FALL2022Registration BeginsAUGUST 29, 2022 at 8:30AM



PROGRAM & ACTIVITY **Guilde** AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your **FUN** inside:

15) The Art of Redesigning Jewelry

- 27 Stability Ball Strength
- **37** Evening Classes at NESA!



DON'T HAVE A COMPUTER? Or do you need some assistance with registering online? Check out our options on Page 4.





7524 - 139 Avenue

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our history

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

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

NESA's success speaks for itself:

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

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

MEMBERSHIP INFORMATION Fall 2022

JOIN US FOR MEMBER MIXER MONDAYS

See page 34 for more information about how you can connect with other NESA Members!

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.
- Access to Fitness Centre with purchase of Fitness Pass.
- 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:

New Members - Purchase In-person, Telephone, or Mail-in.

Renewing Members - Purchase Online, Telephone, In-person, or Mail-in.

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

- Valid for a lifetime with no expiry.
- Full voting privileges at Annual General Meeting.
- Access to Fitness Centre with purchase of Fitness Pass.
- Access to NESA programs, and club enrollment at membership rates.

How to Obtain:

New Members - In-person, Telephone, or Mail-in.

Renewing Members - Automatically updated internally.

Office Hours Mon to Fri 8:30AM - 4PM Registration Begins:

AUGUST 29, 2022 @ 8:30 AM

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 53 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 <u>one week after</u> the first day of registration.

How to Obtain:

Purchase at participating Senior Recreation Centres.

NON-MEMBERS

Are you a non-member wanting to join us for a registered program?

A NESA membership is now required in order to participate in registered programs. Historically non-members were permitted to join if they paid the listed program fee *in addition* to the former 'non-member fee' of \$30 or \$60 for each program they wanted to enroll in. As NESA would like to help you minimize extra fees being paid, the purchase of a membership is now required for all registered programs, allowing you to maximize on the savings all year round!

Just wanting to join us for a special event, one-day lecture or presentation?

Look for this symbol **NMW** (Non-members welcome) to confirm what activities a NESA membership is not required for.

FALL PROMOTION EXTEND THE FUN!

If you have not already purchased your 2022 NESA Membership, purchase our 2022/2023 Promotional Membership today! For only \$40* you can enjoy the benefits of a membership starting today until the end of next year!

*FOR 55+ MEMBERSHIP PURCHASES ONLY. THE UNDER 55 MEMBERSHIP PROMOTIONAL FEE IS \$80.

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2022 MEMBERSHIP? Call us at 780-496-6969 and we can look up your account and verify your membership status.

PROGRAM REGISTRATION INFORMATION & FORMS

REMINDER!

register online An active 2022 NESA Membership is required for most programs and activities at NESA. See Membership Application on page 5-6.

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 as you did in the Spring of 2022.

Haven't set up your online account yet? Don't delay and call NESA before Monday, August 29, 2022 for assistance with getting vour online account set up. For Account Support, call 780.496.6969 or visit www.nesa1.ca then

click on 'My Account' and review instructions provided about how to aet started.

Need to register a spouse or friend online? Call or visit us before the first day of registration and ask a NESA staff to add them to your account!

Need access to a computer? The NESA computer lab will be open during office hours (8:30AM-4PM) on Aug 29-Sep 2, 2022. Please note this is selfserve only. Staff will not be available to assist you.

For Technical Support **call:** 780.496.6969

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

To ensure patron safety, to prevent overcrowding and excessive lineups, and to provide a more efficient registration experience, it is strongly encouraged that members register for their activities and programs online. 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 and cheque payment.

While the NESA team will endeavour to provide members who choose in-person registration with a positive and successful experience, please be aware 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.

IN-PERSON

Visit the front desk during office hours, Monday to Friday, 8:30AM-4PM.

MAIL-IN

Complete the 'Program Mail-In Registration' form found in this catalogue on page 7 and mail it with a cheque payable to North Edmonton Seniors Association. Mail-in registrations will be processed at the end of day on the first day of online registration and as received thereafter.

TELEPHONE

Please note that telephone registration will **not** be available on the first day of registration. Support will only be available for technical/online account assistance.

CANCELLATIONS AND REFUNDS

NO REFUNDS OR CREDITS will be given for programs, clubs, presentations, tours, or fitness Centre passes unless canceled by NESA.

LOW ENROLMENT POLICY

Avoid disappointment and reaister early! The programming team assesses enrolment one week prior to the start date of the class and 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

Regular Membership Non senior Membership Gold Membership Reciprocal Membership

NESA Membership Application

Please PRINT Clearly

MAIL-IN REGISTRATIONS <u>must</u> 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 | \$40/\$80 Promotional Membership

See Membership Information page for further details and fees.

SURNAME:	FIRST NAME:		
ADDRESS:			
CITY:	PROVINCE:	POSTAL CODE:	
PHONE NUMBER:		EMAIL ADDRESS: Email Address required for online registration access.	
		embership Type criteria. R NOT TO DISCLOSE/UNSPECIFIED	
EMERGENCY INFORMATION	I:		
EMERGENCY CONTACT (FIR	est and last name):		
EMERGENCY PHONE:	EMERO	GENCY RELATIONSHIP:	
OFFICE USE ONLY:			
TERMS OF SERVICE ELECTRO	INPUT INTO BOOKKING ON DNICALLY SUBMITTED ON BOOK	(DATE) BY (INITIALS)	
PLEASE ENSURE COMPLETED FO	RM IS FILED IN THE 'NEW MEMBER	SHIP APPLICATIONS' FOLDER AT FRONT DESK AFTER PROCESSING	
Act of Alberta (2004). The inprovide information to mer	nformation will be used to o mbers and may be used fo	ted under the Personal Information and Protection administer registrations and memberships, to r satisfaction surveys. Data will also be used r concerns about the collection of personal	

information, they should be directed in writing to: Executive Director, North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre, 7524-139 Avenue, Edmonton, AB, T5C 3H7.

SEE OTHER SIDE



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.nesal.ca

Terms of Service

[Last updated February 26th, 2021]

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.

<u>Personal Information Update:</u> 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).

<u>COVID-19 Compliance:</u> NESA continues to align its COVID-19 response with the City of Edmonton and Alberta Health Services. Members and facility patrons are required to comply with the required guidelines when visiting NESA and participating in activities, programs, etc. Failure to do so can result in refusal of program admission and/or a facility ban.

<u>Respect for People and Property:</u> 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.

<u>Refund Policy:</u> 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.

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.nesal.ca

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; **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 <u>www.nesa1.ca</u>, 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:	Lo	_ Last Name:	
Address:			
City:	Province:	Postal Code:	

Phone(s): _____

_____ Email: __

Activity Name	Start Day/Date	Time	Fee	Office Use
Payment: Payment in full must accomp NOT send cash. Cheques must be mad	Total		Supply lists Required/Added?	
Seniors Association.			□YES □NO	

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.

COVID-19 and an Operations Update



While we know that COVID-19 will remain an ongoing concern for all of us for months and likely years to come, we are confident that if everyone continues to do their part to keep one another safe, that we should be able to safely reconnect in person and enjoy activities together here at NESA this upcoming season. Having said this, we do recognize that at any time the province of Alberta and our partners at the City of Edmonton might require new guidelines and protocols be implemented if the pandemic situation changes. Should new changes be mandated we will update our membership and respond accordingly.

Mask-Wearing at NESA/The Northgate Facility

As of March 8, 2022 masks are no longer a requirement when visiting the Northgate facility or when attending a program at NESA. We kindly ask that all patrons visiting these shared spaces continue to be kind to one another and respect one's decision about whether they choose to wear a mask.

NOTE Operational guidelines and protocols may be subject to change.

To find out more about what NESA is doing to keep its community safe and to learn about any operational updates, please visit <u>www.nesa1.ca</u>

THANK YOU FOR DOING YOUR PART TO KEEP YOUR RECREATION COMMUNITY SAFE.







Patron safety remains our top priority. The following guidelines and measures have been made at the facility to keep you safe:

- Contactless registration continues to be encouraged (online or mailin methods are preferred);
- Disinfection wipes and sanitizer stations will be available as well as sinks in many of the program and activity spaces for hand-washing;
- Program and activity maximum enrollment totals have been reduced to prevent overcrowding;
- Where possible, relocation of larger activity groups into alternate spaces;
- Staggering of start and end times of larger programs and activities to prevent overcrowding in common areas, change rooms, elevators, etc.;
- Where possible, use of alternate exits from the building is encouraged;
- Sneeze guards remain installed in hightraffic areas such as the front desk, fitness centre, and outreach desks;
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts.

What you can do to keep yourself and others safe:

- Participants are asked to arrive no more than five minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces;
- Though not required, participants are encouraged to bring their own program supplies (i.e. art supplies, handheld tools, instruments exercise mats and fitness equipment);
- When possible, participants should bring their own filled water bottles;
- Please limit the amount of personal items brought with you as locker space is limited. (Wallet and key lockers are available and remain complimentary);
- If possible, please wear your workout clothing to your fitness activity so you can minimize the amount of time spent in the change rooms;
- Ensure to bring your indoor footwear with you and leave any soiled or wet footwear on the provided shoe racks;
- Participants will be expected to spend a few minutes at the beginning and at the end of their program to sanitize their spaces and wash their hands. Frequent hand-washing is one of the best ways to prevent the spread of infection;
- Ensure to conduct daily health assessments and if feeling unwell, please postpone your visit to NESA and return once you are feeling better.

COMPUTERS & DEVICES

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

NESA Tech Tutorial Thursdays 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 Thursdays, 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.

NOTE Remember to bring your electronics' power adapters or cables to the session.

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

3 SESSIONS/DAY

Each session has three different 1 hour time intervals to choose from and they are as follows:

- A Thu, Oct 27
- 1 9-10 AM 2 10:15-11:15 AM 3 11:30 AM-12:30 PM
- B Thu, Nov 3
- **1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM
- C Thu, Nov 10
- **1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM
- D Thu Nov 17
- 1 9-10 AM 210:15-11:15 AM 311:30 AM-12:30 PM
- E Thu, Nov 24
- **1** 9-10 AM **2**10:15-11:15 AM **3**11:30 AM-12:30 PM

\$50 Per One-Hour Tutorial

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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



NEW! Art Journaling

Dooreen Rousseau

Art journaling is like a diary of sorts, where you can be creative and try out different processes like stenciling, collage, stamping using acrylic, ink and watercolors, and paper art. In this 3-day workshop, you will be creating an art journal by using a variety of papers and stitching them together with a simple pamphlet stitch, then decorating the pages. No experience is required.

=0

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Mon, Oct 17-31 / 9 AM-12 PM / Wks3

\$126

Art Journaling: Waterfall Journal Workshop

Dooreen Rousseau



This type of journal features staggered pages using a waterfall technique. You will create the journal and then decorate some of the pages using collage techniques. All vintage papers, ephemera and designer papers included in the kit.

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Fri, Nov 25 / 9 AM-12 PM / Wks1

\$42 NMW

PLEASE NOTE

Program durations scheduled are inclusive of the time required for instructor and participant equipment and shared-space disinfection and sanitization.

Beading Workshop: Christmas Ornament

Carole Legg



Carole has been beading for 15 years, and has taught various classes. Join her for this 2-day workshop where you will learn how to make a beaded beautiful Christmas Ornament. Please bring scissors. A work light and needle

threader are optional. All other supplies are included.

Fri, Oct 21-Oct 28 / 12:30-3:30 PM / Wks2

\$42

NESA IS A NON-PROFIT ORGANIZATION

Which means that the fees are used to pay for the instructor and the space. When programs have a low enrollment we may have to cancel the program because we 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!

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

Bird Carving: Cedar Waxwing Diane Sharkey



Diane Sharkey is a member and instructor at the Alberta Wildlife Carving Association. In the past 7 years, she has taken numerous carving courses from world champion carvers and is

very excited to share what she has learned. Additional costs for supplies payable to instructor (approximately \$20).

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Wed, Sep 14-Nov 30 / 1-4 PM / Wks12

\$162

Ceramics

Jackie Garrant

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

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Wed, Sep 14-Nov 30 / 12:30-3:30 PM / Wks12



Collage Basics

Dooreen Rousseau



Learn the basics of collage to create 2-3 collage panels ready for framing. The essential techniques will include composition and design, layering, using a focal image, contrast, color and dimension.

Assorted prints, papers, paints, imagery and substrates are included in the kit.

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Fri, Nov 18 / 9 AM-12 PM / Wks1

\$42 NMW

Creative Cards: Christmas

Janelle Tameling

Come to the Creative Christmas Card Buffet! Spend a fun-filled day getting a head start on your Christmas cards. Working at your own pace, choose from an assortment of over a dozen different Christmas card designs. Kits are prepared with all of the bits and pieces and instructions, so all you need to do is stamp, assemble, embellish, and add a greeting inside! Your recipient will be thrilled with their hand-made festive creation. Included in the class fee are all of the supplies to make up to 20 cards with envelopes. Additional cards are \$2 each. The cafeteria will be open for lunch or you can bring your own. All supplies included.

Fri, Oct 21/9 AM-3 PM / Wks1

\$48 NMW

Creative Cards: For All Occasions Janelle Tameling

Come to the Creative Card Buffet! Spend a fun-filled day making cards for all occasions. Working at your own pace, choose from an assortment of over a dozen different designs of all occasion cards, including birthday for him and her, sympathy, baby, wedding, thank you, and more. Kits are prepared with all of the bits and pieces and instructions, so all you need to do is stamp, assemble, embellish, and add a greeting inside! Your recipient will be thrilled with their handmade creation. Included in the class fee are all of the supplies to make up to 20 cards with envelopes. Additional cards are \$2 each. The cafeteria will be open for lunch or you can bring your own. All supplies included.

Fri, Sep 16 / 9 AM-3 PM / Wks1

\$48 NMW

Fluid Art Series: Acrylic Pouring Janelle Tameling

You don't need fancy brushes, special equipment, or an art degree to experience the fine art of Acrylic Pouring. In this class, you will learn the art of Acrylic Paint Pouring and techniques to make interesting, one-of-a-kind creations. All supplies are included in the cost of the class. No previous painting experience is required. Wear old clothes and an apron. This could get messy! All supplies included.

Wed, Sep 21 / 6-8 PM / Wks1

\$48 Evening NMW

EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed during NESA's regular business hours (Monday- Friday, 8:30 AM-4 PM).

EVERYTHING IS MORE FUN WITH A FRIEND!

Are you or your friend a non-member who wants to participate in one of our oneday workshops or programs? Look for this symbol NMW to know which activities you may be eligible for.

Fluid Art Series: Acrylic Water Marbling

Janelle Tameling



In this class, you will learn the ancient art of water marbling by suspending acrylic

paint on the surface of the water and dipping a variety of mediums. Learn the techniques to create unique, one-of-a-kind works of art. Wear old clothes and an apron. This could get messy! All supplies included.

Wed, Sep 28 / 6-8 PM / Wks1

\$48 Evening NMW

Fluid Art Series: Alcohol Inks Janelle Tameling

In this class, you will explore working with alcohol inks on a variety of surfaces. Come play and create unique projects that you can use for home decor or gifts. Wear old clothes and an apron. This could get messy! *All supplies included*.

Wed, Oct 12 / 6-8 PM / Wks1

\$48 Evening NMW



Gnome for the Holidays Workshop

Wendy Berg

NEW!

Come join Wendy for a fun-filled workshop creating adorable little holiday gnomes. Each participant will bring home a small gnome ornament, a pin or magnet, and maybe even a little bonus project. No experience is needed. All supplies included.

Tue, Nov 15 / 12:30-3:30 PM / Wks1

\$24 NMW





Monoprinting Dooreen Roussequ

In this class you will learn the basics of monoprinting, using an acrylic gel plate. This is a required class to continue with more advanced techniques in upcoming classes. Techniques shown include how to care and use the plate, using mark making tools and stenciling, layering techniques and using various papers for different results. Once you start, you can't stop! You will pull approx. 25 prints in class.

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Fri, Nov 4-Nov 25 / 1-4 PM / Wks3

No class Nov 11

\$126

Needlecrafts: Crochet For All Levels Ann Marston

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

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

A Tue, Sep 13-Oct 18 / 1:30-3:30 PM / Wks6

\$62

B Tue, Oct 25-Nov 29 / 1:30-3:30 PM / Wks6

\$62

Needlecrafts: Knitting For All Levels Ann Marston

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

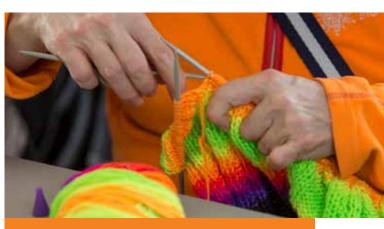


CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

A Tue, Sep 13-Oct 18 / 11 AM-1 PM / Wks6

\$62

B Tue, Oct 25-Nov 29 / 11 AM-1 PM / Wks6



CRAFTS & HOBBIES ... continued

DON'T MISS OUT!

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

Northgate Writing Society

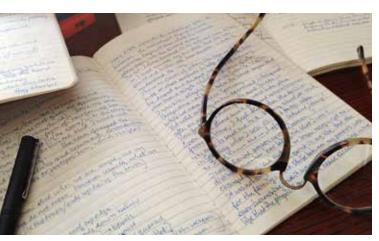
Northgate Writing Society

This group of writers wishes to welcome any NESA members who are interested in writing or have done some writing to join us. We share our stories during class and give each other feedback. We occasionally have a resource author/writing instructor/communications expert visit to assist us. As a group, we have published a number of books of short stories and recipe/story books. Samples of our books are available in the lobby. We encourage you to check out our blog at nglswordweavers. blogspot.com where you will also be able to share your stories.

Fri, Sep 16-Dec 16 / 1-3 PM / Wks12

No class Sep 30 & Nov 11

\$24



Soapstone Carving: Bison Kay McCormack



Love sculpture? Love stone carvings? Here's your chance to create the iconic Bison. Beginner and intermediate carvers are welcome to spend a 3-day workshop with local soapstone artist Kay McCormack. In this workshop, you will learn the planning portion for your carving, the correct and safe use of hand tools and with Kay's guidance see your sculpture emerge. All supplies included.

Thu, Oct 13-Oct 27 / 12:30-3:30 PM / Wks3

\$145

NEW!

Table Games Tuesday Lead by fellow game enthusiasts

Come and join fellow card and board aame enthusiasts for an afternoon of game play and socializing! Whist will be the main activity played and for those interested in Scrabble we will have that available as well! More games to follow if there is sufficient interest for them. If you are looking for other card games please see page 49-50 for more information about the NESA Card Clubs.

Tue, Sep 20-Nov 29 / 1-3 PM / Wks11

\$2/Date



The Art of Redesigning Jewelry - An Introduction

Shirley Zago

Learn the basics of using simple tools to take apart your own costume jewelry. See the many possibilities to recreating your own pieces in taking apart necklaces, earrings, bracelets, broaches, etc. All tools supplied, please bring your own costume jewelry.

Mon, Nov 7 / 9 AM-12 PM / Wks1

\$25 NMW

The Art of Redesigning Jewelry - Level 2

Shirley Zago

Having learned the use of the tools, together we take apart to recreate using your jewelry and with what I bring to add to creating new pieces. Trends in jewelry are forever changing and having fun using our imaginations in redesigning. All tools supplied, please bring your own costume jewelry.

Mon, Nov 14-Nov 21 / 9 AM-12 PM / Wks2

Water Marbling Workshop: Silk Scarf and Paper

Karen Selinger

Water Marbling is the centuries-old art form where paint is floated 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 colours respond to each other. Next, we learn basic designs like freestyle, stone, peacock and feather which we print to paper. Lastly you will then apply these techniques to design a 14"x72" silk scarf. There are no special skills required, only the willingness to experiment and have fun! All supplies included.

A Fri, Oct 14 / 9 AM-12 PM / Wks1

\$78 <mark>NMW</mark>

B Fri, Oct 14 / 12:30-3:30 PM / Wks1

\$78 NMW

Weaving: An Introduction Bertha Pisarchuk

Have fun learning a new craft. You will be provided with a 4-shaft table loom to use to create either a table runner or two placemats. This course will guide you in all the basics of weaving. A workbook will be provided along with hands on instructions during the 18 hour course. Come and enjoy weaving with the weaving club! All supplies included.

Tue & Thu, Oct 11-Oct 27 / 12:30-3:30 PM / 6 Dates

DRAWING & PAINTING

Acrylics or Watercolors: Developmental Painting Cindy Barratt

Come paint Acrylics or Watercolors with Cindy. Students may choose which medium they want to work in. Cindy will offer good basics in both mediums such as color theory, brush strokes and techniques along with demos and individual assistance with your painting projects. Week one will focus on color theory and brush stroke and technique exercises. Starting week 2 we will select various themes and students will work on their individual painting projects. Students can bring their own painting reference or use the materials provided. Suitable for new and repeat students - beginner to intermediate levels.

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Tue, Sep 27-Nov 15 / 12:30-3:30 PM / Wks8

\$183

NEW! Drawing Animals in Pencil Susan Casault

Learn the essentials for creating life-like drawings of animals by using line, tone, texture and composition. Draw a diverse selection of animals, both wild and domestic, using different techniques to capture wrinkles, fur, or shining eyes. You will participate in various drawing exercises and experiment with different drawing techniques. Instruction will include demonstrations as well as individual guidance. Some drawing experience would be helpful. Photo reference will be provided by the instructor.

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Thu, Sep 15-Oct 20 / 9:30 AM-12:30 PM / Wks6



MATERIALS

Please remember to bring your own dropcloths, art easels, or any other supplies you will require, as NESA is not able to provide you with them. Refer to class supply lists provided in the links below. Registering by mail-in? A copy of the list will be sent to you by mail.

Oil Painting

Debbie Olafson

Using oils, we'll create a beautiful waterfall. Join us and escape from winter!

- CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION
- A Mon, Sep 12-Oct 24 / 9 AM-12 PM / Wks6

No class Oct 10

\$130

B Mon, Oct 31-Dec 5 / 9 AM-12 PM / Wks6

\$130

Paint Night: Pumpkin Patch Wendy Jensen



Join Wendy for a fun two hours of painting! Whether you have a beginner or an expert, you'll enjoy your time in this class. We provide

everything you need to create a 12" x 12" masterpiece to take home and display! All supplies included.

Wed, Oct 12 / 5:30-7:30 PM / Wks1

\$24 Evening NMW

Painting with Pastel Pencils

Debbie Olafson

Let's have fun with pastels! Bring all your colors and let's create a tropical scene to warm our winter days. Paper supplied by instructor at cost.



CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

A Mon, Sep 12-Oct 24 / 1-4 PM / Wks6

No class Oct 10

\$130

B Mon, Oct 31-Dec 5 / 1-4 PM / Wks6

\$130



Wendy Jensen



Join Wendy for a fun two hours of painting! Whether you have a beginner or an expert, you'll enjoy your time in this class. We provide everything you need to create a 12" x 12"

masterpiece to take home and display! All supplies included.

Tue, Nov 29 / 1-3 PM / Wks1

\$24 NMW

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

Watercolor with Willie For All Levels

Willie Wong

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

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION

Wed, Sep 14-Nov 23 / 1-4 PM / Wks10

No class Sep 21

\$250

Watercolor Workshop: An Introduction

Willie Wong

Have you always been curious about Watercolor painting? Well, wonder no more. This paint night will show you how to take the fear out of watercolor. Willie will show you how you can produce a beautiful piece of artwork in 2 hours! We will provide you with everything you need for the night. All supplies included.

Wed, Sep 28 / 5:30-8 PM / Wks1

\$30 Evening NMW



FITNESS & SPORTS

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 30 for a class selection overview.

1-Day Fitness Workshop: Free Weights and Resistance Bands

Edmonton North Primary Care Network

Looking to make your workout more interesting and diversified? Join Exercise Specialist and Physiologist Natasha for an hour long workout where you will review a variety of exercises that can be done with free weights and exercise bands. All levels of exercisers are welcome as progressions and regressions can be offered.

Fri, Nov 18 / 1-2 PM / Wks1

\$2 NMW

New 1-Day Fitness Workshop: Free Weights

Edmonton North Primary Care Network

Join Exercise Specialist Natasha for a onehour class that will introduce you to a variety of total body exercises you can do with your bodyweight and a set of hand weights. All levels of exercisers are welcome as progressions and regressions can be offered.

Fri, Oct 21 / 1-2 PM / Wks1

\$2 NMW

New: 1-Day Fitness Workshop: Resistance Bands

Edmonton North Primary Care Network

Join Exercise Specialist Natasha for a onehour class that will introduce you to a variety of total body exercises you can do with a resistance band. All levels of exercisers are welcome as progressions and regressions can be offered.

Fri, Sep 16 / 1-2 PM / Wks1

\$2 NMW

Active with Arthritis

Kiersten van Leenen

Physical activity is important for the management of joint pain or stiffness associated with Arthritis or other chronic conditions. This class will work through joint range of motion, stretching, strength and light aerobic activities to improve and manage these conditions. This program will help reduce stiffness and pain associated with Arthritis and of course can be modified to meet participant needs. Come and be active, moving through your personal range of activity for some active relief of stiffness and pain. No floor work.

Tue, Sep 13-Nov 29 / 11 AM-12 PM / Wks12

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

Age Reversing Essentrics®

Samara 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.

A Mon, Sep 12-Dec 5 / 10:15-11:15 AM / Wks12 No class Oct 10

\$136

B Fri, Sep 16-Dec 16 / 10:15-11:15 AM / Wks12 No class Sep 30 & Nov 11

\$136

Barre Cardio

Falon Fleming

Rev up that intensity with a 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. Classes held in the auditorium. Please bring your own yoga mat.

Thu, Sep 15-Dec 1 / 9:15-10:15 AM / Wks12

\$78

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 12-Dec 05 / 2-3:30 PM / Wks12

No class Oct 10

\$112

Cardio Plus

Falon Fleming

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

A Mon, Sep 12-Dec 05 / 8:30-9:30 AM / Wks11

No class Sep 26 & Oct 10

\$72

- **B** Wed, Sep 14-Nov 30 / 8:30-9:30 AM / Wks12
- \$78

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 12-Dec 5 / 12:45-1:45 PM / Wks12

No class Oct 10

FITNESS & SPORTS ... continued

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.

NEW Time!

Maggie Nichol

A Mon, Sep 12-Dec 5 / 11 AM-12 PM / Wks12

No class Oct 10

\$78

NEW Time!

Kiersten van Leenen

B Tue, Sep 13-Nov 29 / 12:30-1:30 PM / Wks12

\$78

Kiersten van Leenen

C Thu, Sep 15-Dec 1 / 1:45-2:45 PM / Wks12

\$78

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.



Beverley Moore

A Tue, Sep 13-Nov 29 / 12:15-1:15 PM /
--

\$90

Barb Deneka

B Thu, Sep 15-Dec 1 / 12:15-1:15 PM / Wks12



Cross Training

Falon Fleming

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. Become comfortable on the suspension trainers, improve your cardiovascular endurance, and increase your strength and stamina with diverse and unique movement patterns. Must be comfortable with floor work - please bring a yoga mat.

NEW Time!

A Fri, Sep 16-Dec 16 / 9:45-10:45 AM / Wks11

No class Sep 23, 30 & Nov 11

\$72

NEW Time!

B Fri, Sep 16-Dec 16 / 11 AM-12 PM / Wks11

No class Sep 23, 30 & Nov 11

\$72



Essentrics[®] 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, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle fitness, standing and chair work. No floor work but bringing your own yoga mat to stand on is recommended.

IT'S Back!

Thu, Sep 15-Dec 1 / 12:15-1 PM / Wks12

\$122

Essentrics[®] for Stretch and Tone

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.

Samara Hipkin

A Mon, Sep 12-Dec 5 / 9-10 AM / Wks12

No class Oct 10

\$136

Meaghan Hipkin

B Fri, Sep 16-Dec 16 / 9-10 AM / Wks12

No class Sep 30 & Nov 11

\$136

Essentrics® Release, Rebalance, and Restore

Liz Olson

Release tight muscles, rebalance joints and restore your body. This is a slower paced class aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles. It is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. Level 2 – Gentle to Moderate fitness, includes standing and some chair or floor work (modifications are provided if unable to get down to floor). Please bring your own yoga mat.

NEW Time!

Thu, Sep 15-Dec 1 / 1:30-2:30 PM / Wks12

FITNESS & SPORTS ... continued

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 12-Dec 5 / 9:45-10:45 AM / Wks11

No class Sep 26 & Oct 10

\$72

B Wed, Sep 14-Nov 30 / 9:45-10:45 AM / Wks12

\$78

Fitness Centre - Daytime Small Group Training

Kiersten van Leenen

Join Fitness Instructor Kiersten for a six-week small group training program where you will learn how to use NESA's fitness centre machines and portable equipment, learn new ideas on how to workout at home, and become more familiar with what exercises best suit your needs. An exercise guide will also be provided at the end of the six week program so you can continue to work on what you have learned once the program is over!

THURSDAY Daytime Small Group Training

A Thu, Sep 15-Oct 20 / 3-4 PM / Wks6

\$75

B Thu, Oct 27-Dec 1 / 3-4 PM / Wks6

\$75

TUESDAY Daytime Small Group Training

A Tue, Sep 13-Oct 18 / 3-4 PM / Wks6

\$75

B Tue, Oct 25-Nov 29 / 3-4 PM / Wks6

\$75

WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

Fitness Centre - Wednesday Evening Small Group Training

Kiersten van Leenen

Join Fitness Instructor Kiersten for a six-week small group training program where you will learn how to use NESA's fitness centre machines and portable equipment, learn new ideas on how to workout at home, and become more familiar with what exercises best suit your needs. An exercise guide will also be provided at the end of the six week program so you can continue to work on what you have learned once the program is over!

A Wed, Sep 14-Oct 19 / 5:15-6:15 PM / Wks6

\$75 Evening

B Wed, Sep 14-Oct 19 / 6:30- 7:30 PM / Wks6

\$75 Evening

C Wed, Oct 26-Nov 30 / 5:15-6:15 PM / Wks6

\$75 Evening

D Wed, Oct 26-Nov 30 / 6:30-7:30 PM / Wks6

\$75 Evening

Flexibility and Foam Rolling

Falon Fleming

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

NEW Time!

Wed, Sep 14-Nov 30 / 11:30 AM-12:30 PM / Wks12



Fun and Fitness

Maggie Nichol

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/resistance bands to improve overall strength, and activities that improve posture, balance and flexibility.

NEW Time!

A Mon, Sep 12-Dec 5 / 12:15-1:15 PM / Wks12

No class Oct 10

\$78

B Thu, Sep 15-Dec 1 / 1:30-2:30 PM / Wks12

\$78

Gentle Yoga

Barb Deneka

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

Thu, Sep 15-Dec 1 / 10:30 AM-12 PM / Wks12

\$112

Gentle Yoga Explorations Christine Leach

Practice yoga in a way that completely honours your body. Gentle yoga can allow space to bring peace, balance, and harmony to our minds, bodies and hearts. We will start with a soft breathing practice or centering meditation, and explore various styles of gentle yoga, including comfortable hatha stretches, easy flows, some gentle yin and restorative postures, and at times, meditation. Every week, the class is different, the only constant is that the practice is gentle. This class addresses various needs and is particularly suitable for: beginners; people who have been away from yoga for a while; people with various injuries; seniors. Low intensity.

A Fri, Sep 16-Oct 21 / 11:30 AM-12:30 PM / Wks5 No class Sep 30

\$38

B Fri, Nov 18-Dec 16 / 11:30 AM-12:30 PM / Wks5

\$38

Happy Hips

Kiersten van Leenen

This class is designed to increase hip health! Class will focus on increasing flexibility, strength, stability and balance of the hip joint. You will experience an array of yoga type postures and dynamic exercise movements to emphasize the health of this very important joint and leave feeling happy! All levels welcome. Some mat work will be involved in the happy hips sequence, so the ability to come to the floor is recommended. Please bring your own yoga mat.

Mon, Sep 12-Dec 5 / 10-11 AM / Wks12

No class Oct 10

FITNESS & SPORTS ... continued

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

Hatha/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 14-Nov 30 / 2-3:30 PM / Wks12

\$112

Interval Training

Kiersten van Leenen

Join in on an invigorating total body workout exploring different exercises using various equipment and timed intervals. Some floor work may be required, please bring a mat if you have one.

IT'S Back!

A Mon, Sep 12-Dec 5 / 8:45-9:45 AM / Wks12 No class Oct 10

\$78

Wed, Sep 14-Nov 30 / 8:45-9:45 AM / Wks12

\$78





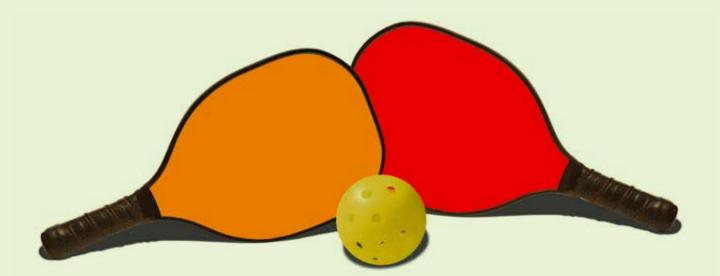
Introduction to Weightlifting Kiersten van Leenen

Do you want to learn how to safely and effectively use hand weights? Looking for new exercise ideas on how to use them? Join instructor Kiersten for a six-week course for techniques, tips and new ideas on how to weightlift. No experience necessary and all levels of fitness are welcome.

A Tue, Sep 13-Oct 18 / 1:45-2:45 PM / Wks6

\$39

B Tue, Oct 25-Nov 29 / 1:45-2:45 PM / Wks6



Pickleball Programs at NESA

Over the last few years NESA has experienced a significant increase in demand for more pickleball programs for its members. At the start of each season, many members often had to be waitlisted for pickleball because there was no available program space for them to participate. In efforts to fulfill NESA's goal to provide recreational opportunities and experiences for as many members as possible, we have reviewed all feedback and program suggestions from members, consulted with the membership via survey, enlisted professional Pickleball Instructors to review the most logistical and equitable options possible, and worked with the recreation centre's programming team to revamp its schedule to accommodate additional opportunities for more members to play this popular sport.

Pickleball Matches and Schedule - New Format!

Moving forward, all weekly pickleball sessions will have reduced enrollment capacities to allow each member more time to play. There will be a **<u>15-member</u>** <u>**maximum**</u> 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.

PLEASE ARRIVE EARLY TO AVOID DISAPPOINTMENT !

To ensure all members sign up for and organize their pickleball matches in a timely manner, it is suggested to arrive <u>at least five minutes prior</u> to the start of the session. Late arrivals may be subject to reduced program time.

Thank you for your consideration and helping to ensure an enjoyable program time for all members.

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 members new to the game register for one of the 'Learn to Play' two-week programs **prior** to participating in any of the weekly sessions of pickleball.

Pickleball Paddles

Members are required to bring their own paddle to their program but if you do not have one, NESA can provide a rental paddle to you for \$1/session.

INTERESTED IN LEARNING HOW TO PLAY PICKLEBALL? NEED A REFRESHER ON THE RULES OF THE GAME?

Register for a Learn to Play program, please see page 26.

Pick-Your-Pickleball – New format!

You asked for more options and registration flexibility and we are pleased to offer just that! Join in on as many sessions of pickleball as you'd like by choosing your preferred dates and times all at once or registering each week. Space is limited so it is advised that you pre-register for your sessions to secure a spot! If your preferred date is full, be sure to add your name to the <u>waitlist</u> so you can be contacted if a space becomes available. **NOTE** there is no cost to be on the waitlist.

SESSION DETAILS

75-minutes / \$5 / 15 people max PER SESSION

All skill levels are welcome as these are noncompetitive programs. Knowledge of the game and some experience is suggested as no instruction will be provided during these sessions.

NEW Schedule!

MON: Sep 26-Dec 5 / 1:40-2:55 PM

No class Oct 10

TUE: Sep 13-Nov 29 / 1:40-2:55 PM or 3-4:15 PM

WED: Sep 14-Nov 30 / 10:40-11:55 AM or 12-1:15 PM

WED: Oct 5-Nov 30 / 4:15-5:30 PM

THU: Sep 15-Dec 1 / 3-4:15 PM

FRI: Sep 23, Oct 7,14, Dec 2, 9 / 11:45 AM-1 PM

\$5 PER SESSION, PER DATE AND TIME FRAME

Learn to Play Pickleball

(Two-Week Program)

Learn to play the popular sport of Pickleball in two 120-minute sessions lead by a qualified instructor who will give you the basics to play confidently with like-skilled players.

A Mon, Sep 12 & 19 / 2-4 PM

\$36

B Wed, Sep 21 & 28 / 4-6 PM

\$36



Why can't the pickleball programs be scheduled for longer than 75 minutes?

At this time due to time and scheduling constraints, the 75-minute offerings are the only option available. If sessions were increased in duration it would mean that there were fewer options available to offer pickleball programs and less members would have the opportunity to play.

Why have the fees for pickleball programs increased?

The increase in fees reflects the costs associated with the auditorium space usage for smaller-group play, equipment replacement and maintenance fees, and the program administration and support expenses.

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 centre throughout the city along with the numerous City of Edmonton recreation facilities. Also consider checking out recreation facilities like the YMCA or various community leagues in your neighborhood as they may have hall and auditorium space available for pickleball.

Where can I play competitively or rent my own court space?

Consider checking out the Edmonton Volleyball and Pickleball Centre or the B-Active Badminton Club for court rentals. Additionally our friends at the Central Lions Recreation Centre offer various levels of pickleball as they have two gymnasiums and the space to allow for multi-level pickleball programs!

Why doesn't NESA offer different levels of pickleball?

At this time due to a limitation in scheduling options, NESA cannot offer specific levels of play as it may limit how many members are afforded the opportunity to play. Additionally, skill- level determination when done on a self-designated basis may result in groups where experience level may still differ significantly amongst participants.

As these programs are non-competitive in nature we hope that all members will be able to work together in creating an enjoyable, welcoming and fun experience for one another.

With the implementation of the new pickleball program format and from the support and guidance of the Pickleball Instructors, NESA may consider the offering of different levels of play in future seasons once the efficacy of the new format can be evaluated.



Stability Ball Strength Falon Fleming

Focus on total body strength and stability in this six-week program designed to increase your comfortability on the ball. Each class is designed to hit all muscle groups of the body, with a strong emphasis on core stability. We will incorporate strength based exercises, utilizing various equipment pieces such as bands and hand weights for this head to toe workout. Must be able to transition to the floor easily and enjoy mat based exercises.

A Tue, Sep 13-Oct 18 / 9:15-10:15 AM / Wks6

\$39

B Tue, Oct 25-Nov 29 / 9:15-10:15 AM / Wks6

\$39

Stretch 'n Tone Yoga: Beginner

Beverley Moore

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

Tue, Sep 13-Nov 29 / 10:30 AM-12 PM / Wks12

\$112

Stretch 'n Tone Yoga: Intermediate Barb Deneka

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.

Thu, Sep 15-Dec 1 / 8:45-10:15 AM / Wks12

Strong and Stable Kiersten van Leenen

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

Wed, Sep 14-Nov 30 / 10-11 AM / Wks12

\$78

Suspension Training for Beginners

Falon Fleming

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Take this class to learn the basics of how to 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.

NEW Time!

Wed, Sep 14-Nov 30 / 12:45-1:45 PM / Wks12

\$78

Tai Chi (Yang Style) - Level 2

Leslie Sarabin

Invite discipline and grace into your life. Use fluid and yielding motions to strengthen and quiet the soul - this course is a continuation of the movements learned in Level 1. No floor work. Prerequisite: Level 1.

Mon, Sep 26-Dec 5 / 11:15 AM-12:15 PM / Wks10 No class Oct 10

\$75

Stay tuned for future Level 1 and II Tai Chi offerings; we hope to have more programs available for you in 2023!

FITNESS & SPORTS ... continued



Triple S - Suspension Training: Beginner

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

Kiersten van Leenen

A Tue, Sep 13-Nov 29 / 9:45-10:45 AM / Wks12

\$78

Jollean Ferrari

B Thu, Sep 15-Dec 1 / 9:45-10:45 AM / Wks12

\$78

Triple S - Suspension Training: Intermediate

NOTE Pre-requisite Triple S - Beginner

Kiersten van Leenen

A Tue, Sep 13-Nov 29 / 8:30-9:30 AM / Wks12

\$78

Jollean Ferrari

NOTE Pre-requisite Triple S - Beginner

B Thu, Sep 15-Dec 1 / 8:30-9:30 AM / Wks12

\$78

DID YOU KNOW?

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

Yoga and Strength for your Back

Kiersten van Leenen

A gentle yoga and strength training class to help relieve lower back pain and improve flexibility of your lumbar spine. This class will also restore muscle balance by working on the core, which is directly related to your back. This class is suitable for anyone who can go to the floor. There will be an array of standing postures, chair postures and activities which require floor work. Please bring a yoga mat.

A Wed, Sep 14-Oct 19 / 11:30 AM-12:30 PM / Wks6

\$45

B Wed, Oct 26-Nov 30 / 11:30 AM-12:30 PM / Wks6

\$45

DID YOU KNOW?

NESA is a non-profit charitable organization. This means that we can issue you an income-tax receipt for any monetary donations you wish to make! Visit us in person to donate today or online at <u>www.nesal.ca</u> and visit the 'Get Involved' section to learn about how you can make an impact in our community.

GST Charitable #119060317 RR 0001



Zumba[®] Daytime

Marguerite Critchley

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

A Tue, Sep 13-Nov 29 / 12:15-1:15 PM / Wks12

\$78

B Thu, Sep 15-Dec 1 / 12:15-1:15 PM / Wks12

\$78



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

A Wed, Sep 14-Oct 19 / 6-7 PM / Wks6

\$39 Evening

B Wed, Oct 26-Nov 30 / 6-7 PM / Wks6

\$39 Evening

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

Zumba[®] Gold Bella Hanske

This class is perfect for the active older adult who is looking for a modified Zumba® class that recreates the original moves you love at a lower intensity focusing on all elements of fitness including cardio, muscular conditioning, flexibility and balance!

NEW Schedule!

A Mon, Sep 12-Oct 3 / 12-1 PM / Wks4

\$26

B Mon, Oct 17-Nov 7 / 12-1 PM / Wks4

\$26

C Mon, Nov 14-Dec 5 / 12-1 PM / Wks4

\$26

Zumba[®] Gold Chair

Bella Hanske

This class is perfect for older adults who are looking for a modified Zumba® class while seated on a chair. We recreate the original moves you love at a lower-intensity while seated!

NEW Schedule!

A Mon, Sep 12-Oct 3 / 1:15-2:15 PM / Wks4

\$26

B Mon, Oct 17-Nov 7 / 1:15-2:15 PM / Wks4

\$26

C Mon, Nov 14-Dec 5 / 1:15-2:15 PM / Wks4

FITNESS CLASS

	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	 Age Reversing Essentrics[®] Cardio Plus Essentrics[®] Stretch and Tone Fit For Your Life Happy Hips Interval Training Tai Chi 	 Active with Arthritis Chair Total Body Workout Stability Ball Strength Stretch 'n Tone Yoga (Beg.) Triple S (Beg.) Triple S (Int.) 	 Cardio Plus Fit for Your Life Interval Training Strong and Stable Yoga and Strength for Your Back 	 Barre Cardio Gentle Yoga Stretch 'n Tone Yoga (Int.) Triple S (Beg.) Triple S (Int.) 	 Age Reversing Essentrics[®] Cross Training Essentrics[®] Stretch and Tone Gentle Yoga Explorations
A F T E R N O O N	 Beginner Yoga Chair Stretch and Balance Chair Total Body Workout Fun 'n Fitness Zumba® Gold Zumba® Gold Chair 	 Chair Total Body Workout Chair Yoga Fitness Centre Small Group Training Intro. to Weightlifting Suspension Training for Beginners Zumba[®] 	 Flexibility and Foam Rolling Hatha/Yin Yang Yoga Suspension Training for Beginners Yoga and Strength for Your Back 	 Chair Total Body Workout Chair Yoga Essentrics[®] For Seniors Essentrics[®] Release, Rebalance, and Restore Fitness Centre Small Group Training Fun 'n Fitness Zumba[®] 	FITNESS EVENTS Free Weights and Resistance Bands Sep 16, Oct 21, Nov 18 / 1-2pm See page 18

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, Flexibility and Foam Rolling, Happy Hips, Cardio Plus, Gentle Yoga Explorations, Gentle Yoga, Cross Training, Essentrics[®] Stretch and Tone, Hatha Yin Yang Yoga, Stability Ball Strength, Stretch 'n Tone Yoga, Triple S, Yoga and Strength for Your Back, and Zumba[®].

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

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

Classes include:

Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Essentrics® Release, Introduction to Weightlifting, Rebalance, and Restore, Fit For Your Life, Fitness Centre Small Group Training, Fun 'n Fitness, Recover and Rebuild - Back and Shoulder, Strong and Stable, Suspension Training for Beginners, Tai Chi, Zumba® Gold and Zumba® Gold Chair.

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



INTERESTED IN SMALL GROUP TRAINING IN THE FITNESS CENTRE?

Please see page 22.

Hours Of Operation

Monday to Friday / 8:30AM - 4PM *Hours may be subject to change*

RESERVATIONS ARE NO LONGER REQUIRED

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

Closed on Weekends & Holidays

*Hours may be subject to change; please see fitness centre for updates!

Fitness Centre Admission Fees

Single Admission \$4	Monthly Pass \$35
10-Visit Pass \$30	Annual Pass \$325

*Prices may be subject to change.

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

INTERESTED IN VOLUNTEERING AT THE FITNESS CENTRE?

Call our Volunteer Coordinator today for more information at 780.496.6969.

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

Additional costs apply for these services.

NESA MERCHANDISE FOR SALE

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



GENERAL INTEREST



Ancestry Software for Family History

Barb Neil

Using NESA computers, create your family tree in the Ancestry or Family Search software program. The workshop will discuss how to open an account safely and focus on entering ancestral details, and finding other family trees that relate to yours. Basic internet search skills are important to being able to use the software. Tips for staying safe while online will also be offered.

Thu, Oct 6-Oct 20 / 11 AM-12:30 PM / Wks3

\$30

Creating a Smooth Transition: A practical guide to moving forward when downsizing and relocating.

Nicole Skiba, Professional Organizer

Join Nicole Skiba from eazy peazy downsizing and Sheila Hang from Revera as they take you through the steps needed when downsizing and relocating. This interactive presentation includes stories, lessons learnt and practical advice on getting the job done and achieving the lifestyle you desire. Nicole Skiba is an experienced move manager, trained Professional Organizer, Professional Home Economist, and member of the National Association of Senior Move Managers. Sheila Hang is a sales consultant from McConachie Gardens by Revera. Sheila supports seniors when transitioning to retirement living and aids seniors when navigating the health care system.

Mon, Oct 24 / 1-2:30 PM / Wks1

\$2 NMW

ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

Look for this symbol **NMW** to know which programs you are eligible for.

Estate Planning from a Financial Perspective

Weichurn Woo, Mackie Research Financial Advisor

More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. Just as important is preparing your executor or co-executors for the task. Join Wei Woo as he speaks about some important ideas to consider for your estate planning from a financial planning perspective. Its never too early to plan for your family's future.

Mon, Sep 26 / 10-11:30 AM / Wks1

\$2 NMW

Genealogy: Birth Records Barb Neil

After a review of the different birth records available, the session will focus on the importance of sourcing original records and the associated records that can verify a birth record and build a profile of an ancestor. A review of digital archives of original records will be included.

Wed, Oct 26 / 2-3:30 PM / Wks1

\$10 NMW

Genealogy: Understanding Surnames

Barb Neil

Names have an important role in genealogy. Learn the origins of surnames in various world regions and what a surname reveals about individual circumstances. Special problems that surnames can cause a genealogist will also be discussed.

Wed, Sep 28 / 2-3:30 PM / Wks1

\$10 NMW

Mewe Get Control of Your Camera Roll Ann Ozdoba

Join Ann for this one-hour class that will cover the steps and routines that would help to get your pictures on your phone more organized as well as how to backup your phone. All smart phones are welcome (i.e. android or apple).

Tue, Nov 1 / 1-2 PM / Wks1

\$6 NMW

Identity Theft and Fraud Prevention

Financial Pathways Collaborative and The United Way

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

Wed, Oct 05 / 1-2:30 PM / Wks1



INTERESTED IN VOLUNTEERING?

We are always accepting applications for volunteers in multiple roles, which include but are not limited to: administration and hospitality roles, governance and communication, fundraising, special events, working in the fitness centre, and within our Outreach and Home Supports programs. Connect with our Volunteer Coordinator by visiting us today or call 780.496.6969 for more information!

Learning about Habitat for Humanity Edmonton

Habitat for Humanity Edmonton

Habitat for Humanity Edmonton brings communities together to help families build strength, stability, and independence through affordable homeownership. We wouldn't be able to do this without our amazing volunteers. At this presentation, we'll touch on Habitat History, our affordable homeownership program, and we'll cover all aspects of how you can volunteer with us. This includes details on our current volunteer opportunities, such as ReStore volunteering!

Thu, Oct 06 / 1-2 PM / Wks1

\$2 NMW

\$2 NMW

STAY IN THE KNOW

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



HAVEN'T SIGNED UP FOR YOUR ONLINE NESA ACCOUNT YET?

Please see page 4 of the guide for how to set up your online account ahead of time so you are ready for registration day!

NESA Staff and Board

Are you a new member to NESA or not yet as connected to our recreation community as you would like to be? Would you like to get to know other members and learn about the services NESA offers? Join in for a mix and mingle relaxed session to get to know some of the other members. Light refreshments will be served; advanced registration is required.

ADVANCED REGISTRATION IS REQUIRED ON OR BEFORE SEPTEMBER 22.

A Mon, Sep 26 / 1-2:30 PM / Wks1

Free

ADVANCED REGISTRATION IS REQUIRED ON OR BEFORE OCTOBER 27.

B Mon, Oct 31 / 1-2:30 PM / Wks1

Free

ADVANCED REGISTRATION IS REQUIRED ON OR BEFORE NOVEMBER 24.

C Mon, Nov 28 / 1-2:30 PM / Wks1

Mindful Investing - How to weather in fragile markets

Weichurn Woo, Mackie Research Financial Advisor

The market crisis in 2008/2009 was a difficult time for investors. We saw many people panic and make reactive decisions based on their emotions. For the last 100 years, the markets goes through a downturn every 5-7 years. However since 2018, we had 3 Bear Markets / downturns, including the one we are currently in. The key is to not shy away when you still need to make dividends or interest for your retirement income. Learn how to protect cash flow when the markets do stall or go negative.

Investing is emotional because it involves more than just your financial wellbeing. A bad investment decision can wipe out your retirement nest egg or your children's/ grandchildren's education fund. Investing is complex and more difficult than a lot of things we do on a regular basis. Join Weichurn Woo as he discusses the common mistakes behind the average investor during their retirement years and how to avoid them.

Mon, Oct 17 / 1-2:30 PM / Wks1

\$2 NMW

Free

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

NESA Outreach and Home Supports Presentation

The NESA Team

Stop by to meet NESA's Outreach and Home Supports Coordinators to learn more about what community supports, resources, and information may be available for you!

Tue, Sep 20 / 1-2 PM / Wks1

Free - Come on by, all are welcome! NMW

NEW!

Organizing Your Photos Ann Ozdoba

The four-week program will walk through the steps in getting your photos organized. Topics covered included locating your photos, setting goals and information about Cloud Storage, organizing your camera roll, old photos well as digital conversion. We will discuss what to do with your photos once they are organized and the importance of story.

Tue, Nov 8-Nov 29 / 1-2 PM / Wks4

\$22 NMW

Reflections on Ageism NEW

Dorothy Lowrie, CEO of Human Learning Architecture

In June of 2022, Age Friendly Edmonton interviewed three very active Edmonton seniors to find their ideas and reflections on ageism. This presentation will provide an opportunity for you to view the videos created from those interviews and then you will be lead through an interactive discussion on ageism, what it means to you and to our society, and ways to combat ageist attitudes.

Thu, Oct 13 / 1-2:30 PM / Wks1

\$5 NMW

Spirituality and Aging NEWI Dorothy Lowrie, CEO of Human Learning Architecture

This new course will share with you the latest research on spirituality and aging. We will be exploring the important questions related to our spiritual practices (not necessarily referring to religion) as we age. You will leave with a tool box of ideas of how you can build a spiritual support system to help you through the path of aging.

Thu, Oct 27 / 1-2:30 PM / Wks1

\$15 NMW

Stress and Change: Getting NEW! through the emotional and into the practical.

Life Change Agent of Charon Consulting

Change, even good change, takes energy. Learn how to identify your stressors, what it takes to be energy efficient, how to recharge your personal batteries, and how to move forward leaving enough energy in the tank to do the things that matter most to you!

Fri, Nov 04 / 1-3 PM / Wks1

\$18 NMW



GENERAL INTEREST ... continued

The Last Chapter of Life: What will it be?

Evergreen Memorial Gardens and Arbor Memorial

During our life time, we make plans big and small ranging from education, career, marriage, investment, home, vehicle, travel, children, retirement and many wonderful things. We talk about those subjects all the time with friends and families. There is one topic we seldom or even avoid to talk about. When it comes to planning for one's resting place and celebration of life, it has always been a sensitive and uneasy topic for most people around the world; here comes the wave of change. More and more people are looking at this aspect of life with very different perspectives nowadays. Will it become a new trend of lifestyle? Will it be just as common as purchasing a vehicle, making an investment, getting an insurance policy, or picking a travel destination? Why don't we plan for a happy ending? This interactive workshop will give you a good understanding and different perspectives on the last chapter of your lives so you can take control of it.

WHAT IS NESA DOING TO KEEP YOU SAFE?

Contactless registration continues to be encouraged (online or mail-in methods are preferred).

What it means to be an Executor

Life Change Agent of Charon Consulting

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

Fri, Oct 14 / 1-3 PM / Wks1

\$18 NMW

Thu, Sep 29 / 1-2:30 PM / Wks1

\$2 NMW

Evening Classes at NESA

Yes, you read that right! We are bringing evening classes back! NESA is hopeful that it will be able to start introducing some evening programs for its members whose schedule and availability is better accommodated by late afternoon and early evening programs. To start off, NESA will offer one night a week of select programming with the hope to add more weeknights after we can evaluate the interest and attendance from our participants. We are hopeful that this is just the beginning of our evening programing – stay tuned for more updates and class offerings.

Please refer to the below page numbers provided for more information about each program and activity!

EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed during NESA's regular business hours (Monday-Friday, 8:30 AM-4 PM).

CRAFTS AND HOBBIES	PAGE
Fluid Art Series: Acrylic Pouring / Sep 21	12
Fluid Art Series: Acrylic Water Marbling / Sep 28	12
Fluid Art Series: Alcohol Inks / Oct 12	12
DRAWING AND PAINTING	
Paint Night: Pumpkin Patch / Oct 12	16
Watercolor Workshop: An Introduction / Sep 28	17
FITNESS AND SPORTS	
Fitness Centre - Wednesday Evening Small Group Training / Sep 14-Oct 19 and/or Oct 26-Nov 30	22
Zumba - Sep 14-Oct 19 and/or Oct 26-Nov 30	29
MUSIC, SONG, AND DANCE	
Clogging for Beginners / Sep 14-Nov 30	44
Clogging: EZ Intermediate / Sep 14-Nov 30	44
Latin Dance: Solo / Sep 28-Nov 30	47

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

HEALTH & WELLNESS

DON'T FORGET

Check out our website: <u>www.nesa1.ca</u> for some of our latest news on programs and upcoming events!

Balance - What you need to know!

Providence Chiropractic Clinic

Come and learn about balance and its many components and what is important to consider as you age. Did you know balance can change with trauma, toxins and time? Visit Dr Raj to learn more about how you can maintain and enhance your balance!

Wed, Sep 21 / 10:30-11:30 AM / Wks1

\$2 NMW



Breathing and Relaxation

Come and learn proper breathing where the benefits are healthful, powerful, and helpful. Leave with total body relaxation where you will calm the mind, release your stress, and balance your emotions. Come and learn about how something so simple can make you faster, stronger, calmer, smarter and healthier! This easy and gentle eight week program will show you different exercises on how you can improve your well-being. No experience necessary, chair-based activity. No floor work.

Tue, Sep 20-Nov 8 / 10-11 AM / Wks8

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.

Mon, Sep 12-Dec 5 / 10 AM-12 PM / Wks12

No class Oct 10

\$24

Dementia Caregiving - When to seek support?

Revera Living Team

In thinking about the possible journey ahead, how will you know when it's time to get support? What kind of help is useful? Join the Revera Educators to learn more about your options.

Wed, Oct 12 / 1:30-2:30 PM / Wks1

\$2 NMW

Dementia Diagnosis - Now what?

Revera Living Team

Learn what may lie ahead and some tips and tricks to supporting your loved one with dementia at home for as long as possible.

Wed, Sep 14 / 1:30-2:30 PM / Wks1

\$2 NMW

\$52

STAY IN THE KNOW

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

EVERYTHING IS MORE FUN WITH A FRIEND!

Are you or your friend a non-member who wants to participate in one of our oneday workshops or programs? Look for this symbol NMW to know which activities you may be eligible for.

Finding Balance in Food

Falon Fleming

Learn the fundamentals of balanced nutrition and become educated in what our bodies needs to thrive. This four week course will teach you all about proper macro and micronutrient distribution, suggestions on how to select nutrient dense foods and how to find balance in your eating habits. You will learn how to add to your diet instead of taking away and restricting the foods you love. This course will teach you how to find balance in moderation and enjoy the foods you select on a day to day basis.

w	1	Basic Nutrition: Macro & Micronutrient Education
F	2	Food for Thought
F	3	Dietary Nutrient Program for Later Years
K	4	Performance Enhancement Programs: Antiaging & Antistress

Thu, Nov 3-Nov 24 / 10:30-11:30 AM / Wks4

\$38

Happiness Basics Workshop NEW! **Edmonton North Primary Care Network**

Learn how to make lifestyle changes and add new habits into your everyday life to boost your overall happiness. Taking Happiness Basics has been shown to increase mood, increase energy levels, and boost physical and mental health.

Tue, Oct 04-Oct 25 / 1-2:30 PM / Wks4

\$10





Healthy Eating and Diet Talk Edmonton North Primary Care Network

With all the fad diets out there it is hard to know what information is right and what a person should do. Attend this session and have your questions answered by a Registered Dietitian!

Wed, Nov 30 / 10-11 AM / Wks1

\$2 NMW

HEALTH & WELLNESS ... continued

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Hearing Loss: Let's talk about it Kate Powell, Owner of the 44 Sounds Hearing Aid Clinic

Join Kate for an informative presentation where you will learn about why most people are unaware of their own hearing loss (even despite listening to everything at max volume!). Discussions will also be shared about the myths about hearing aid and why some say "they don't work". Additionally you will explore ways to improve communication skills without hearing aids, learn about hearing tests, and much more.

Thu, Oct 6 / 10-11:30 AM / Wks1

\$2 NMW

Help Dementia Caregiver's Avoid Burnout

Revera Living Team

Are you or someone you know caring for someone with dementia? Come and get some insights on avoiding burnout in this ever-changing caregiver role.

Wed, Nov 9 / 1:30-2:30 PM / Wks1

\$2 NMW

NEW! Introduction to Meditation Christine Leach

This is real-life meditation, the kind that is simple, friendly, and accessible. Gently guided to relax the body and quiet the mind. You will learn relaxation techniques such as deep breathing, visualization, progressive muscle relaxation. When meditation is practiced regularly, it can lead to a reduction in everyday stress levels and boost feelings of joy and serenity. Participants will be asked to situate themselves comfortably in a chair or on a yoga mat. Come learn the benefits of meditation and ways to assist in building your mindfulness muscles. No experience necessary. All levels welcome.

A Fri, Sep 16-Oct 21 / 1:30-2:30 PM / Wks5

No class Sep 30

\$38

B Fri, Nov 18-Dec 16 / 1:30-2:30 PM / Wks5

\$38

Let's talk about Cannabis! Edmonton North Primary Care Network

Do you have questions about cannabis and what medical conditions and purposes it is used for? Bring your questions to this presentation and have them answered by a Pharmacist!

Wed, Oct 26 / 10-11 AM / Wks1

\$2 NMW

NEW! Let's talk about Posture! Providence Chiropractic Clinic

Posture is one of the most overlooked aspects of our health. Visit Dr Raj to learn more about why posture is so important and to learn tips on how you can improve it!

Wed, Nov 16 / 10:30-11:30 AM / Wks1

\$2 NMW

Memory: Is yours in need of a checkup?

Providence Chiropractic Clinic

Do you have questions or concerns about your memory? Come and learn from Dr Raj about how your memory works, how it can be maintained, and how you can enhance it.

Wed, Oct 19 / 10:30-11:30 AM / Wks1

\$2 NMW

Sangha Meditation

One simple definition of Sangha Meditation is to think of it as our like-minded friends or a community gathering, sitting, practicing, and growing our love and kindness. It is sometimes difficult to practice meditation or mindfulness all by yourself, and there is no reason you must go it alone. Sangha is one of the universal jewels that when we gather to create peace within ourselves it helps to build a more mindful community. Come learn the benefits of Sangha Meditation (community meditation) and ways to assist in practicing and building our mindfulness muscles. Suitable for: beginners with some meditation experience; people who have been away from their meditation practice for a while; people who have a strong meditation practice. Low intensity. All levels welcome. Some meditation experiences are beneficial. Must be comfortable with sitting either in a chair, on the floor or meditation pillow for up to 20 minutes. Please bring whatever props make your meditation practice most comfortable (i.e. pillows, blankets, etc.).

A Fri, Sep 16-Oct 21 / 12:45-1:15 PM / Wks5

No class Sep 30

\$20

B Fri, Nov 18-Dec 16 / 12:45-1:15 PM / Wks5

NEW! SI

Sleep Management Edmonton North Primary Care Network

Are you having any challenges with sleep? Whether you have trouble falling or staying asleep, or you just want to learn more about sleep management, then join us for a presentation on sleep management and learn some effective strategies to help improve your sleep hygiene.

Wed, Sep 28 / 10-11 AM / Wks1

\$2 NMW

WHAT IS NESA DOING TO KEEP YOU SAFE?

Disinfecting wipes and sanitizer stations will be available as well as sinks in many of the program and activity spaces for hand-washing.



OUR CENTRE IS A SCENT FREE ZONE

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

French Conversation Basics

Cindie Thompson

This introductory French course is great for those who have not practiced or used the French language for some time or for those planning to travel to French-speaking destinations and want to practice basic conversational French: not intended for anyone fluent in the French language. In a small group setting, enjoy learning the basics of the French language through the use of music, illustrations and group activities.

A Mon, Oct 17-Nov 7 / 1:30-3 PM / Wks4

\$30

B Mon, Nov 14-Dec 5 / 1:30-3 PM / Wks4

\$30

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

Brenda Hansler

Interested in learning how to converse in sign language? Join Brenda for a fun and interactive six-week class where you will be introduced to deaf history and culture along with how to sign the alphabet, numbers, and different categories including people, places, food, and much more!

IT'S Back!

Wed, Oct 12-Nov 16 / 12:30-2:30 PM / Wks6

\$81

Sign Language in the Community: A Continuing Learning Class

Brenda Hansler

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

IT'S Back!

Wed, Oct 12-Nov 16 / 10 AM-12 PM / Wks6

LEARN LANGUAGE



Spanish - Beginner

Tania Oyarzun

Join in on this beginner's class to develop the student's skills to talk, read, write and listen in Spanish. **Textbook required:** Spanish Vocabulary by Dorothy Richmond (ISBN 978-1-260-02622-1). **NOTE** If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Tue, Sep 13-Nov 29 / 10 AM-12 PM / Wks12

\$174

STAY IN THE KNOW ABOUT ALL THINGS NESA!

Sign up to be on our email list!

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

Spanish - Intermediate

Jorge Oyarzun

Take the next step for your language comprehension and learn how to put emphasis in the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening for the students to communicate in Spanish. **Textbook required:** Spanish Verb Tenses by Dorothy Richmond (ISBN 978-0-07-163930-9). **NOTE** If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Tue, Sep 13-Nov 29 / 10 AM-12 PM / Wks12

MUSIC, SONG, & DANCE



Raise your voice in song and join this funloving mixed chorus. You will have the opportunity to learn about choral singing and to share your special talents at 'singouts' in the community. New singers are always welcome! **NOTE** Classes will be held at McClure Church [13708 74 Street].

Tue, Sep 13-Nov 29 / 1-2:30 PM / Wks12

\$85

Clogging for Beginners

Adele Brewer

Clogging isn't just a type of dancing, it's a fun, rhythmic form of exercise which is a great way to keep yourself in shape while getting in those daily steps. No experience or clogging shoes are required.

A Mon, Sep 12-Dec 5 / 1-2 PM / Wks12

No class Oct 10

\$83

ADDITIONAL Time!

B) Wed, Sep 14-Nov 30 / 5:30-6:30 PM / Wks12

\$83 Evening

WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

Clogging: Beginner Level 2 and 3 Adele Brewer

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

Wed, Sep 14-Nov 30 / 1:30-2:30 PM / Wks12

\$83

Clogging: EZ Intermediate

Adele Brewer

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

A Wed, Sep 14-Nov 30 / 2:45-3:45 PM /Wks12

\$83

ADDITIONAL Time!

B Wed, Sep 14-Nov 30 / 6:45-7:45 PM / Wks12

\$83 Evening



NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

Clogging: Intermediate Adele Brewer

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

Mon, Sep 12-Dec 05 / 2:15-3:15 PM / Wks12

No class Oct 10

\$83

Clogging: Intermediate (Advanced Steps Add-on)

Adele Brewer

Join Adele for this mini 30-minute challenge to learn advanced steps. Prerequisite: Must also be enrolled in the 'Clogging: Intermediate' program.

Mon, Sep 12-Dec 5 / 3:15-3:45 PM / Wks12

No class Oct 10

\$5**8**

Guitar: Blues Level 1 Gilles Benoiton NEW Instructor!

Participants will look at 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Prerequisite: Guitar Level 2 recommended.

A Fri, Sep 16-Oct 28 / 1-2 PM / Wks5 No class Sep 30 & Oct 21

\$33

B Fri, Nov 4-Dec 16 / 1-2 PM / Wks5

No class Nov 11 & 25

\$33

Guitar: Finger Pickin' 201

Gilles Benoiton NEW Instructor!

This intermediate class will introduce participants to picking with their fingers! Focus will be placed on various picking patterns, chord progressions and some finger picking repertoire pieces. Being able to play basic open chords such as G, A, Am, C, D, Dm, E, and Em is a good indication you are ready for this course. Prerequisite: Guitar Level 2 is recommended.

A Fri, Sep 16-Oct 28 / 10-11 AM / Wks5

No class Sep 30 & Nov 11

\$33

B Fri, Nov 4-Dec 16 / 10-11 AM / Wks5

No class Nov 11 & 25

Guitar: Level 1

Gilles Benoiton

No musical experience necessary – just a desire to have some fun! This class is designed for the absolute beginner. You will learn how to play simple one and two-finger chords such as G, C, A, and E, which can be found in songs we can sing along to.

Wed, Sep 14-Nov 30 / 11:30 AM-12:45 PM / Wks11

No class Nov 9

\$85

Guitar: Level 2

Gilles Benoiton

You should have experience with 3 fingers open chords such as D and E, and feel comfortable using them. You will learn additional chords, even work your way up to the B7 chord as well as the pick and strum method.

Wed, Sep 14-Nov 30 / 1-2:30 PM / Wks11

No class Nov 9

\$102

Guitar: Level 2.5 Gilles Benoiton

Join Gilles in this fun-filled class playing and singing all of your favorite tunes. This program is ideal for those participants who are ready to move on from level 2 but not quite ready to make that jump to Level 3. Guitar: Level 2.5 is a combination of the more challenging songs in Level 2 and some of the early concepts from level 3. Pre-requisite: Guitar: Level 2.

Wed, Sep 14-Nov 30 / 2:45-3:45 PM / Wks11

No class Nov 9

\$70

Guitar: Level 3

Gilles Benoiton NEW Instructor!

Participants should know G, A, Am, C, D, Dm, E and Em chords. This class focuses on chords (including F and Bm), chord progressions, various strumming patterns and some single notes lines. Appropriate pieces will be brought in to play. Students are encouraged to suggest selections! Guitar Level 2 is recommended.

A Fri, Sep 16-Oct 28 / 11:15 AM-12:45 PM / Wks5

No class Sep 30 & Nov 11

\$48

B Fri, Nov 4-Dec 16 / 11:15 AM-12:45 PM / Wks5

No class Nov 11 & 25

\$48

Handbells

Wendy Hoskin

If you can count, you can ring handbells. Beginning ringers are mentored by an experienced partner to learn the skills needed. Our goal is to have fun and make music good for the body, mind and soul. Being able to read music is helpful but not necessary.

Thu, Sep 15-Dec 01 / 10-11:30 AM / Wks12

\$68

Hawaiian Dance

Emily Soriano

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

Fri, Sep 16-Dec 16 / 1:45-2:45 PM / Wks12

No class Sep 30 & Nov 11

Latin Dance: Solo

Emily Soriano

Let's Latin it up with Emily! This class includes dances like the Salsa, Cumbia, Cha-Cha, Merengue and Bachata! No partner needed.

A Fri, Sep 16-Dec 16 / 12:30-1:30 PM / Wks12

No class Sep 30 & Nov 11

\$72

ADDITIONAL Time!

B Wed, Sep 28-Nov 30 / 5-6 PM / Wks10

\$60 Evening

Line Dancing: Back to the Grassroots

Dwayne Tulik

Kick up your heels and join us for some fun while toning 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.

Tue, Sep 20-Nov 29 / 8:45-10:15 AM / Wks11

\$81



Music Lessons (1:1) - Piano, Mandolin and Violin Reinhard Kroller

Learn the joys of playing in a supportive and encouraging environment through one-on-one instruction. All levels and any type of music can be instructed. Everyone is welcome from beginners to advanced. Space will be reserved for current students. New students will be booked on a first-comefirst-served basis. (30-minute sessions).

A Thu, Sep 15-Dec 1 / 9-9:30 AM / Wks12

\$288

B Thu, Sep 15-Dec 1 / 9:30-10 AM / Wks12

\$288

C Thu, Sep 15-Dec 1 / 10-10:30 AM / Wks12

\$288

D Thu, Sep 15-Dec 1 / 10:30-11 AM / Wks12

\$288

E Thu, Sep 15-Dec 1 / 11-11:30 AM / Wks12

\$288

F Thu, Sep 15-Dec 1 / 11:30 AM-12 PM / Wks12

\$288

G Thu, Sep 15-Dec 1 / 12-12:30 PM / Wks12

\$288

H Thu, Sep 15-Dec 1 / 12:30-1 PM / Wks12

\$288

NEW! Ukulele for Beginners

Heather Miller

This course is great for beginners or for a ukulele player who needs a refresher. We start out with just two chords so you'll already be playing a song on Day One! Then add more easy chords as the weeks progress. You'll know and enjoy all the songs you are playing too!

Wed, Sep 14-Oct 19 / 9:30-11 AM / Wks6

\$54

Wed, Oct 26-Nov 30 / 9:30-11 AM / Wks6



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

	Monday	Tuesday	Wednesday	Thursday	Friday
	Stained Glass 9:30AM-4PM	Carpet Bowling 10:30AM-12PM	Badminton 8:30-10:30AM	Carpet Bowling 10:30AM-12PM	Badminton 8:30-11:30AM
A M L U B S		Creative Greeting Cards 9AM-12PM	Garden Club 12:30-2PM (See schedule)	Wildlife Carving 9AM-12PM	Book Lover's Club 10:30AM - 12PM (See schedule)
		Music Makers 9:30AM-12:30PM	Travel Club 10-11:30AM		Chip Carvers 9AM-12PM
		Silversmithing 9AM-4PM	Washi Chigiri-e 9AM-12PM		Cribbage 9:45AM-12PM
		Weavers 10AM-4PM	Wizards of Odds 'n Ends 11:30AM-2:30PM		Pins and Needles Quilting 9:30AM -12:30PM
P M C L U B S	Art 1-4PM Stained Glass 9:30AM-4PM	Jammers 1-4PM Silversmithing/ Jewelry 9AM-4PM Weavers 10AM-4PM	Wizards of Odds 'n Ends 11:30AM-2:30PM	Bridge 12-3:45PM Canasta 1-4PM Fiber Arts 1-4PM Guitar Jam 12:30-3:30PM	Cribbage 12:45-3PM

FOR MORE INFORMATION ABOUT THESE CLUBS, PLEASE ASK AT THE FRONT DESK OR CALL 780.496.6969.

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

NESA CLUBS

REGISTRATION STARTS

Monday, August 29 @ 8:30AM

Art Club

Complete those unfinished art projects or just do your own thing in the supportive company of fellow students. All mediums welcome; oil paints permitted if solvent and odor-free.

Mon, Sep 12-Dec 5 / 1-4PM / Wks 12

No session Oct 10

\$24

Badminton Club

Join fellow badminton players for some fun on the court twice a week! Experience with racquet sports and the rules of the game are recommended as no formal instruction is provided. **NOTE** No drop-ins permitted.

Wed, Sep 14-Nov 30 / 8:30-10:30AM / Wks 12

Fri, Sep 16-Dec 9 / 8:30-11:30AM / Wks 11

No session Sep 30, Nov 11 & Dec 16

\$46 (for all 23 dates)

Book Lover's Club

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

Fri, Sep 16, Oct 21, & Nov 18 / 10:30AM-12PM / 3 dates

\$6

Bridge Club

Join fellow bridge players for an afternoon of fun; we welcome novice players as well as those experienced with the game!

Thu, Sep 15-Dec 1 / 12-3:45PM / Wks 12

\$24

INTERESTED IN MORE CARD AND TABLE GAMES?

See page 14 for Table Games Tuesday.

CLUBS ARE FOR NESA MEMBERS ONLY

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

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

NOTE NESA Club fees must be paid prior to the start date of your club. THERE IS NO <u>PRORATING</u> 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.

Canasta Club

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

Thu, Sep 15-Dec 1 / 1-4PM / Wks 12

\$24

Carpet Bowling

A year-round, indoor sport that resembles lawn bowling. All are welcome! **NOTE** A meeting will be held at 9:30-10:30AM on September 15 so we can vote in the new Club Executive, establish teams and review safety protocols.

Tue & Thu, Sep 13-Dec 1 / 10:30AM-12PM / 24 dates

\$48

Chip Carvers Club

Using only a knife, join the group for the creation of some simple wood projects like coasters and jewelry boxes. No formal instruction provided however beginners are welcome! **NOTE** All equipment is provided and all carving projects and materials can be purchased from the Club Coordinator.

Fri, Sep 16-Dec 2 / 9AM-12PM / Wks 10

No session Sep 30 & Nov 11

NESA CLUBS ... continued

INTERESTED IN MORE CARD AND TABLE GAMES?

See page 14 for Table Games Tuesday.

Creative Greeting Cards Club

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

Tue, Sep 13-Nov 29 / 9AM-12PM / Wks 12

\$24

Cribbage Club

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

A Fri, Sep 16-Dec 16 / 9:45AM-12PM / Wks 12

No session Sep 30 & Nov 11

\$24

B Fri, Sep 16-Dec 16 / 12:45PM-3PM / Wks 12

No session Sep 30 & Nov 11

\$24

Fiber Arts Club

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 29-Dec 1 / 1-4PM / Wks 10

\$20

Garden Club

Join fellow garden enthusiasts on a monthly basis to talk plants, gardening and more!

Wed, Sep 21, Oct 19, & Nov 16 / 12:30-2PM / 3 dates

\$6 (for all 3 dates)

WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

Golf Club

Check back for more details in the Spring 2023 Program Guide – we will be back next year!

Guitar Jam Club

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

Thu, Sep 15-Dec 1 / 12:30-3:30PM / Wks 12

\$24

Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Sep 13-Nov 29 / 1-4PM / Wks 12

\$24

Just For the Company Club

This club will not be meeting this season – please check back in the Winter of 2023 for more updates.

Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Sep 13-Nov 29 / 9:30AM-12:30PM / Wks 12

\$24

Pins and Needles Quilting Club

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

Fri, Sep 16-Dec 16 / 9:30AM-12:30PM / Wks 12

No session Sep 30 & Nov 11

Silversmithing Club

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

Tue, Sep 13-Nov 29 / 9AM-4PM / Wks 12

\$48

Stained Glass Club

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

Mon, Sep 12 - Dec 5 / 9:30AM-4PM / Wks 12

No session Oct 10

\$48

Travel Club

The Travel Club offers a variety of travel options such as coach tours, ocean cruises, river boat cruises and stays in all-inclusive resorts. Our trips vary from daily, multi-day and week-long durations and include visits to local casinos or spas, to countries such as Ireland, Jamaica and to the far east. We work with a variety of travel agents to determine the best value for the price and the destination. All are welcome!

Wed, Sep 14, Oct 12, Nov 9, & Dec 14 / 10-11:30AM / 4 dates

\$8 (for all 4 dates)

Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing Japanese washi paper. Some handmade or machine made of various color combinations, weaves, texture, and weight then gluing them on a canvas to make a picture. That picture may look like a watercolor, a pastel, or an oil painting (or a combination of all these). Experience with chigiri-e or painting is required as no formal instruction is provided. Kit fees are \$16.50 and can be paid directly to the club coordinator. Supply list provided at registration.

CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.

Wed, Sep 14-Nov 30 / 9AM-12PM / Wks 12

Weavers Club

We are fun, friendly, and love to weave! Basic weaving experience is required as no formal instruction is provided. Interested in learning how to weave? See page 15 for Weaving: An Introduction.

Tue, Sep 13-Nov 29 / 10AM-4PM / Wks 12

\$48

Wildlife Carving Club

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

Thu, Sep 15-Dec 1 / 9AM-12PM / Wks 12

\$24

Wizards of Odds 'n Ends Club

The Wizards fundraise for NESA. Our members sew, knit, crochet, etc., The Wizards welcome those NESA members who are skilled in these crafts. **NOTE** We are not able to offer instruction.

Wed, Sep 14-Nov 30 / 11:30AM-2:30PM / Wks 12

Free

Woodworking Club

Fall 2022 Update: Programming for woodworking workshops and independent shop-time is still underway, please stay tuned for more information in future e-communications and announcements. Thank you for your patience and understanding!

FOR MORE INFORMATION ABOUT THESE CLUBS, PLEASE ASK AT THE FRONT DESK OR CALL 780.496.6969.

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

NESA Events

August 26	PICNIC IN THE PARK 11-3 PM / Tickets: \$15 each (On sale until August 19)
August 29	FALL REGISTRATION BEGINS 8:30 AM / Online & In-Person
Aug 31-Sept 3	FALL BOOK SALE 9 AM-3 PM / FREE PARKING / CAFÉ OPEN / BBQ 11 AM-1 PM Sep 3 (BBQ hosted by EMMA Catering, \$10 per person)
September 5	NESA CLOSED / STAT HOLIDAY / LABOUR DAY
September 12	FALL SESSION STARTS
September 30	NESA CLOSED / STAT HOLIDAY / TRUTH AND RECONCILIATION DAY
October 10	NESA CLOSED / STAT HOLIDAY / THANKSGIVING DAY
October 28	DINNER THEATER: MURDER MYSTERY – THE NIGHT CHICAGO DIED 5-8:30 PM / Tickets: \$60 each (On sale between Sep 26-Oct 21)
November 4	REMEMBRANCE DAY TRIBUTE & TEA 2-4 PM / Tickets: FREE (Must Pre-register between Oct 3-Oct 26)
November 11	NESA CLOSED / STAT HOLIDAY / REMEMBRANCE DAY
November 26	CHRISTMAS IN NOVEMBER ARTS & CRAFTS SALE 9 AM-3 PM/ Vendor info available October 7
November 28	WINTER PROGRAM INFORMATION AVAILABLE Subject to change
December 12	WINTER REGISTRATION BEGINS 8:30 AM / Online & In-person
December 13	VOLUNTEER APPRECIATION EVENT – JINGLE & MINGLE More details to come
December 16	CHRISTMAS TEA 2-3:30 PM / Tickets: \$10 each (On sale between Nov 15-Dec 9)
December 26-30	NESA CLOSED FOR THE HOLIDAYS
December 31	NEW YEARS EVE DINNER & DANCE More details to come
January 3	Open with regular office hours, 8:30 AM-4 PM

NESA's LANDRY LEISURE PASS



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

Things to Know

You can now register for the 2022/2023 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 Person Household: An income of \$35,000 or less.

2 Person Household: An income of \$42,000 or less.

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

NESA also welcomes and supports the following for one year, then individuals can reapply under the income qualification:

- You are a new Permanent Resident or a Refugee aged 55+ (To qualify you must have been in Canada less than one year and are not yet eligible to file a tax return).
- You are a Ukrainian National aged 55+ who arrived in Canada on or after February 24, 2022.

INTERESTED? HAVE QUESTIONS?

For more information or to register for the Landry Leisure Pass, contact our Outreach Workers at 780.414.8790

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

- Ensure to have your LLP status updated/ active with Outreach **PRIOR** to registering so your member account can be updated.
- Complete the NESA registration process (See page 4 for available options).
- If registering online, your subsidy will automatically be applied to eligible programs. If mailing in your payment, please pay only your portion. Program cost is reduced by 75%, therefore you pay 25% of the regular program cost*.
- You may receive a discount on up to <u>10 programs a year</u>. (This can include NESA's Fitness Centre's Annual, Monthly, 10-visit, or single admission passes. Arrangements for Fitness Centre cost reduction, must be completed during NESA's hours of operation [8:30AM-4PM]).

*NOT eligible for discount:

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

Need assistance with getting to your NESA Programs?

With the support from a New Horizons Federal grant and in collaboration with Drive Happiness, NESA members in need of assistance with getting to their programs are encouraged to call Outreach Services at 780.496.3171 or 780.414.8790 to determine if they may be eligible for our new transportation subsidy program.

HOME SUPPORTS &

Home Supports Services

For more information, please call 780.944.7470

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

Snow Removal - includes roof snow removal

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

Housekeeping - includes light housekeeping or bigger jobs

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

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

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

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

Postal Codes: T5A, T5B, T5C, T5W, T5Z, T5Y, T6S



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

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



Outreach Services

For more information, please call 780.414.8790

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

We provide assistance with:

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



Cherrydale Café

EMMA Catering is the exclusive caterer at the Northgate Lions Recreation Centre. With over 18 years of experience, and capacity for small and large groups, EMMA Catering is able to offer a wide range of affordable catering options, on-site and off.

While EMMA Catering hasn't yet confirmed what delicious meals and menus they have in store for you, please give them a call or join their e-mail list to learn more about their catering services and what's going to be planned for the Fall of 2022!

Contact Dragana and the catering team at 780.406.0840 or via email at emmacateringyeg@gmail.com for more information.

If you would like to sign up for EMMA Catering's e-communications, visit the below website to add your name to the list! nesa1.ca/what-we-do/cherrydale-cafe.html

Check out the NESA Events on page 52 for information about upcoming special events, dances and dinners.



Banquet Hall & Meeting Rooms

Northgate Lions Recreation Centre 7524 - 139 Avenue

Hall Rentals 780.496.4928

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



EMMA Catering 780.406.0840

Superb home cooked meals @ Excellent prices!

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







