2025 | 9:15 AM-10:15 AM

No Class Oct 13

\$150 | 13 Weeks

B Fri, Sep 12-Dec 12, 2025 | 9:15 AM-10:15 AM

\$161 | 14 Weeks

DID YOU KNOW?

Landry Leisure Pass History

Therese Landry's journey took her from life as a nun to a fulfilling career as a high school teacher with Edmonton Catholic Schools. In retirement, she found a vibrant community at NESAs, exploring her creativity through oil painting, singing with the Choralaires, and taking part in a range of activities. Her wish was that others could find the same joy and connection. Through a generous gift from her estate, the Landry Leisure Pass was born. For more info and to see if you qualify for the Landry Leisure Pass, see page 68.





FITNESS & SPORTS

NEW!

FASCIAL MANEUVERS

Certified Personal Trainer, Brittany Uchach

Join Brittany for a gentle and refreshing introduction to Fascial Maneuvers — simple, guided movements designed to help you reduce stiffness, improve mobility, and feel more at home in your body. This class is perfect for all abilities and focuses on creating ease, balance, and calm from the inside out.

Please note: *There is no floor work in this class.*

Wed, Sep 24, 2025 | 12:30 PM-1:15 PM **NMW**

FREE Registration is still required | 1 Week

NEW!

FASCIAL MANEUVERS (SIX-WEEK SERIES)

Certified Personal Trainer, Brittany Uchach

In this six-week journey working with Brittany, 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: *There is no floor work in this class.*

Wed, Oct 1-Nov 5, 2025 | 12:30 PM-1:15 PM

\$48 | 6 Weeks **NMW**

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 40 for a class selection overview.

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, Sep 8-Dec 8, 2025 | 9:45 AM-10:45 AM

No Class Oct 13, 27

\$78 | 12 Weeks

B Wed, Sep 10-Dec 10, 2025 | 9:45 AM-10:45 AM

\$91 | 14 Weeks

FITNESS CENTRE 101

Jollean Ferrari

Do you have questions about how to use NESA's fitness centre equipment? Need some ideas for exercise modifications? Join Jollean for a fitness centre orientation and learn more about what exercises you can do while working out!

Please note: *Individualized fitness programs will not be provided as this is a group session.*

A Tue, Sep 9, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

B Tue, Sep 16, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

C Tue, Oct 7, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

D Tue, Oct 14, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**



FITNESS & SPORTS

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.

Wed, Sep 10-Dec 10, 2025 | 1:30 PM-2:30 PM

\$112 | 14 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, Sep 8-Dec 8, 2025 | 12:15 PM-1:15 PM

No Class Oct 13

\$85 | 13 Weeks

Maggie Nichol

B Thu, Sep 18-Dec 11, 2025 | 1:30 PM-2:30 PM

\$85 | 13 Weeks



INTERVAL TRAINING

Jollean Ferrari

Join us for a low-impact light-moderate intensity total body workout. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. Mat-based exercises may be included in the program but modifications for standing and/or chair options will also be provided

A Mon, Sep 8-Dec 1, 2025 | 9:00 AM-10:00 AM

No Class Sep 29, Oct 13, Nov 3, 10

\$59 | 9 Weeks

B Wed, Sep 10-Nov 26, 2025 | 9:45 AM-10:45 AM

No Class Nov 5, 12

\$65 | 10 Weeks

IYENGAR YOGA

Barb Deneka

Work towards flexibility, strength, and balance at your own pace under the guidance of an experienced Iyengar yoga teacher. The class will involve a great variety of standing and seated poses as well as some breath work. Modifications will be made to suit your body and props are used to make the poses available to all students. Improve your physical and mental well-being with this fun class. Please bring a yoga mat and a firm blanket. All levels of experience are welcome but please note that floor work is required.

Thu, Sep 11-Dec 11, 2025 | 9:00 AM-10:30 AM

\$158 | 14 Weeks

NEED HELP GETTING TO YOUR NESA PROGRAM?

Please email us at transportation@nesa1.ca so the team can determine if you may be eligible for NESA's transportation subsidy program.



FITNESS & SPORTS



STRETCH 'N TONE YOGA: BEGINNER

Makaela Paynter

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

Tue, Sep 9-Dec 9, 2025 | 1:30 PM-3:00 PM

No Class Sep 30, Nov 11

\$135 | 12 Weeks

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, Sep 9-Dec 9, 2025 | 9:15 AM-10:15 AM

No Class Sep 30, Nov 11

\$78 | 12 Weeks

B Thu, Sep 11-Dec 11, 2025 | 9:15 AM-10:15 AM

\$91 | 14 Weeks

SUSPENSION TRAINING EXPRESS

Jollean Ferrari

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.

A Tue, Sep 9-Nov 25, 2025 | 8:30 AM-9:00 AM

No Class Sep 30, Nov 4, 11

\$36 | 9 Weeks

B Thu, Sep 11-Nov 27, 2025 | 8:30 AM-9:00 AM

No Class Oct 16, Nov 6

\$40 | 10 Weeks



FITNESS & SPORTS

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, Sep 8-Dec 1, 2025 | 10:15 AM-11:15 AM

No Class Sep 29, Oct 13, Nov 3, 10

\$72 | 9 Weeks

Jollean Ferrari

B Wed, Sep 10-Nov 26, 2025 | 8:30 AM-9:30 AM

No Class Nov 5, 12

\$80 | 10 Weeks

Falon Fleming

C Thu, Sep 11-Dec 11, 2025 | 1:30 PM-2:30 PM

No Class Oct 23

\$104 | 13 Weeks

Tom Hughes

D Fri, Sep 12-Dec 12, 2025 | 9:00 AM-10:00 AM

No Class Nov 28

\$104 | 13 Weeks



NEW!

TONE AND TRAIN

Jollean Ferrari

Build confidence in the fitness centre with this small group strength session designed just for older adults. You'll learn how to safely use both fitness machines and free weights, and how to combine them for a full-body workout that supports real-life movement, stability, and strength. This is a great opportunity to work out in a welcoming, private setting with the support of a certified Personal Trainer and encouragement by others who are building strength and momentum alongside you!

A Tue, Sep 9-Nov 25, 2025 | 7:15 AM-8:15 AM

No Class Sep 30, Nov 4, 11

\$123 | 9 Weeks

B Thu, Sep 11-Nov 27, 2025 | 7:15 AM-8:15 AM

No Class Oct 2, 16, Nov 6

\$123 | 9 Weeks

NEW!

WEIGHT ROOM WEDNESDAYS

Jollean Ferrari

Get moving, stay strong, and have fun in this guided circuit-style class held right in NESA's fitness centre/weight room. Each week, you will work through six energizing stations designed to improve balance, endurance, and range of motion, all while boosting your strength and confidence. No two Wednesdays are the same! 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.

Wed, Sep 10-Nov 26, 2025 | 7:15 AM-8:15 AM

No Class Nov 5, 12

\$137 | 10 Weeks



FITNESS & SPORTS

YANG STYLE TAI CHI - AN INTRODUCTION

Weston Benjamin

This class is an introduction to Yang-style Tai Chi. Tai Chi is a popular exercise and martial arts system originating in China. Tai Chi improves a person's flexibility and balance and the overall well-being of the body's joints, muscles, and connective tissues. Students will be taught a form called Yang 24 during this eleven-week session. All are welcome. No floor work is required.

Mon, Sep 8-Dec 8, 2025 | 10:00 AM-11:00 AM

No Class October 13, 20, 27

\$99 | 11 Weeks

YANG STYLE TAI CHI - LEVEL 1

Leslie Sarabin

Tai Chi is a gentle exercise that stretches, tones and relaxes the muscles. It also improves our ability to focus, concentrate and balance. The arms and legs are slowly moved through different positions with one movement connecting to the next, training the body and mind to work in coordination. Leslie teaches a traditional style of Yang Tai Chi. Leslie has been doing Tai Chi for 30 years under the instruction of Andy Wong and has been teaching her own classes since 2000. Leslie has also worked as an Occupational Therapist for 38 years in the areas of Geriatrics and Community Rehabilitation and has a passion for wellness as we age.

Thu, Sep 18-Nov 20, 2025 | 1:15 PM-2:15 PM

\$90 | 10 Weeks

NEW!

YANG STYLE TAI CHI - LEVEL 2

Weston Benjamin

This program is a continuation of Yang Style Tai Chi for students who have already completed the Introduction to Yang Style Tai Chi with Weston in previous seasons and would like to advance to the next level.

Mon, Sep 8-Dec 8, 2025 | 11:15 AM-12:15 PM

No Class October 13, 20, 27

\$99 | 11 Weeks

YANG STYLE TAI CHI - LEVEL 2

Leslie Sarabin

This program is a continuation of Traditional Yang Style Tai Chi for students who have completed Traditional Yang Style Tai Chi - Level 1.

Thu, Sep 18-Nov 20, 2025 | 2:30 PM-3:30 PM

\$90 | 10 Weeks





FITNESS & SPORTS



YIN/YANG 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. Please bring your own yoga mat.

Wed, Sep 10-Dec 10, 2025 | 11:30 AM-1:15 PM

\$199 | 14 Weeks

NEW! YOGA KURUNTA

Barb Deneka

Ready to elevate your yoga practice or explore a new way to use suspension trainers? This fun class blends suspension training for strength building with yoga postures. We'll adapt traditional Yoga Kurunta techniques using wall straps which will provide you improved body alignment and support during your yoga poses. No prior experience with yoga or suspension training is needed.

TRIAL CLASS

Wed, Oct 29, 2025 | 11:00 AM-12:00 PM

FREE Registration is still required | **1 Week**

FOUR-WEEK PROGRAM

Wed, Nov 5-Nov 26, 2025 | 11:00 AM-12:00 PM

\$32 | 4 Weeks

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, Sep 9-Dec 9, 2025 | 12:15 PM-1:15 PM

No Class Sep 30, Nov 11

\$78 | 12 Weeks

B Thu, Sep 11-Dec 11, 2025 | 12:15 PM-1:15 PM

\$91 | 14 Weeks



FITNESS & SPORTS

ZUMBA® GOLD

NEW!

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!

TRIAL CLASS

Tammy Clark

A Fri, Sep 12, 2025 | 12:00 PM-1:00 PM

FREE Registration is still required | 1 Week

Anna Au

B Mon, Sep 15, 2025 | 11:30 AM-12:30 PM

FREE Registration is still required | 1 Week

TEN-WEEK PROGRAM

Tammy Clark

A Fri, Sep 19-Dec 12, 2025 | 12:00 PM-1:00 PM

No Class Oct 10, 17, 24

\$80 | 10 Weeks

Anna Au

B Mon, Sep 29-Dec 8, 2025 | 11:30 AM-12:30 PM

No Class Oct 13

\$80 | 10 Weeks

ZUMBA® GOLD CHAIR

NEW!

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!

TRIAL CLASS

Tammy Clark

A Fri, Sep 12, 2025 | 1:15 PM-2:15 PM

FREE Registration is still required | 1 Week

Anna Au

B Mon, Sep 15, 2025 | 12:45 PM-1:45 PM

FREE Registration is still required | 1 Week

TEN-WEEK PROGRAM

Tammy Clark

A Fri, Sep 19-Dec 12, 2025 | 1:15 PM-2:15 PM

No Class Oct 10, 17, 24

\$80 | 10 Weeks

Anna Au

B Mon, Sep 29-Dec 8, 2025 | 12:45 PM-1:45 PM

No Class Oct 13

\$80 | 10 Weeks





FITNESS & SPORTS



NEW!

ZUMBA® GOLD PLUS TONING

Sheela Hota-Mitchell

Want a feel-good dance party atmosphere that gives you cardio AND tones your body? Find it in our Zumba® Gold plus Toning class! From warmup to final stretch, you will groove to global rhythms, as well as sing-along tunes, at an intensity that suits active older adults. Each class, we will focus on toning muscle groups you use for daily activities (hello, triceps, quadriceps, abdominals!). To keep the "fun" in fitness, we may do themed classes (Thanksgiving, Halloween, Winter Holidays, St. Patrick's Day, and more!). If you love Zumba® you will adore Zumba® Gold plus Toning!

TRIAL CLASS

Wed, Oct 8, 2025 | 11:00 AM-12:00 PM

FREE Registration is still required | 1 Week

NINE-WEEK PROGRAM

Wed, Oct 15-Dec 10, 2025 | 11:00 AM-12:00 PM

\$72 | 9 Weeks



LOOKING FOR A FITNESS OR WELLNESS WORKSHOP?

Please see pages 43-48 for a variety of our one hour offerings!

Centered and Strong: A Balance & Core Workshop

NESA Personal Trainer, Amy Petersen
pg 50

Hip Fit: Move Better, Feel Stronger

NESA Personal Trainer, Amy Petersen
pg 53

Strong Foundations: A Beginner-Friendly Weight Training Workshop

NESA Personal Trainer, Amy Petersen
pg 54

Suspension Training Workshop

NESA Personal Trainer, Jollean Ferrari
pg 55

Walk This Way: Strength, Stretch & Stride Indoors

NESA Personal Trainer, Amy Petersen
pg 55



PICKLEBALL PROGRAMS

PICKLEBALL AT NESA

We offer three different levels of pickleball across our two venues:

- **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.

NOTE If the proposed 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 NESA's previous 'Learn to Play' workshops register as there will be no instruction or support available for those new to the game.

PICKLEBALL INSTRUCTION WORKSHOPS

At this time, NESA will not be offering "Learn to Play" or pickleball skills workshops/lessons. We understand there's a strong interest in these programs, and we're actively working to acquire a professional instructor for 2026. We're hopeful to bring these valuable offerings to you next year!

In the interim, if you're looking for professional pickleball lessons, we encourage you to explore the many external providers available throughout the city. Edmonton boasts an abundance of pickleball courts and skilled instructors offering both private and group instruction.



PICKLEBALL PROGRAMS

NESA'S PICKLEBALL IS OFFERED AT TWO LOCATIONS!

Northgate Lions (7524 139 Avenue)

Rundle Park (2909 113 Avenue)

NESA 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!

BEGINNER



Northgate Lions

Tue, Sep 9-Dec 9 | 2:50 PM-4:05 PM

No Session Sep 30, Nov 11



\$66 | 12 Weeks

Northgate Lions

Thu, Sep 11-Dec 11 | 2:50 PM-4:05 PM

\$77 | 14 Weeks

NOVICE



Northgate Lions

Mon, Sep 8-Dec 8 | 2:50 PM-4:05 PM

No Session Oct 13

\$72 | 13 Weeks



Northgate Lions

Wed, Sep 10-Dec 10 | 1:50 PM-3:05 PM

\$77 | 14 Weeks

MIXED LEVELS



Northgate Lions

Tue, Sep 9-Dec 9 | 1:30 PM-2:45 PM

No Session Sep 30, Nov 11

\$66 | 12 Weeks

INTERMEDIATE



Rundle Park

Mon, Sep 8-Dec 8 | 9:15 AM-10:30 AM

No Session Oct 13

\$72 | 13 Weeks



Rundle Park

Mon, Sep 8-Dec 8 | 10:35 AM-11:50 AM

No Session Oct 13

\$72 | 13 Weeks



Northgate Lions

Mon, Sep 8-Dec 8 | 1:30 PM-2:45 PM

No Session Oct 13

\$72 | 13 Weeks



Northgate Lions

Wed, Sep 10-Dec 10 | 12:30 PM-1:45 PM

\$77 | 14 Weeks



Rundle Park

Fri, Sep 12-Dec 12 | 9:15 AM-10:30 AM

\$77 | 14 Weeks



Rundle Park

Fri, Sep 12-Dec 12 | 10:35 AM-11:50 AM

\$77 | 14 Weeks



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).

WHERE ELSE CAN I PLAY PICKLEBALL?

If you are looking for more dates and times to play we encourage you to visit the various seniors centres throughout the city along with the numerous City of Edmonton and locally-owned recreation facilities that offer drop-in, registered programs, and private court rentals.

City of Edmonton Call 311 for information about court locations and rental details

Edmonton Pickleball Center

11420 170 Street / 587.873.3233

www.edmontonpickleballcenter.com

Edmonton Volleyball Pickleball Center

9455 45 Avenue / 587.499.0858

www.evpcenter.com

Pickleball Alley

9767 45 Avenue / 587-800-1718

www.pickleballalley.ca

Pickleball Hub - West

www.pickleballhub.ca

The Paddle Room / Pickleball Hub

#115, 25 Chisholm Ave, St. Albert

www.thepaddleroom.ca

YEG Pickleball

14025 156 Street / 780-638-2420

www.yegpickleball.com



FITNESS CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<ul style="list-style-type: none"> • Cardio Plus • Chair Total Body Workout • Essentrics® for Seniors • Essentrics® for Stretch and Tone • Fit For Your Life • Interval Training • Suspension Training • Yang Style Tai Chi (Intro) • Yang Style Tai Chi (Level 2) 	<ul style="list-style-type: none"> • Active with Arthritis • Bender and Stability Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Suspension Training Express • Tone and Train 	<ul style="list-style-type: none"> • Cardio Plus • Chair Yoga • Fit For Your Life • Interval Training • Suspension Training • Weight Room Wednesdays • Yin/Yang Yoga • Yoga Kurunta • Zumba® Gold plus Toning 	<ul style="list-style-type: none"> • Active with Arthritis • Barre Cardio • Chair Yoga • Essentrics® for Seniors • Iyengar Yoga • Stretch 'n Tone Yoga (Int). • Strong and Stable • Suspension Training Express • Tone and Train 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Chair Total Body Workout • Cross Training • Essentrics® for Stretch and Tone • Suspension Training
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Fun and Fitness • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Total Body Workout • Chair Yoga • Fitness Centre 101 • Stretch 'n Tone Yoga (Beg). • Zumba® 	<ul style="list-style-type: none"> • Fascial Maneuvers • Flexibility and Foam Rolling • Yin/Yang Yoga 	<ul style="list-style-type: none"> • Chair Total Body Workout • Cross Training • Fun and Fitness • Suspension Training • Yang Style Tai Chi – Level 1 and Level 2 • Zumba® 	<ul style="list-style-type: none"> • 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 Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fascial Maneuver, Fit For Your Life, Fitness Centre 101, Interval Training, Strong and Stable, Suspension Training, Suspension Training Express, Yang Style Tai Chi Introduction and Level 1, Zumba®, Zumba® Gold, Zumba® Gold Chair and Zumba® Gold plus Toning.

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:

Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Bender and Stability Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® for Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Iyengar Yoga, Stretch 'n Tone Yoga, Tone and Train, Yang Style Tai Chi Level 2, Weight Room Wednesdays, Yin/Yang Yoga, and Yoga Kurunta.

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



FITNESS CENTRE



REGULAR FITNESS CENTRE HOURS

Starting September 2, 2025, the fitness centre will be open weekdays from 8:30 AM-4 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 CENTRE 101

Jollean Ferrari

Do you have questions about how to use NESAs's fitness centre equipment? Need some ideas for exercise modifications? Join Jollean for a fitness centre orientation and learn more about what exercises you can do while working out! Please note, individualized fitness programming will not be provided as this is a group session.

A Tue, Sep 9, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

B Tue, Sep 16, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

C Tue, Oct 7, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

D Tue, Oct 14, 2025 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**



GENERAL INTEREST

A BANKER'S GUIDE: PROTECTING AGAINST SCAMS AND FRAUD

Brian Koziol, ATB Financial Branch Manager

These days with the presence of social media networks, information sharing and digital data storage, fraud is on the rise. Come out to learn about the latest electronic and online frauds that are happening right now, including e-marketplace scams, AI voice cloning, deepfakes, investments scams, CRA scams, and card scams, and learn about ways you can protect yourself against these types of frauds. Hosted by Branch Manager Brian Koziol, we will review proven tips that will keep your money and your identity safe.

Tue, Oct 21, 2025 | 1:30 PM-3:00 PM

\$2 | 1 Week 

A HELPFUL HAND: HOW CAN WE BE OF ASSISTANCE?

A Helpful Hand

At A Helpful Hand, we're dedicated to providing compassionate, person-centered support tailored to each individual's needs. Our team is committed to enhancing quality of life with professional, reliable care that gives both individuals and their loved ones peace of mind. With a focus on dignity, respect, and personalized care, we're here to support you every step of the way. Come and spend an afternoon with us to learn more about how we can lend you a helpful hand.

Thu, Sep 11, 2025 | 2:00 PM-3:00 PM 

FREE *Registration is still required* | 1 Week





AI FOR EVERYBODY!

Shawn Gramiak

Explore the world of Artificial Intelligence! This two-hour session covers AI basics, real-world applications, and how you might use it. Learn how AI is shaping the future and what it means for you. Get ready to join Shawn for an engaging introduction to this transformative technology!

Thu, Oct 23, 2025 | 1:30 PM-3:30 PM

\$5 | 1 Week 

ASK A BANKER AND AN ESTATE LAWYER

Brian Koziol, ATB Financial Branch Manager and Patricia Tiffen, Local Legal Law Office Attorney

Have a chance to have direct access to the experienced professionals of Bank Manager and Estate Lawyer in our community to review important current topics like arranging your banking properly with your children, joint accounts, retirement savings, powers of attorney, estate planning and will planning. We will discuss these important topics and also have time for your questions that you bring to the session!

Thu, Nov 13, 2025 | 10:00 AM-11:30 AM

\$2 | 1 Week 



GENERAL INTEREST

NEW!

ARMCHAIR TRAVEL TO FIJI

Edmonton Public Library

Have you ever wanted to travel to Fiji? Save your money and skip the jetlag by joining the Edmonton Public Library for a trip to beautiful Fiji. Library Assistant Zia (a born and raised Fijian!) will delight you with facts and stories about her homeland. No passport required!

Thu, Oct 9, 2025 | 2:00 PM-3:30 PM **NMW**

FREE Registration is still required | 1 Week

CONVERSATION CAFÉ

NESA Representative

Are you looking to meet new people in a fun and laid-back atmosphere? Enjoy casual chats with fellow attendees, guided by lighthearted icebreakers to keep the conversation flowing. Whether you're looking to make new friends or simply enjoy great discussions, this is the perfect opportunity to connect. No pressure—just good vibes and great company! Light refreshments are included.

A Tue, Sep 9, 2025 | 1:30 PM-3:00 PM

\$5 | 1 Week **NMW**

B Tue, Oct 14, 2025 | 1:30 PM-3:00 PM

\$5 | 1 Week **NMW**

C Tue, Nov 4, 2025 | 1:30 PM-3:00 PM

\$5 | 1 Week **NMW**

HAVE ANY BOARD GAMES YOU'RE NO LONGER USING?

Consider donating them to NESA!
We're always looking for donations
of books, puzzles, jewellery, and
now board games!

NEW!

DIGITAL LITERACY: ACCESSING EPL'S DIGITAL CONTENT

Edmonton Public Library

The Edmonton Public Library has tons of free content for you to access on your smartphone or tablet! Join us to learn about the ebooks, streaming services, and online classes available to you with your library card. Bring your device and your questions and get ready to save a zillion dollars!

Thu, Dec 11, 2025 | 2:00 PM-3:30 PM **NMW**

FREE Registration is still required | 1 Week

NEW!

DIGITAL LITERACY: SMARTPHONES AND TABLETS

Edmonton Public Library

Join the Edmonton Public Library for an introduction to smartphones and tablets. You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps. Bring your gadget of choice and your questions to this interactive and informative class!

Thu, Nov 13, 2025 | 2:00 PM-3:30 PM **NMW**

FREE Registration is still required | 1 Week





GENERAL INTEREST



NEW!

EDMONTON AND EPARK: WHAT YOU NEED TO KNOW

City of Edmonton

In April, the City began the removal of all physical EPark machines as part of a transition to a mobile-only payment system. Customers will be required to pay for parking using one of three methods: the HotSpot mobile app, the HotSpot website, or by telephone. The City of Edmonton recognizes that this shift to a cashless and machine-free system is a significant change for some customers. To support this transition, the City is hosting a free information with an opportunity for you to:

- Learn about the various ways to pay for EPark.
- Ask questions about the new system.
- Receive one-on-one assistance with setting up your accounts and making payments.

Mon, Sep 15 | 1:00 PM-2:00 PM

FREE Registration is still required | 1 Week

NEW!

EDMONTON POLICE SERVICES: COMMUNITY INFORMATION SESSION

Cst. Amanda Trenchard

Join Edmonton Police Officer Amanda for an afternoon of coffee and conversation and discuss what is happening in your community and how to be alert and in-the-know about staying safe in your community. Learn about some of the most common scam and fraud schemes happening and how to prevent yourself from being targeted.

Tue, Oct 7, 2025 | 1:30 PM-3:00 PM

NMW

FREE Registration is still required | 1 Week

NEW!

FINDING YOUR PEOPLE: MAKING AND MAINTAINING FRIENDSHIPS LIKE A GROWN UP

Gina Vliet of Charon Consulting

Explore the age defying benefits of purposeful activity. Learn how social engagement and connecting to community can improve your quality of life.

Fri, Nov 28, 2025 | 1:30 PM-3:30 PM

\$20 | 1 Week **NMW**

NEW!

FUNERAL PLANNING

Alberta Funeral Services Regulatory Board

This presentation is provided by the Alberta Funeral Services Regulatory Board who is the organization that regulates the funeral industry in Alberta. This presentation provides unbiased funeral planning information for Albertans, including legislative requirements, options, pre-planning requirements and disposition types. There is time for questions about anything funeral related.

Thu, Sep 18, 2025 | 1:30 PM-3:00 PM

NMW

FREE Registration is still required | 1 Week



GENERAL INTEREST



NEW!

FUNDAMENTAL PRINCIPLES OF RETIREMENT LIVING

**Weichurn Woo, Mackie Research
Financial Advisor**

A seminar refresher designed for current retirees and those planning for their transition into retirement. Learn the 10 principles of achieving the holistic retirement lifestyle you desire while helping to protect your retirement finances from unforeseen events

Tue, Sep 23, 2025 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

NEW!

INVESTING MYTHS AND REALITIES

**Weichurn Woo, Mackie Research
Financial Advisor**

Are you ready to separate fact from fiction in the world of investing? Join us for an engaging seminar where we'll debunk common investing myths and uncover the realities that every investor should know. Whether you're a seasoned investor looking to refresh and update your knowledge, or just starting your investment journey in the financial markets due to the now much lowered GIC rates compared to the past 2 years, this seminar will equip you with valuable and modern insights to make informed decisions.

Tue, Oct 28, 2025 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

NEW!

MAKING SENSE OF YOUR MONEY: INVESTING WITH CONFIDENCE IN RETIREMENT

Jonathan Lesyk, Financial Advisor

With so much financial information and so many investment options available, planning for retirement can feel overwhelming. From CPP and OAS to workplace pensions and personal savings, just how do you make smart decisions that support your goals?

Join Jonathan Lesyk, Financial Advisor with Raymond James, for a practical and informative session. With over 10 years of industry experience, Jonathan will share key strategies for drawing income in retirement, building a balanced portfolio, and understanding today's investment choices.

Topics include:

- CPP, OAS, and workplace pensions
- Drawing down your savings strategically
- Core investing principles and portfolio basics
- GICs, ETFs, and more

This session is ideal for anyone looking to take control of their finances and invest with clarity and confidence.

Fri, Sep 19, 2025 | 10:30 AM-12:00 PM

\$2 | 1 Week **NMW**



GENERAL INTEREST

MEMBER MIXER

NESA Representative

Whether you're a long-time member, just getting started, or hoping to feel more connected, this friendly and informal event is a great way to meet others, enjoy good conversation, and learn more about what NESA has to offer. Come mix and mingle with fellow members in a welcoming environment. Light refreshments will be served; advanced registration is required.

A Tue, Sep 16, 2025 | 1:30 PM-3:00 PM

FREE Registration is still required | 1 Week

B Tue, Nov 18, 2025 | 1:30 PM-3:00 PM

FREE Registration is still required | 1 Week

NEW!

REAL ESTATE 101: UNSURE ABOUT STAYING IN YOUR HOME?

Doranna Owerko from Maxwell Progressive

Join Doranna Owerko, a seniors realty specialist from Maxwell Progressive, to learn more about your residential options along with the pros and cons of selling your home. Additionally you will learn more about financing through Chip mortgages, HLOC products, and lines of credit. In this session you will also review how to prepare for a move and about what resources are available to you (i.e. packing, consignment, auctions).

Mon, Sep 22, 2025 | 1:30 PM-2:30 PM

NMW

FREE Registration is still required | 1 Week

NEW!

PICTURE THIS: SHARE PHOTOS ON FACEBOOK MESSENGER!

A Helpful Hand

Learn how to access your phone's photo gallery and send pictures to friends and family using Facebook Messenger - it is easier than you think!

Thu, Oct 16, 2025 | 2:00 PM-3:00 PM

\$2 | 1 Week **NMW**

NESA IS A NON-PROFIT ORGANIZATION

Which means that program 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 cannot 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!





GENERAL INTEREST

NEW! RETIRE LIKE A PRO: MAKING YOUR MONEY WORK FOR YOU

Jonathan Lesyk, Financial Advisor

You've clocked out for the last time, now let's make sure your money clocks in! Retirement should be about freedom, fun, and doing what you love, not stressing over where your income is coming from.

From CPP, OAS, and GIS to pensions, RRSPs, TFSA's, and everything in between, how do you bring all these puzzle pieces together into one smooth financial picture?

Join Jonathan Lesyk, Financial Advisor with Raymond James, for a light, lively, and practical session on how to turn your retirement savings into steady, reliable income. With over a decade of experience, Jonathan will share tips on:

- Combining your income sources in a tax-smart way
- Getting the most out of your savings and benefits
- Avoiding common retirement money pitfalls
- Keeping more of your money working for you

This isn't just a talk about finances—it's about making the most of your retirement, your way

Wed, Oct 1, 2025 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

NEW! SERVICE CANADA: CANADA PENSION PLAN

Service Canada Benefits Officer

Join us for an informative presentation from Service Canada that will provide an overview of the Canada Pension Plan (CPP). Topics will include the retirement pension, disability benefits, death benefits, survivor's benefits pension, and children's benefits. Learn how these programs work, who is eligible, and how to apply.

Thu, Oct 2, 2025 | 10:00 AM-11:00 AM

NMW

FREE Registration is still required | 1 Week

NEW! SERVICE CANADA: CANADIAN DENTAL CARE PLAN

Service Canada Benefits Officer

Service Canada will be providing an overview of the Canadian Dental Care Plan. The presentation will include information on eligibility, how to apply, what services are covered, and how renewals work. This is a helpful session for anyone interested in accessing dental care support.

Fri, Dec 12, 2025 | 10:00 AM-11:00 AM

NMW

FREE Registration is still required | 1 Week

NEW! SERVICE CANADA: OAS AND GIS BENEFITS

Service Canada Benefits Officer

Service Canada will be presenting important information about Old Age Security (OAS) and the Guaranteed Income Supplement (GIS). This session will cover eligibility, how and when to apply, deferring OAS, and details about the allowance for the survivor. It's a great opportunity to learn what benefits may be available to you and your loved ones.

Fri, Nov 14, 2025 | 10:00 AM-11:00 AM

NMW

FREE Registration is still required | 1 Week





GENERAL INTEREST

NEW!

SETTING HEALTHY BOUNDARIES

Gina Vliet of Charon Consulting

Discover the difference between boundaries and rules, and how reframing the words we use can improve our well-being. Practice saying no in ways that alleviate self-doubt and resentment.

Fri, Sep 26, 2025 | 1:30 PM-3:30 PM

\$20 | 1 Week **NMW**

NEW!

STRESS AND CHANGE: GETTING THROUGH THE EMOTIONAL AND INTO THE PRACTICAL

Gina Vliet of Charon Consulting

Learn how to identify your stressors, what it takes to be energy efficient in stressful times, how to recharge your personal batteries, and how to integrate change in a way that leaves you enough energy to do the things that matter most to you!

Fri, Oct 24, 2025 | 1:30 PM-3:30 PM

\$20 | 1 Week **NMW**

NESA'S SHREDDING PROGRAM

Exclusive to NESA members. Envelopes for shredding can be purchased at the front desk for \$5 each. Gold members will receive one free envelope per month. Simply fill an envelope(s) with your personal documents, and we'll take care of the shredding for you!

NEW!

TASTE TOUR: FLAVORS OF THE ORIENT: FRUIT TOUR

Lisa from Asian Market Adventures

No need to visit the grocery store, this tasting tour comes right to us! Embark on a fun and interactive tasting journey exploring the vibrant flavors of Asia. Taste a variety of unique and flavorful fruits from different Asian countries. Learn about their origins, cultural heritage, health benefits, and how to incorporate them into your daily meals. This interactive session is perfect for fruit lovers and those looking to expand their culinary horizons. Whether you're a foodie, a traveler at heart, or just curious about new flavors, this tasting tour offers an exciting and educational experience, no passport required!

Fri, Oct 17, 2025 | 10:30 AM-12:00 PM

\$25 | 1 Week **NMW**

WORD SCRAMBLE

PALEM	_____
VERATL	_____
KPIMUNP	_____
BUZAM	_____
SPCIR	_____
KIBNAG	_____
EBREMM	_____
TESRHVA	_____
SREDEST	_____

WORD LIST:
 MAPLE ZUMBA MEMBER
 TRAVEL CRISP HARVEST
 PUMPKIN BAKING DESSERT



GENERAL INTEREST

THE ROLE OF A MODERN DAY PHARMACIST

Anusher Iyer and Lav Soni

Join in on an informative presentation led by a Pharmacy Professional who will review various aspects of the roles that community pharmacies and pharmacists have in your community as well as what the differences are between community and clinical pharmacists.

Mon, Oct 27, 2025 | 1:30 PM-2:30 PM **NMW**

FREE Registration is still required | 1 Week

NEW! THERE'S AN APP FOR THAT!

A Helpful Hand

Join staff from A Helpful Hand who will be offering a beginner-friendly workshop that covers how to access your phone's app store, download apps, and confidently explore new tools for your device.

Thu, Sep 25, 2025 | 10:00 AM-11:00 AM

\$2 | 1 Week **NMW**

NEW! TRAVEL CLUB SOCIAL

The NESAs Travel Club

Have you ever wondered what NESAs Travel Club talks about? Are you interested in learning more about the upcoming travel plans this club has organized? Would you like to meet other people who like to travel? If you answered yes to any of these questions, please join us for a social meet and greet, ask your travel questions to the Club Executives, and come and learn about the adventures we have planned!

Wed, Sep 10 | 1:30 PM-2:30 PM

\$2 | 1 Week **NMW**

NEW!

UNDERSTANDING BASIC INVESTMENT PAPERWORK

Weichurn Woo, Mackie Research Financial Advisor

It is not uncommon for the average person to not fully comprehend what they are signing at their investment firm, and instead fully trust that their investment advisor or financial advisor that full verbal disclosure is given to them for the important information they need before opening an account. With CRM2 (Client Relationship Management 2) regulations now in place for complete investment fees and cost transparency, as well as the recent media spotlight on the ethical questionability of the big five banks, it is more crucial than ever for clients of investment firms to understand the legal paperwork they have signed with their accounts. Come join Wei Woo as we discuss the basic paperwork that most investment clients go through in their regular course of a client relationship with an investment firm.

Tue, Nov 25, 2025 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

NEW!

WHATSAPP 101: TALK, TEXT, SHARE

A Helpful Hand

Join the team from A Helpful Hand, for a step-by-step intro do downloading, setting up, and using WhatsApp to chat, share photos, and even video call loved ones.

Thu, Oct 2, 2025 | 2:00 PM-3:00 PM

\$2 | 1 Week **NMW**



HEALTH & WELLNESS

NEW!

BAND TOGETHER: STRENGTH & STRETCH WITHOUT THE FLOOR

NESA Personal Trainer, Amy Petersen

Join Amy for a motivating, low-impact strength training session using only a resistance band and loop band—no floor work required! This workshop focuses on safe, functional movements to help you build strength, improve flexibility, and feel more confident in your body. Plus, take home a simple program so you can keep the momentum going on your own.

Wed, Oct 8, 2025 | 11:15 AM-12:15 PM

\$10 | 1 Week **NMW**

NEW!

BETTER CHOICES, BETTER HEALTH: CHRONIC PAIN WORKSHOP

Alberta Health Services

Better Choices, Better Health® (BCBH®) is a six-week workshop for adults who live with chronic (long-term) physical and/or mental health conditions and, if desired, their support people. Participants meet once per week for 2.5 hours in-person. In addition to providing valuable information about how to properly manage a health condition or chronic pain, this safe and supportive learning space allows people facing similar challenges to connect and support each other in finding solutions to living healthier and more fulfilling lives. The BCBH® Chronic Pain workshop often appeals to individuals who live with chronic pain or fatigue due to conditions like arthritis, fibromyalgia, migraines, and others.

Wed, Nov 5-Dec 10, 2025 | 12:30 PM-3:00 PM

FREE *Registration is still required* | **6 Weeks**

NEW!

BOOSTING YOUR BRAIN HEALTH

Alberta Health Services

This four-week AHS program is for adults who are motivated to take action on improving brain health and maintaining an active mind. It is delivered and lead by an Occupational Therapist along with guest speakers. The workshop focuses on the importance of managing chronic health conditions and making lifestyle changes to support overall brain health.

You will learn:

- How our brains change as a result of our lifestyle and health conditions.
- New ways to improve our brain health.
- How to set goals for day to day life that can benefit brain health.

Thu, Oct 16-Nov 6, 2025 | 9:30 AM-12:00 PM

FREE *Registration is still required* | **4 Weeks**

NEW!

CENTERED AND STRONG: A BALANCE & CORE WORKSHOP

NESA Personal Trainer, Amy Petersen

Join Amy for a 60-minute workshop designed to help older adults improve balance, core strength, and overall stability. This session features simple yet effective exercises to boost functional mobility, strengthen muscles, and improve coordination, all important for maintaining independence and preventing falls. You'll leave with a personalized at-home program to continue your progress.

Wed, Oct 22, 2025 | 11:15 AM-12:15 PM

\$10 | 1 Week **NMW**



HEALTH & WELLNESS

CONNECTIONS

Carole Furgala

Are you feeling isolated at home and unsure about how to become involved again? This program offers social opportunities, education and physical activities in a safe, encouraging environment.

A Mon, Sep 8-Dec 8, 2025 | 10:00 AM-12:00 PM

No Class Oct 13

\$26 | 13 Weeks

B Mon, Sep 8-Dec 8, 2025 | 1:00 PM-3:00 PM

No Class Oct 13

\$26 | 13 Weeks



NEW!

DEMENTIA EDUCATION AND SUPPORT GROUP

Retired Geriatric Social Worker, Patricia Gartner

This six-week session is intended for the caregiver of someone who has dementia. You will be provided information as well as the opportunity to share and learn from others who are going through the same experience. This is not a drop-in group; you would be required to attend all six sessions as one session builds upon the next. At these sessions, you will learn about Normal Forgetting, Age Related Memory Loss and some of the more common diseases and illnesses that cause Dementia.

We will cover what to expect as the dementia progresses and how to communicate with someone who has dementia. You will learn strategies on how to care for yourself as you experience the loss of the person you once knew. We will also review some important decisions that need to be made as your loved one approaches the end stages of the disease. This program will be offered by Patricia Gartner, Retired Geriatric Social Worker with over 16 years experience in long term care. Patricia has been hosting this education and support group in long term care as well as in the community.

Mon, Sep 22-Nov 3, 2025 | 9:30 AM-12:30 PM

No Class Oct 13

\$48 | 6 Weeks

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or just enjoy some quiet time! With comfy chairs, tables, a microwave, and lots of windows to let in the sun, it's the perfect place to unwind.



HEALTH & WELLNESS

NEW!

ELDER ABUSE AND SAGE SENIORS SAFE HOUSE

Rachel from SAGE

Join Rachel from Sage Seniors Association for a discussion on elder abuse, ageism, and how to support a friend who may be experiencing abuse. Abuse can affect anyone and isn't limited to any group or demographic. This information session is open to people of all ages.

Mon, Oct 6, 2025 | 1:30 PM-2:30 PM **NMW**

FREE Registration is still required | 1 Week

EXPLORING MINDFUL SELF-COMPASSION

Carol Kodish-Butt, Retired Social Worker

Who am I really? Am I just an accumulation of my past attitudes, experiences and beliefs? Or am I really 'a work in progress' developing both who I am and who I want to be? Mindfulness is one way we can truly hear ourselves, to get to know who we really are and ponder our choices here. Science is learning that we can continue to change through our choices. How to harness the power of mindfulness to love ourselves and the "work" we are doing. Focus on mindful self-compassion through discussion and guided meditation. We will share this journey we call life. We join us, share your wisdom and expand your knowledge. Whether you are new to mindfulness, have worked with it for years (maybe even by another name) or just want to have some meaningful conversations with others, you are welcome! An mp3 of guided meditations spoken by the instructor will be available at no charge to all participants.

Mon, Oct 27-Dec 1, 2025 | 1:30 PM-3:00 PM

~~\$87~~ | 6 Weeks

NEW!

FASCIAL MANEUVERS

Certified Personal Trainer, Brittany Uchach

Join Brittany for a gentle and refreshing introduction to Fascial Maneuvers — simple, guided movements designed to help you reduce stiffness, improve mobility, and feel more at home in your body. This class is perfect for all abilities and focuses on creating ease, balance, and calm from the inside out.

Please note: There is no floor work in this class.

Wed, Sep 24, 2025 | 12:30 PM-1:15 PM **NMW**

FREE Registration is still required | 1 Week

NEW!

FASCIAL MANEUVERS (SIX-WEEK SERIES)

Certified Personal Trainer, Brittany Uchach

In this six-week journey working with Brittany, 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: There is no floor work in this class.

Wed, Oct 1-Nov 5, 2025 | 12:30 PM-1:15 PM

\$48 | 6 Weeks **NMW**

NEED HELP GETTING TO YOUR NESA PROGRAM?

Please email us at transportation@nesa1.ca so the team can determine if you may be eligible for NESA's transportation subsidy program.



HEALTH & WELLNESS



NEW!

FALL PREVENTION 101

The Joint Physiotherapy

As November is Fall Prevention Month, we at The Joint Physiotherapy are committed to helping seniors in Edmonton stay safe and independent, especially as winter approaches! That's why we're excited to invite you to our free Fall Prevention Session, led by our expert therapists. This program is designed to give you the knowledge and movement strategies needed to prevent falls, a leading cause of injury among older adults. It includes a 30-minute educational talk and a 30-minute guided exercise class. The entire event is interactive, safe, and tailored for all ages and physical abilities. Come join us to learn how to maintain your health, safety, and independence!

Fri, Nov 14, 2025 | 1:30 PM-2:30 PM

NMW

FREE Registration is still required | 1 Week

NEW!

GUT HEALTH

Rebecca, Store Manager and Educator from Herbal Trail

Join us for a look at how gut health influences everything from digestion to immunity, mood, and energy levels. We'll highlight how probiotics and lifestyle choices can support a healthier, more resilient gut flora.

Please Note: Rebecca is not a Physician or Naturopath or able to diagnose health conditions, she is an educator from Herbal Trail whose focus is to share supplement education and the benefits they may have on managing one's health.

Thu, Oct 9, 2025 | 10:30 AM-12:00 PM

\$2 | 1 Week **NMW**

NEW!

HEARING HEALTH WITH EARS TO YOU

Ears to You Mobile Hearing Clinic

Spend the morning with the team from Ears to You and learn about the importance of maintaining good hearing health. Learn how the ear works, what the effects of untreated hearing loss include, and about what supports and technology are available to help you maintain or improve your hearing.

Fri, Sep 26, 2025 | 10:00 AM-11:00 AM

NMW

FREE Registration is still required | 1 Week

NEW!

HIP FIT: MOVE BETTER, FEEL STRONGER

NESA Personal Trainer, Amy Petersen

Whether you've noticed stiffness or just want to move more freely, this standing and chair based session with Amy focuses on hip mobility and functional strength. Strengthen key muscles and boost flexibility in a supportive, approachable way, with no floor work required. You'll also receive a take-home routine to support ongoing progress.

Wed, Sep 24, 2025 | 11:15 AM-12:15 PM

\$10 | 1 Week **NMW**



HEALTH & WELLNESS



NEW!

LEARN ABOUT PERIPHERAL NEUROPATHY

Dr. Melanie Morrill

Peripheral neuropathy can cause burning, pain, numbness, tingling, and balance challenges in the feet and hands. Dr. Melanie Morrill, Dr Ac., focuses on addressing these debilitating symptoms, promoting nerve regeneration, reducing pain, and improving overall quality of life. Her goal is for everyone with Peripheral Neuropathy to live their lives pain-free and enjoy the activities they love.

Thu, Sep 11, 2025 | 9:30 AM-11:00 AM **NMW**

FREE Registration is still required | 1 Week

NEW!

MITOCHONDRIAL HEALTH

Rebecca, Store Manager and Educator from Herbal Trail

Learn about cutting-edge supplements and natural strategies that support mitochondrial function and cellular regeneration—helping to combat fatigue, slow aging, and enhance resilience from the inside out.

Please Note: Rebecca is not a Physician or Naturopath or able to diagnose health conditions, she is an educator from Herbal Trail whose focus is to share supplement education and the benefits they may have on managing one's health.

Thu, Oct 30, 2025 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

NEW!

STRONG FOUNDATIONS: A BEGINNER-FRIENDLY WEIGHT TRAINING WORKSHOP

NESA Personal Trainer, Amy Petersen

Whether you're new to strength training or looking to refresh your routine, this one-hour workshop with Amy is the perfect place to start. Learn effective full-body exercises, explore modifications that suit your needs, and discover how to train safely and confidently, without ever needing to get on the floor. Walk away with a personalized workout you can continue at home.

Wed, Dec 10, 2025 | 11:15 AM-12:15 PM

\$10 | 1 Week **NMW**

NESA'S SHREDDING PROGRAM

Exclusive to NESA members.

Envelopes for shredding can be purchased at the front desk for \$5 each. Gold members will receive one free envelope per month. Simply fill an envelope(s) with your personal documents, and we'll take care of the shredding for you!



HEALTH & WELLNESS

NEW!

STRONG SELF-ADVOCACY IN HEALTH CARE FOR SENIORS

Office of the Alberta Health Advocates

Strong Self-Advocacy in Health Care – Why is Important? Join the Office of the Alberta Health Advocates for a presentation that will include an important discussion on self advocacy and the valuable insights into the long-term benefits of self-advocacy in health care. You will also learn more about the common barriers to self-advocacy for older adults and about the practical strategies and improved awareness regarding communication styles that support strong self-advocacy.

Thu, Sep 25, 2025 | 1:30 PM-3:00 PM **NMW**

FREE Registration is still required | 1 Week

SUSPENSION TRAINING WORKSHOP

NESA Personal Trainer, Jollean Ferrari

Join Jollean for a one-hour introductory class on how to use the suspension trainers for a safe, fun, and low impact workout. No experience is necessary and all fitness levels are welcome. No floor work.

A Mon, Sep 22, 2025 | 2:00 PM-3:00 PM

\$10 | 1 Week **NMW**

B Mon, Oct 20, 2025 | 2:00 PM-3:00 PM

\$10 | 1 Week **NMW**

C Mon, Nov 24, 2025 | 2:00 PM-3:00 PM

\$10 | 1 Week **NMW**

NEW!

WALK THIS WAY: STRENGTH, STRETCH & STRIDE INDOORS

NESA Personal Trainer, Amy Petersen

Boost your walking skills in this guided indoor workshop! You'll work with Personal Fitness Trainer Amy to explore helpful techniques that improve balance, build strength, and enhance your stride. Plus, you'll practice in a safe and spacious auditorium setting and there is no need to worry about the weather!

Wed, Sep 10, 2025 | 11:15 AM-12:15 PM

\$10 | 1 Week **NMW**



INTERESTED IN VOLUNTEERING?

We are always accepting volunteer applications for various roles, including administration, hospitality, community engagement, club and committee coordination, knitting, program support, board governance, fundraising, and special events. To learn more, please contact our Volunteer Coordinator at volunteer@nesa1.ca or call 780.496.6969!



LANGUAGES



SPANISH - BEGINNER

Tania Oyarzun

Join in on this beginner's class to develop the skills to speak read, write and listen in Spanish. Textbook is required: Spanish Vocabulary: Practice Makes Perfect by Dorothy Richmond, Fourth Edition (ISBN 978-1-264-26424-7).

Please Note: If you own the Spanish Now or Spanish Vocabulary Third Edition textbook you do not have to purchase the new suggested textbook.

Wed, Sep 10-Dec 10, 2025 | 9:30 AM-11:30 AM

\$204 | 14 Weeks

SPANISH - INTERMEDIATE

Jorge Oyarzun

Take the next step for your language comprehension and learn how to put emphasis on the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening to communicate in Spanish. Textbook required: Spanish Verb Tenses by Dorothy Richmond (ISBN 978-0-07-163930-9).

Please Note: If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Wed, Sep 10-Dec 10, 2025 | 9:30 AM-11:30 AM

\$204 | 14 Weeks



PERFORMING ARTS

NEW!

BELLY DANCING

Loralie Tulik

This welcoming and inclusive Belly Dance class is designed for participants of all abilities, including those managing joint replacements, arthritis, balance concerns, and other mobility or sensory conditions. Movements are carefully adapted using knowledge from physical and occupational therapy to ensure a safe and enjoyable experience for everyone. With over 40 years of dance experience and 15+ years of Belly Dance instruction, your instructor brings both expertise and compassion to every class. Each session includes a full-body warm-up, step-by-step instruction, fun practice, and a gentle cool-down. Participants will learn basic movements, simple traveling steps, and veil techniques in a supportive, laughter-filled environment. Whether you're new to dance or looking to move with more confidence, this class is about joy, connection, and moving at your own pace.

Wed, Oct 1-Dec 10, 2025 | 5:30 PM-6:30 PM

\$105 | 11 Weeks **Evening**

CHORALAIRES

Director: Sandi Ollenberger, Pianist: Vicki McClelland

Raise your voice in song and join this fun-loving mixed chorus. This course offers the opportunity to learn about choral singing, develop your vocal skills, and share your talents at "sing-outs" in the community. Whether you are a seasoned singer or new to choral singing, all voices are welcome and valued. Come experience the joy of making music together!

Please Note: This group meets at The McClure United Church 13708 74 Street.

Tue, Sep 9-Nov 25, 2025 | 1:00 PM-3:00 PM

\$80 | 12 Weeks

NEW!

CLOGGING: LEVEL 1A

Adele Brewer

No clogging experience, no partner and no special shoes required in the introductory session. You will be introduced to the basic steps and terminology of clogging. Clogging is a great way to stay in shape both physically and mentally!

Mon, Sep 15-Oct 27, 2025 | 2:45 PM-3:30 PM

No Class Oct 13

\$26 | 6 Weeks

NEW!

CLOGGING: LEVEL 1B

Adele Brewer

Let's take those basic steps we experienced in level 1 (A) and build on them with new dance routines.

Mon, Nov 3-Dec 8, 2025 | 2:45 PM-3:30 PM

\$26 | 6 Weeks

CLOGGING: LEVEL 2/3

Adele Brewer

Practice, practice, practice! This clogging class is designed to help you build the confidence needed to move to the next level. Come for the workout, stay for the fun, and enhance your clogging skills in a supportive and energetic environment. (Formerly Beginner Level 2 and 3)

Wed, Sep 10-Dec 10, 2025 | 1:30 PM-2:30 PM

No Class Oct 15

\$75 | 13 Weeks



PERFORMING ARTS

CLOGGING: LEVEL 4

Adele Brewer

Now that you've mastered the basic steps, it's time to take your clogging skills to the next level. In this class, you'll expand on your movements to include more subtle rhythmic and visual variations. Come for the workout and stay for the fun! (Formerly EZ Intermediate)

Wed, Sep 10-Dec 10, 2025 | 2:45 PM-3:45 PM

No Class Oct 15

\$75 | 13 Weeks

CLOGGING: LEVEL 5 ADVANCED

Adele Brewer

Join Adele for this mini 30-minute challenge to learn advanced clogging steps. In this class we now add different styles of dance including: Flat Footing, Buck and Canadian step dancing, to our repertoire of steps. (Formerly Intermediate Advanced Steps Add-on)

Mon, Sep 15-Dec 8, 2025 | 1:00 PM-1:30 PM

No Class Oct 13

\$35 | 12 Weeks

CLOGGING: LEVEL 5

Adele Brewer

The intermediate dancers have been clogging for several years and enjoy the challenge and pace that this level has to offer. 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! Enjoy the energetic beats and diverse rhythms while enhancing your fitness and coordination in this fun and engaging class. (Formerly Intermediate)

Mon, Sep 15-Dec 8, 2025 | 1:30 PM-2:30 PM

No Class Oct 13

\$70 | 12 Weeks

DRAMA

Due to high interest in drama, we're excited to announce that a drama class may be coming soon in the Winter Season! We're currently finalizing details and hope to offer this engaging new class next term. Stay tuned for updates and registration information!

NESA'S MINI WORD SEARCH

FUN
CARVING

CERAMICS
YOGA

CARDIO
TOURS

ZUMBA
STRETCH

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



PERFORMING ARTS



GUITAR: LEVEL 1

Gilles Benoiton

No musical experience is necessary – just a desire to have some fun! This class is designed for absolute beginners. You will learn to play simple one and two-finger chords such as G, C, A, and E, which are found in many sing-along songs. Arrangements can be made with the instructor to borrow a guitar if needed. Join us and start your musical journey in a fun and supportive environment!

Fri, Sep 12-Nov 21, 2025 | 9:00 AM-10:00 AM

No Class Nov 14

\$55 | 10 Weeks

GUITAR: LEVEL 2

Gilles Benoiton

If you have experience with 3-finger open chords like D and E and feel comfortable using them, this workshop is for you. You'll learn additional chords, work your way up to the B7 chord, and practice the pick and strum method. Plus, you'll get to play new songs. Enhance your guitar skills and enjoy making music in a supportive and engaging environment! Prerequisite: Level 1

Wed, Sep 17-Nov 26, 2025 | 1:00 PM-2:15 PM

No Class Nov 12

\$66 | 10 Weeks

GUITAR: LEVEL 2.5

Gilles Benoiton

Join Gilles in this fun-filled class, playing and singing all your favorite tunes. This program is ideal for those who are ready to move on from Level 2 but not quite ready for Level 3. Guitar: Level 2.5 combines more challenging songs from Level 2 with some early concepts from Level 3. Enhance your skills and enjoy making music in a supportive environment as you bridge the gap to the next level. Prerequisite: Guitar: Level 2

Wed, Sep 17-Nov 26, 2025 | 11:15 AM-12:45 PM

No Class Nov 12

\$80 | 10 Weeks

NEW!

GUITAR: LEVEL 2.5 FINGER PICKIN'

Gilles Benoiton

Build on your guitar skills with this intermediate-level class focused on finger picking techniques. You'll learn to pick strings individually for a smoother, more expressive sound, so a clear grasp of basic chords is essential. The class will explore 6/8 timing and work toward playing "Unchained Melody" using chords like G, Em, C, and D7. Prerequisite: Guitar: level 2.5

Wed, Sep 17-Nov 26, 2025 | 10:00 AM-11:00 AM

No Class Nov 12

\$55 | 10 Weeks



PERFORMING ARTS

GUITAR: LEVEL 3

Gilles Benoiton

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on expanding your chord repertoire (including F and Bm), mastering chord progressions and learning some single-note lines. Appropriate pieces will be introduced, and students are encouraged to suggest selections! Take your guitar skills to the next level in this engaging and collaborative class! Prerequisite: Guitar Level 2.5.

Fri, Sep 12-Nov 21, 2025 | 10:15 AM-11:30 AM

No Class Nov 14

\$66 | 10 Weeks

GUITAR: LEVEL 3+ FINGER PICKIN'

Gilles Benoiton

Take your finger picking skills to the next level in this advanced class designed for players comfortable with Level 3 techniques. You'll explore new picking patterns, learn to read TAB melodies with bass lines, and dive into Travis-style picking. The class will also cover comping techniques and introduce chords like Dm and F to expand your playing. Perfect for those ready to add depth, rhythm, and complexity to their acoustic guitar sound. Prerequisite: Guitar Level 3.

Fri, Sep 12-Nov 21, 2025 | 11:45 AM-12:45 PM

No Class Nov 14

\$55 | 10 Weeks

**NEED SOME FINANCIAL
ASSISTANCE WITH YOUR
PROGRAMS?**

See page 68 for information about
NESA's Landry Leisure Pass.

NEW!

GUITAR: LEVEL 4

Gilles Benoiton

Guitar Level 4 builds on the skills from Level 3, focusing on expanding runs, incorporating rhythms with off-beats, and introducing new chords such as F and Fm. You'll refine your technique through engaging exercises and practice pieces designed to challenge and enhance your playing. This class is perfect for those looking to deepen their musical skills in a supportive, collaborative setting. Prerequisite: Guitar Level 3.

Fri, Sep 12-Nov 21, 2025 | 1:00 PM-2:15 PM

No Class Nov 14

\$66 | 10 Weeks

LEARN TO MAINTAIN AND RESTRING YOUR GUITAR WORKSHOP

Mike Chenoweth

Come and learn the basics of properly cleaning, restringing, and maintaining your acoustic (non-classical, steel strings) guitar from a professional guitar repair technician. Bring your guitar, a set of your preferred strings, a full roll of paper towels, and a large bath towel to lay your guitar on. Learn how to tell if your instrument's neck needs adjustment, how to humidify your guitar, and how to identify signs that your instrument is drying out and in danger of cracking. There will be plenty of advice and time for Q&A. Join us to ensure your guitar stays in top condition!

Tue, Oct 21, 2025 | 1:00 PM-3:00 PM

\$25 | 1 Week **NMW**



PERFORMING ARTS

HANDBELLS

Wendy Hoskin

If you can count, you can ring handbells! In this fun and uplifting class, beginner ringers will be paired with experienced partners to learn the basics of handbell technique and teamwork. No prior musical experience is required—just a willingness to learn and enjoy making music together. While reading music is helpful, it's not necessary. Join us for a joyful and engaging experience that's good for the body, mind, and soul in a supportive and welcoming environment.

Thu, Sep 11-Dec 4, 2025 | 10:00 AM-11:30 AM

\$59 | 13 Weeks



LINE DANCING: LEVEL 1

Dwayne Tulik

Kick up your heels and join us for some fun while toning your muscles, stimulating your brain, and strengthening your heart! Learn the basic steps to a variety of popular line dances. Bring comfortable or low-heeled indoor shoes. Enjoy a lively and engaging workout that will keep you moving and smiling!

Tue, Sep 9-Dec 9, 2025 | 8:45 AM-10:15 AM

No Class Sep 30, Nov 11

\$62 | 12 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, Sep 9-Dec 9, 2025 | 1:30 PM-2:30 PM

No Class Sep 30, Nov 11

\$49 | 12 Weeks

NESA'S SHREDDING PROGRAM

Exclusive to NESA members. Envelopes for shredding can be purchased at the front desk for \$5 each. Gold members will receive one free envelope per month. Simply fill an envelope(s) with your personal documents, and we'll take care of the shredding for you!



PERFORMING ARTS

MUSIC LESSONS (1:1) - GUITAR, UKULELE, AND HARMONICA

Mike Chenoweth

Discover the joy of playing music with personalized, one-on-one instruction in a supportive and encouraging environment. Open to all levels, from beginners to advanced, and accommodating any type of music. Current students have reserved spaces, while new students will be booked on a first-come, first-served basis. Each session lasts 30 minutes. Join us to enhance your musical skills and enjoy the benefits of private lessons!

A Tue, Sep 23-Dec 9, 2025 | 8:45 AM-9:15 AM

No Class Sep 30, Nov 11

\$230 | 10 Weeks

B Tue, Sep 23-Dec 9, 2025 | 9:15 AM-9:45 AM

No Class Sep 30, Nov 11

\$230 | 10 Weeks

C Tue, Sep 23-Dec 9, 2025 | 9:45 AM-10:15 AM

No Class Sep 30, Nov 11

\$230 | 10 Weeks

D Tue, Sep 23-Dec 9, 2025 | 10:15 AM-10:45 AM

No Class Sep 30, Nov 11

\$230 | 10 Weeks



SING SING SING

Suzan & John Shewchuk

Join Suzan and John for a lively and welcoming group sing-along that celebrates music from all eras and styles. With over five years of experience leading community singing sessions, they bring energy, warmth, and a love for music that's contagious. Each week will explore a different theme—such as oldies, country, 50s and 60s hits, Halloween, Remembrance Day, or Christmas. Sing along to your favorites from a songbook of over 200 songs spanning decades and genres. No singing experience is needed—just bring your voice and enthusiasm for a joyful musical experience.

Wed, Oct 22-Dec 10, 2025 | 1:00 PM-2:30 PM

\$50 | 8 Weeks

UKE N' PLAY TODAY: BEGINNER UKULELE

Mike Chenoweth

The ukulele is, without a doubt, the happiest musical instrument on earth! Mike Chenoweth is a full-time professional music teacher with nearly twenty years of teaching experience. Mike's course takes you from outright beginner right through to being able to play all of your favourite campfire strummers and beyond! Learn popular melodies, build your chord vocabulary, learn multiple rhythms, strumming patterns and read tablature, how to use a capo, finger pick, strum in both 3/4 and 4/4 time, get introduced to barre chords and so much more!

Tue, Sep 23-Nov 25, 2025 | 11:00 AM-12:00 PM

No Class Sep 30, Nov 11

\$65 | 8 Weeks



TOURS & OUTINGS

A JOURNEY TO THE NANAKSAR GURDWARA GURSIKH TEMPLE

Get ready for a heartwarming and eye-opening cultural experience! Join us for a special trip to the beautiful Gurdwara located just off Manning Drive and north of Edmonton. We'll begin our visit with a welcoming vegetarian lunch (gluten-free options available) alongside members and volunteers of the Temple's community kitchen.

After lunch, we'll step into the serene prayer hall, where you'll have the chance to learn about Sikh customs, values, and spiritual practices. Then, spend time with the Temple's knowledgeable guide Harmeeek, who will share insights into the vibrant traditions and deep-rooted history of the Sikh faith, as well as answer all those questions you've always been curious about. Don't miss this meaningful blend of culture, community, and connection. Let's explore together!



Note: Out of respect for the traditions of the Gurdwara, all visitors are asked to cover their head with a scarf or bandana. If you don't have one, one will be provided for you. Once inside the Temple, shoes will have to be removed.

Registration deadline: September 15, 2025

Wed, Sep 17 | 12:00 PM-2:30 PM

Bus Departs: 11:30 AM | Bus Returns: 3:00 PM

Please arrive at NESa between 11:15 AM-11:25 AM to check in before departure.

Early Bird Rate: \$25 (until Sep 10)

Regular Rate: \$40 

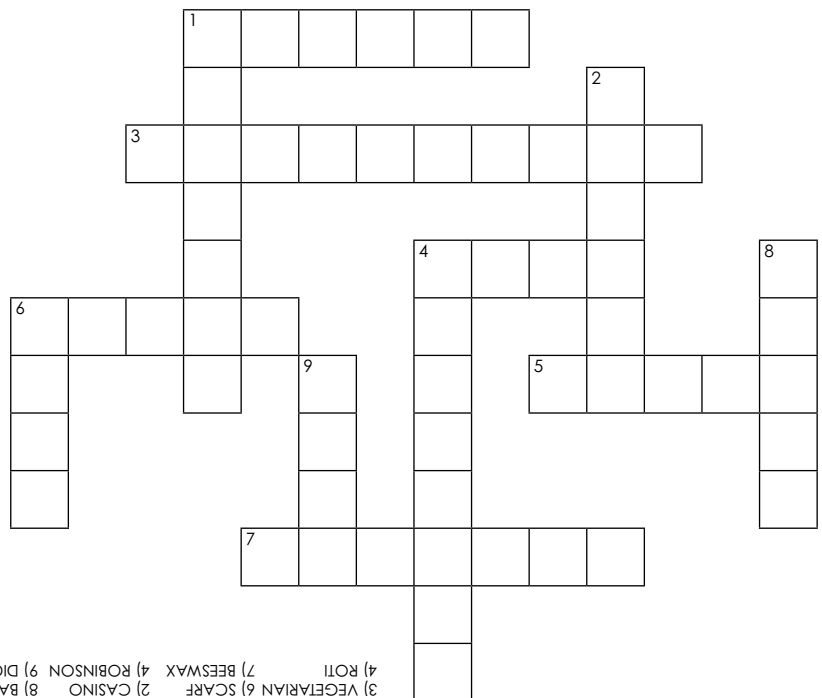
NESA'S TOURS & OUTINGS CROSSWORD

Across:

- 1) Sacred site in the Sikh culture.
- 3) Diet followed in Sikh langar meals.
- 4) Indian flatbread.
- 5) Natural sweetener made by bees.
- 6) Head covering worn for respect in Sikhism.
- 7) Capping material for honeycombs.

Down:

- 1) Stage-and-supper venue.
- 2) Where you roll the dice.
- 4) Paul Simon song about an iconic Mrs.
- 6) Punjab-based religious community.
- 8) Louisiana wetland featured in a 1963 song.
- 9) Casino throwables.



ANSWER KEY
ACROSS: 1) TEMPLE 2) CASINO 3) VEGETARIAN 4) ROTI 5) HONEY 6) BAYOU 7) THEATRE 8) SIKH 9) DICE
DOWN: 1) SCARF 2) BEESWAX 3) SCARF 4) SCARF 5) SCARF 6) SCARF 7) SCARF 8) SCARF 9) SCARF



TOURS & OUTINGS

A BEE-UTIFUL DAY AT FISHER FARMS

Get ready for an unforgettable adventure at Fisher Farms, where the world of bees comes alive! Join us for a unique tour that takes you deep into the heart of the hive. You'll witness thousands of busy bees in action, learn the fascinating secrets behind their incredible honey-making process, and, of course, indulge in some delicious honey-filled treats! It's an experience that's sure to be buzzing with excitement!

Note: Refreshments, honey and beeswax candles will be available for purchase, please bring cash.



Registration deadline: September 11, 2025

Thu, Sep 18, 2025 | 10:30 AM-12:30 PM

Bus Departs: 10:00 AM | Bus Returns: 1:00 PM

Please arrive at NESAs between 9:45 AM-9:55 AM to check in before departure.

Early Bird Rate: \$50 (until end of day Sep 10)

Regular Rate: \$65 **NMW**

RIVER CREE CASINO OUTING



The River Cree Casino is the best casino in the Greater Edmonton Area. They offer the best entertainment in Edmonton in our 100% smoke-free facility. Participants will receive a \$5 gambling voucher and a lunch voucher for Tap 25 within the casino, which does not include drink or gratuity. Come try your luck at the River Cree Casino!

Note: The bus can accommodate some walkers but unfortunately, no wheelchairs.

Registration deadline: One-week prior to outing date.

1 Fri, Sep 26 | 11:00 AM-4:00 PM

2 Wed, Nov 5 | 11:00 AM-4:00 PM

Bus Departs: 11:00 AM | Bus Returns: 4:00 PM

Please arrive at NESAs between 10:45 AM-10:55 AM to check in before departure.

\$5 **NMW**



TOURS & OUTINGS

THE SIMON AND GARFUNKEL STORY

Written by Dean Elliott

With sold-out shows in over 50-countries worldwide, this internationally celebrated production tells the story of the origins and meteoric rise of Simon & Garfunkel, two young boys from



Queens, New York who went on to become the world's most successful music duo of all time. Backed by original video footage and featuring extraordinary musicians performing all the hits including Mrs. Robinson, Bridge Over Troubled Water, Homeward Bound and many, many more, we are excited to welcome this phenomenal production back to our theatre after a sold out run in 2016.

Brunch will be hosted as a self-serving buffet - dietary considerations can be shared with culinary team upon arrival to the Mayfield.

Registration deadline: September 26, 2025

Wed, Oct 22, 2025 | 10:00 AM-2:15 PM

Mayfield Dinner Theater: 16615 - 109 Avenue

Early Bird Rate: \$115 (until end of day Sep 18)

Regular Rate: \$120 **NMW**

**Attendees are responsible for their own transportation*

ONE NIGHT WITH ROY ORBISON

Written & Compiled by Kevin Dabbs and Christine Bandelow

We are thrilled to announce that Matt Cage is making a triumphant return to our stage to present the music of the late great Roy Orbison in this brand new production! This electrifying concert showcases Orbison's musical journey from his simpler 1950s rock and roll beginnings, through his peak 1960s hits period (Pretty Woman, Blue Bayou, Only the Lonely, Crying, Running Scared, It's Over), and also features the 1980s super-group The Traveling Wilburys with hits like Handle With Care, End of the Line, and You Got It. Don't miss this exciting tribute to one of music's most influential artists!



Brunch will be hosted as a self-serving buffet - dietary considerations can be shared with culinary team upon arrival to the Mayfield.

Registration deadline: September 26, 2025

Wed, Feb 25, 2026 | 10:00 AM-2:15 PM

Mayfield Dinner Theater: 16615 - 109 Avenue

Early Bird Rate: \$115 (until end of day Sep 18)

Regular Rate: \$120 **NMW**

**Attendees are responsible for their own transportation*

PLEASE NOTE:

Due to the popularity of Mayfield Dinner Theatre events, especially weekday matinee brunch shows, advance payment is required to secure group tickets. NESAs must receive payment in order to confirm your spot. Booths and tables will be assigned closer to the event date, and we will do our best to seat groups together.

To keep costs down and make this experience as affordable as possible, transportation will not be provided by NESAs. Attendees are responsible for their own travel to and from the theatre.

Thank you for supporting our tours and outings!



NESA

EVENTS AT A GLANCE

AUGUST 28	FALL REGISTRATION BEGINS 8:30 AM In-person 8:30 AM Online
AUGUST 29	BUMPERS, BURGERS, AND BIDS 11 AM – 3 PM Luncheon Tickets \$10 until Aug 22 (early bird), \$15 Aug 23-29
SEPTEMBER 1	NESA CLOSED / STAT HOLIDAY / LABOUR DAY
SEPTEMBER 3-6	BOOK, PUZZLE AND JEWELRY SALE 9 AM – 3 PM (Open till 7 pm on Wed) Free Parking
SEPTEMBER 3	BOTTLE DRIVE 9 AM – 12 PM
SEPTEMBER 17	LATE BLOOMERS GARDEN CLUB LOBBY PLANT SALE 10 AM – 3 PM (or while supplies last)
SEPTEMBER 30	NESA CLOSED / STAT HOLIDAY / TRUTH AND RECONCILIATION DAY
OCTOBER 1	BOTTLE DRIVE 9 AM – 12 PM
OCTOBER 3	DANCE NIGHT – A TRIBUTE TO THE 70'S: FEATURING THE ELECTRIC COMPANY BAND 7 PM – 10 PM Tickets: \$15 pp in advance, \$20 at the door
OCTOBER 13	NESA CLOSED / STAT HOLIDAY / THANKSGIVING
OCTOBER 24	DINNER THEATRE – TRIBUTE TO THE BEATLES 5 PM – 10:30 PM Tickets: \$60pp (Deadline: Oct 17)
NOVEMBER 5	BOTTLE DRIVE 9 AM – 12 PM
NOVEMBER 7	REMEMBRANCE DAY TRIBUTE 2 PM – 4 PM FREE (Must pre-register by October 31)
NOVEMBER 11	NESA CLOSED / STAT HOLIDAY / REMEMBRANCE DAY
NOVEMBER 22	CHRISTMAS IN NOVEMBER – ARTS & CRAFTS SALE 9 AM – 3 PM Free Admission and Parking Vendor Information to come
NOVEMBER 28	WINTER REGISTRATION BEGINS 8:30 AM In-person 8:30 AM Online
DECEMBER 3	BOTTLE DRIVE 9 AM – 12 PM
DECEMBER 5	CHRISTMAS CONCERT: FEATURING THE CHORALAIRES AND HANDBELL CHOIR 1:30 PM – 3:30 PM Tickets: \$15pp (Deadline: November 28)
DECEMBER 17-19	BOOK, PUZZLE AND JEWELRY SALE 9 AM – 3 PM (Open till 7 pm on Wed) Free Parking
DECEMBER 22-24	REDUCED OFFICE HOURS 8:30 AM – 3 PM
DECEMBER 25- JANUARY 2	NESA CLOSED / HOLIDAY CLOSURE
JANUARY 5	WELCOME BACK - REGULAR HOURS

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

STAY ACTIVE. STAY CREATIVE. STAY CONNECTED.

Whether you're looking to stretch your muscles, spark your creativity, or learn something new, this season's lineup of workshops is designed with you in mind! From brush strokes to balance classes, our workshops support well-being, self-expression, and social connection for older adults and seniors.

EXPLORE WHAT NESA HAS IN STORE:

ARTS & CRAFTS:

Discover hands-on workshops that unleash your creativity and give life to your ideas. See pages 14, 15, 16, 17, 18, 20.

HOBBIES & HOW-TO'S:

Learn a new skill, revisit an old passion, or enjoy the fun of making something together. See pages 14, 23, 24.

FITNESS & WELLNESS:

Find movement that works for you with workshops that build strength, improve balance, and boost energy. See pages 50, 53, 54, 55.

GET INSPIRED, GET MOVING, GET INVOLVED.



NESA'S LANDRY LEISURE PASS



The Landry Leisure Pass (LLP) is an income-based subsidy program that allows eligible NESA members to receive \$200 towards NESA programming.

THINGS TO KNOW

You can now register for the 2025 LLP PROGRAM.

HOW DO I QUALIFY?

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

1. Annual Income Eligibility

One Person Household:

An income of **\$33,410 or less.**

Two Person Household:

An income of **\$54,640 or less.**

Households include main applicant's spouse/partner; proof of annual income required by providing one of the following: 2023 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 Licence, 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 2025 NESA Membership;
- Provide NESA with a copy of your 2024 Notice of Assessment (or other proof of income) and proof of your current address. How?
 - Visit our office during business hours (see page 5 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 \$200 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, 2025 – December 31, 2025, and you will have access to \$200 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 5 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;
- 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

HOME SUPPORTS & OUTREACH SERVICES

Are you or another senior in search of Home Supports? Looking for referrals to reputable service providers who can help you get the work you need done?

Please visit www.seniorscouncil.net/shsp-seniors for more information on who you can contact today or call **211** and press '2' for the Seniors Information Phone Line.



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 by calling 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.



CELEBRATE



CREATE



ENGAGE



Please Recycle!

And pass this program guide on to a friend