



PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your **FUN** inside:

- 35 Conversation Café
- 35 Emergency Preparedness
- 12 Felting: Flowers and Friends
- 48 Marimba Magic
- 42 Mindfulness Meditation Workshop
- 31 Pickleball Power-Up: Skills and Strategy Clinic



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





7524 - 139 Avenue

our history

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

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

NESA's success speaks for itself:

- Over 600 programs run annually;
- Over 200 volunteers give over 30,000 hours of their time collectively, annually.

SPRING 2025 CONTENTS



Clubs	51-55
Computers & Devices	9
Crafts & Hobbies	10-15
Drawing & Painting	16-19
Fitness Centre	33
Fitness & Sports	21-32
Fitness Workshop at NESA	20
General Interest	34-39
Health & Wellness	40-44
Home Supports & Outreach Services	58-59
Landry Leisure Pass	57
Languages	45
Mail-In Registration	7
Membership Application	5-6
Membership Info	3
Music, Song & Dance	46-49
NESA Events	56
NESA Tours & Outings	50
One-Day NESA Workshops	8
Pickleball Programs	29-31
Program Registration Info	4

MISSION STATEMENT

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

VISION STATEMENT

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

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

MEMBERSHIP INFORMATION SPRING 2025

Office Hours

Registration starts April 1, 2025 @ 8:30AM

Programs start April 14, 2025

ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$30/person

UNDER 55 MEMBERSHIP: \$60/person

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

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

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

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

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 57 for more information about NESAs subsidy program.



RECIPROCAL MEMBERSHIP

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

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

NON-MEMBERS

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

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

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2025 MEMBERSHIP?

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

PROGRAM REGISTRATION INFORMATION & FORMS

SPRING REGISTRATION BEGINS
APRIL 1, 2025 AT 8:30AM

HOW TO REGISTER:

ONLINE REGISTRATION

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

Don't have an account?

Please visit our website www.nesa1.ca and click on **'My Account'** and then select the 'Click here to create a New Account' option.

Need to register a spouse or friend online?

Make sure we have received their permission for you to do this ahead of time and a NESA staff can make arrangements to add them to your account.

For Technical Support call: 780.496.6969

NESA'S OFFICE LOCATION

**Northgate Lions Seniors
Recreation Centre**
7524 139 Avenue

REGULAR HOURS OF OPERATION

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

REMINDER!

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

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

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

IN-PERSON REGISTRATION If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration with cheque payment.

Please note that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider online registration if possible as it proves to be the safest, most efficient, and fastest option.

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

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

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

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



North Edmonton Seniors Association
 at Northgate Lions Seniors Recreation Centre
 7524 - 139 Avenue, Edmonton, AB T5C 3H7
 780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY	
55+ Membership	<input type="checkbox"/>
Under 55 Membership	<input type="checkbox"/>
Gold Membership	<input type="checkbox"/>
Reciprocal Membership	<input type="checkbox"/>

NESA Membership Application

Please **PRINT** Clearly

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

Senior Membership (55+) - \$30 | Under 55 Membership - \$60

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

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE NUMBER: (____) _____ - _____ EMAIL ADDRESS: _____
Email Address required for online registration access.

BIRTH DATE (MM/DD/YYYY): _____
Full birth date required for Membership Type criteria.

MALE FEMALE PREFER NOT TO DISCLOSE/UNSPECIFIED

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: (____) _____ - _____ RELATIONSHIP: _____

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

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

SEE OTHER SIDE 



North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

Terms of Service

[Last updated November 21, 2024]

By completing an application for NESAs 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 [NESAs] endeavors to provide the best possible leadership and instruction for the activity I am joining. I acknowledge that NESAs organizes activities only and does not necessarily possess any special skill or knowledge in relation to any of the activities. I understand that NESAs is not responsible for any personal property I bring into the building. I hereby release NESAs from any liability arising out of my participation.

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

Respect for People and Property: The City of Edmonton and the North Edmonton Seniors Association value the safety and security of visitors, volunteers and staff, and the protection of personal and public property at City recreation facilities. City staff, the NESAs Board of Directors and the Edmonton Police Service work together to prevent, monitor and react to any potential risk.

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

Refund Policy: NESAs 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 NESAs.

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

I have read and understand the above Terms of Service.

Signed: _____ Date: _____



North Edmonton Seniors Association
 at Northgate Lions Seniors Recreation Centre
 7524 - 139 Avenue, Edmonton, AB T5C 3H7
 780.496.6969 | fax 780.496.4707 | www.nesa1.ca

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

Mail-In Registration Form

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

Important – Mail-in registrations:

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

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone(s): _____ Email: _____

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

One-Day Workshops & Presentations at NESAs



NMW (Non-members welcome)

JOIN THE FUN: ONE-DAY WORKSHOPS FOR EVERYONE!

Discover the joy of learning and exploring with our one-day workshops! Perfect for those with busy schedules or who want to try something new! These engaging sessions allow you to explore new topics, enhance your well-being, and gain valuable knowledge. Whether you're interested in personal development, fitness, health and wellness, or general interests, our workshops provide a supportive and informative environment. Sign up today and take the first step toward a healthier, more informed you!

Computers & Device Workshops Page 9

Join us for our exciting one-day "Make-and-Take" workshops! These hands-on sessions allow you to create beautiful, personalized projects to take home and enjoy. Perfect for all skill levels, our workshops provide all the materials and guidance you need to complete your masterpiece. Whether you're crafting a unique gift or making something special for yourself, you'll love the sense of accomplishment and creativity these workshops offer.

Crafts & Hobbies/Drawing & Painting Workshops Pages 10-18

SIGN UP TODAY!





1:1 Tech Tutorials

Shawn Gramiak

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

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

3 SESSIONS/DAY

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

A Wed, Apr 16

1 10-11AM **2** 11:15AM-12:15PM **3** 12:30-1:30PM

B Wed, May 14

1 10-11AM **2** 11:15AM-12:15PM **3** 12:30-1:30PM

C Wed, Jun 18

1 10-11AM **2** 11:15AM-12:15PM **3** 12:30-1:30PM

\$50 Per One-Hour Tutorial

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

Email Instructor Shawn: shawn@gruntmulti.com

Please **DO NOT** contact the instructor about personal inquiries.

NEW! **Bird Carving: Downy Woodpecker (Continuation)**

Diane Sharkey

Join Diane Sharkey, a dedicated instructor and member of the Alberta Wildlife Carving Association, for an in-depth bird carving workshop. With nine years of experience and training under world-champion carvers, Diane brings both expertise and enthusiasm, making this workshop ideal for beginners and experienced carvers alike. Each project begins in September and runs through to May or June, spanning three seasons. Registration is required at the beginning of each season, so you will register three times to complete a single project, with only those who registered in September eligible to continue in Winter and Spring. Supplies, approximately \$20, are payable to the instructor. **(Registration begins Mar 25)**

Tue, Apr 1-29 / 9:30AM-12:30PM / 5 Wks

\$80

NEW! **Bird Carving: Flying Barnswallow (Continuation)**

Diane Sharkey

Join Diane Sharkey, a dedicated instructor and member of the Alberta Wildlife Carving Association, for an in-depth bird carving workshop. With nine years of experience and training under world-champion carvers, Diane brings both expertise and enthusiasm, making this workshop ideal for beginners and experienced carvers alike. Each project begins in September and runs through to May or June, spanning three seasons. Registration is required at the beginning of each season, so you will register three times to complete a single project, with only those who registered in September eligible to continue in Winter and Spring. Supplies, approximately \$20, are payable to the instructor. **(Registration begins Mar 25)**

Tue, Apr 1-29 / 1-4PM / 5 Wks

\$80

DONATION REQUEST FROM NES!

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



NEW! **Birdhouse Decorating Workshop**

Shantel Toma



Create a cozy and colorful haven for your feathered friends! In this hands-on workshop, you'll paint and decorate a 16" x 6" birdhouse in the beautiful spring colors of your choice. Personalize it further with floral fabrics and

Mod Podge for a charming, one-of-a-kind look. Perfect for adding a delightful touch to your garden, this workshop is fun, creative, and great for all skill levels!

All supplies included.

Wed, Jun 4 / 1-4PM / 1 Wk

\$60 **NMW**

Ceramics

Jackie Garrant

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

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.](#)

Wed, Apr 16-Jun 25 / 12:30-3:30PM / 11 Wks

\$130

NEW! Chunky Knit Blanket Workshop

Angie from Genuine Gifts Ltd.



In this workshop, participants will create a cozy, handmade blanket using an easy-to-learn arm knitting technique—no needles required!

Hosted by Genuine Gifts Ltd., an Indigenous-owned gift store, this workshop has been a hit with schools and community groups. Each participant will select their yarn color in advance and be guided through the process step by step. Perfect for all skill levels, this hands-on session is a fun and relaxing way to learn a new craft while creating a beautiful, one-of-a-kind blanket.

All supplies included.

Fri, May 16 / 12-4PM / 1 Wk

\$120 **NMW**

NEW! Creative Cards Workshop: All Occasions

Janelle Taming

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

All supplies included.

A Fri, May 23 / 9AM-3PM / 1 Wk

\$48 **NMW**

B Fri, Jun 20 / 9AM-3PM / 1 Wk

\$48 **NMW**

NEW! Easter Egg Topiary Workshop

Shantel Toma



Add a vibrant touch to your Easter décor with a handcrafted Easter Egg Topiary! In this workshop, you'll build your topiary from the ground up, selecting your preferred egg colors and embellishments to create a festive, eye-

catching centerpiece. Perfect for brightening up any indoor space, this project combines creativity and seasonal charm!

All supplies included.

Tue, Apr 15 / 9AM-12PM / 1 Wk

\$40 **NMW**

WELCOME NEW TALENT

NESA is thrilled to introduce new instructors to our Arts, Crafts, Drawing, and Painting classes! Our new teachers bring a wealth of experience, creativity, and passion, ensuring that students of all skill levels will find inspiration and guidance.

Whether you're a beginner eager to learn the basics or an experienced artist looking to refine your technique, our instructors are here to support your artistic journey. Join us in welcoming them and discover the joy of creating in a vibrant, supportive environment!

NEW! Felt Wall Flowers Workshop

Shantel Toma



Create a stunning set of handcrafted felt wall flowers in this engaging workshop! Using delicate cuts and gentle folds, you'll shape felt petals into elegant floral designs. Each piece will be mounted on a 12" x 12" fabric-covered backboard, with a selection of neutral fabrics to choose from. By the end, you'll have a beautiful,

custom-made set of two wall flowers to add a soft, artistic touch to your space!

All supplies included.

Wed, May 21 / 1-4PM / 1 Wk

\$48 **NMW**

NEW! Felting: Spring Flowers and Friends

Cass Miller from Studio YEG ART



In this five-week workshop, instructor Cass will guide you through the art of felting, focusing on vibrant florals and charming spring critters. You'll

learn essential felting techniques to create delicate, textured flowers and bring an animal to life using wool fibers. Each week, you'll build on your skills, exploring color blending, shaping, and detailing to add depth and character to your pieces. Perfect for beginners and experienced crafters alike, this hands-on course offers a fun and creative way to welcome the spring season.

All supplies included.

Fri, May 30-Jun 27 / 9AM-12PM / 5 Wks

\$190

PLEASE NOTE

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

Floral Arranging Workshop: Centerpiece

May Ferro from Blooms by May



In this one-day workshop, May will guide you through the art of designing a stunning floral centerpiece. You will learn professional

techniques for arranging flowers, selecting complementary colors, and creating a balanced composition. Whether for a special occasion or everyday décor, this class will help you craft an eye-catching centerpiece to brighten any space.

All supplies included.

Fri, Jun 13 / 12:30-3PM / 1 Wk

\$66 **NMW**

Floral Arranging Workshop: Mason Jar

May Ferro from Blooms by May



Join May for a hands-on workshop. You'll create a charming floral arrangement in a mason jar. Learn the basics of flower selection, color coordination, and

arrangement techniques to design a beautiful, balanced display. Perfect for all skill levels, this one-day class is a fun and creative way to bring fresh blooms into your home.

All supplies included.

Fri, May 16 / 12:30-3PM / 1 Wk

\$54 **NMW**

NEW! Indigenous Beaded Jewellery: Medallion Necklace

Barbara Derrick from Native Studio Art



In this workshop, you will learn the traditional art of medallion beading using the two-needle method. Over three classes, you'll prepare materials, bead an intricate medallion design, and complete the piece by attaching a leather

backing and lace. Instructor Barbara will guide you through each step, ensuring a rewarding and hands-on experience.

All supplies included.

Fri, Jun 13-Jun 27 / 1-3PM / 3 Wks

\$90

NEW! Indigenous Beaded Jewellery: Porcupine Quill Earrings

Barbara Derrick from Native Studio Art



Barbara will introduce you to the traditional art of porcupine quill beading, inspired by Indigenous craftsmanship. Over two classes, you'll learn how to prepare

porcupine quill needles and bead your first earring using intricate techniques. By the second session, you'll complete the matching earring, creating a beautiful handmade pair. A magnifying beading lamp is recommended for better visibility.

All supplies included.

Fri, Apr 25-May 2 / 1-3PM / 2 Wks

\$82

NEW! **Indigenous Beaded Jewellery:
Porcupine Quill Necklace**

Barbara Derrick from Native Studio Art



In this workshop, Barbara will guide you through the traditional art of porcupine quill

beading, inspired by Indigenous craftsmanship. Over two classes, you'll learn how to prepare porcupine quill needles, mark leather tabs for bead alignment, and carefully stitch intricately beaded rows. By the second session, you'll complete your necklace and attach leather laces for a finished look. Some at-home work may be required to ensure project completion. A magnifying beading lamp is recommended for better visibility. All materials, including quills, beads, leather, and needles, will be provided.

All supplies included.

Fri, May 23-May 30 / 1-3PM / 2 Wks

\$95

YOUR FEEDBACK IS ESSENTIAL

Your feedback is essential in helping us improve our programs and generate new ideas! We value your insights and experiences, and we encourage you to share them with us. Evaluation forms are available on our website nesa1.ca, or can be picked up at the front desk. By providing your feedback, you play a crucial role in shaping the future of our offerings. Thank you for helping us create the best possible experience for everyone!

Needlecraft: Crocheting

Ann Marston

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

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

A Tue, Apr 15-May 13 / 2-4PM / 5 Wks

\$60

B Tue, May 20-Jun 24 / 2-4PM / 6 Wks

\$72

Needlecraft: Knitting

Ann Marston

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

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

A Tue, Apr 15-May 13 / 11:30AM-1:30PM / 5 Wks

\$60

B Tue, May 20-Jun 24 / 11:30AM-1:30PM / 6 Wks

\$72

NEW! Sign Workshop:
Celebration Board

Lynette Steingard



In this workshop, Lynette will guide you through creating a personalized 18" board to keep track of birthdays, anniversaries, and other special days. Choose between a "Family & Friends" or "Celebrate" design and learn painting and assembly techniques to craft a beautiful, functional piece. Perfect for all skill levels, this one-day workshop offers a fun and creative way to organize and display important dates.

All supplies included.

Tue, Jun 10 / 1-4PM / 1 Wk

\$58 **NMW**

NEW! Sign Workshop: Spring Chicken
Lynette Steingard



In this workshop, you will be guided by Lynette to create a colorful 8" round sign featuring a cheerful spring chicken. You'll learn step-by-

step painting techniques and assemble your sign for a polished, handcrafted look. Perfect for all skill levels, this fun and creative workshop is a great way to welcome the season with a unique piece of décor.

All supplies included.

Tue, May 27 / 1-4PM / 1 Wk

\$44 **NMW**

NEW! Stained Glass Workshop:
Crazy Birds

Sharon Waunch Tomljenovich



In this workshop, instructor Sharon will guide you through creating a set of four whimsical glass birds in just one day. With minimal soldering required—just the body and beak—you'll focus on assembling and shaping your

designs. You'll also be responsible for your own wirework, which will be soldered to the bird to create sturdy, freestanding pieces. Perfect for all skill levels, this class provides a fun and creative introduction to stained glass techniques. All materials are included—just bring your enthusiasm and leave with a flock of colorful, handcrafted birds!

All supplies included.

Mon, May 12 / 9AM-1PM / 1 Wk

\$96 **NMW**

NEW! Stained Glass Workshop:
Rainbow Star Suncatcher

Sharon Waunch Tomljenovich



Join instructor Sharon for a hands-on workshop where you'll create a stunning Rainbow Star Suncatcher while exploring the art of stained glass. Perfect for beginners, this class provides all materials,

including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted suncatcher to brighten any window!

All supplies included.

Mon, Jun 9 / 9AM-1PM / 1 Wk

\$96 **NMW**



NEW!

Acrylic Paint Workshop: Angel with Textured Wings

Linda Finstad



Instructor Linda Finstad will guide you through creating a stunning angel painting using palette knife techniques for rich texture. In this two-hour class, you'll learn how to apply thick layers of paint, understand values to

enhance your composition, and create a beautifully mottled background. You'll also practice drawing a simple angel figure with expressive details. All materials, including a 12" x 16" canvas, artist-grade acrylic paints, specialty brushes, and knives, are provided. Just bring an apron or old t-shirt, and get ready to explore texture and depth in your artwork!

All supplies included.

Thu, May 8 / 10AM-12PM / 1 Wk

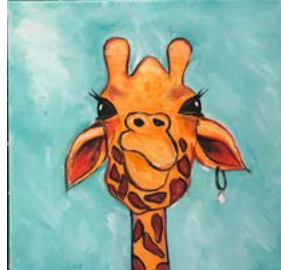
\$54 **NMW**

EVENING PROGRAM REGISTRATION INFORMATION!

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

NEW!

Acrylic Paint Workshop: Giraffe Girl



Wendy Jensen

Spend two delightful hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced painters alike, this

class offers an enjoyable creative escape. By the end of the session, you'll have your own 12" x 12" masterpiece to take home.

All supplies included.

Wed, May 7 / 5-7PM / 1 Wk

\$36 **NMW** **EVENING**

NEW!

Acrylic Paint Workshop: Spring Flowers



Linda Finstad

Linda Finstad will guide you through painting vibrant flowers from buds to full bloom. This three-hour class focuses on blending colors, creating highlights and shadows, and understanding values to enhance

your composition. You'll use bold brush strokes to bring your flowers to life on a 16" x 20" canvas. All materials, including artist-grade acrylic paints and specialty brushes, are provided. Linda will take you step-by-step through the process, making it easy to follow. Just bring an apron or an old t-shirt and get ready to create a stunning floral masterpiece!

All supplies included.

Thu, May 29 / 10AM-12PM / 1 Wk

\$54 **NMW**



NEW! **Acrylic Paint Workshop:**
Sunflower Welcome Sign
Wendy Jensen

Join Wendy in creating an adorable Sunflower Welcome sign for your garden or porch! The sign is 3' X 8" in size. The project is created using latex paint making it durable for outdoor use. **NOTE** Since we're using latex paint, please wear clothing suitable for painting.

All supplies included.

Wed, May 28 / 5-8PM / 1 Wk

\$60 **NMW** EVENING

NEW! **Acrylic Paint Workshop:**
Sunflower Welcome Sign (Add on)

Wendy Jensen

If you have previously painted the Red Cardinal Welcome sign with Wendy, you are invited to return to paint the Sunflower Welcome on the reverse side of your board. Join Wendy in creating an adorable Sunflower Welcome sign for your garden or porch! The project is created using latex paint making it durable for outdoor use. All paint and brushes are provided for this workshop (you bring your existing sign), but since we're using latex paint please wear clothing suitable for painting.

All supplies included.

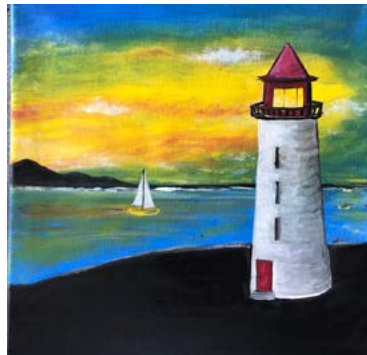
Thu, May 22 / 1-4PM / 1 Wk

\$48 **NMW**

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 57 for information about NESAs Landry Leisure Pass.

NEW! **Acrylic Paint Workshop:**
Sunset Lighthouse



Wendy Jensen

Spend two delightful hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced painters alike, this

class offers an enjoyable creative escape. By the end of the session, you'll have your own 12" x 12" masterpiece to take home.

All supplies included.

Wed, Jun 11 / 5-7PM / 1 Wk

\$36 **NMW** EVENING

NEW! **Acrylic Paint Workshop:**
Tote Bag and Pouch



Linda Finstad

Join this fun, hands-on class where you'll create functional art to carry anywhere. Under the guidance of instructor Linda Finstad, you'll learn fabric painting techniques, bold brushstroke flowers, and how to use

stencils to add inspirational quotes. By the end of this two-hour session, you'll have a completed canvas tote bag and matching pouch. All materials, including artist-grade acrylic paints and a variety of stencils, are provided. Just bring an apron or old shirt to protect your clothes and get ready to paint!

All supplies included.

Thu, Jun 12 / 10AM-12:30PM / 1 Wk

\$54 **NMW**

Acrylic Painting with Cindy

Cindy Barratt



Cindy will guide you through the essentials of painting with acrylics, covering topics such as color theory, various painting techniques, brush strokes, and handling the medium. The program includes exercises, discussions, demonstrations, and plenty of hands-on painting with personalized assistance. Each week, students



can choose a theme and either work from Cindy's provided painting references or bring their own. This program is suitable for beginners to intermediate-level painters.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.](#)

Tue, Apr 22-Jun 10 / 12:30-3:30PM / 8 Wks

\$180

NEW! Drawing Australia

Susan Casault

This 6-week drawing class is a chance to sharpen up those graphite pencils and draw flora and fauna from the land down under. A variety of subjects will be explored, including birds, animals, flowers and trees. Some drawing experience would be helpful but not mandatory. The class will be taught with demonstrations and one-on-one guidance. Photo reference will be provided by the instructor.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.](#)

Thu, May 22-Jun 26 / 9:30AM-12:30PM / 6 Wks

\$110

NON-MEMBERS WELCOME

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

NEW! Oil Painting Workshop: Bumblebee

Adrian Zorzut from The Adrian Zorzut School of Fine Art



In this workshop, instructor Adrian Zorzut will guide you through creating a detailed bumblebee painting using oil

paints. Over two days, you'll learn essential oil painting techniques, including layering, blending, and adding texture for a realistic effect. Pre-prepped canvases will be provided, allowing you to focus on brushwork and color application. This workshop is perfect for artists of all levels looking to refine their skills in a supportive setting. Just bring an apron or old clothing and get ready to paint!

All supplies included.

Mon, May 26-Jun 2 / 9AM-12PM / 2 Wks

\$96

NEW! **Pen & Wash**
Lily Jeong



In this course, students will create expressive drawings by sketching with a fountain pen filled with water-soluble black ink and then applying water to add soft washes and shading (if you have some watercolor paints you can bring to color with them as well). Beginning with the pen sketch, participants will use water and a brush to bring depth and texture to their work. The relaxed, step-by-step approach allows students to explore ink wash techniques and experiment with blending effects. If students have their own fountain pen and brush, they're encouraged to bring them; however, instructor Lily will have supplies available to lend. All participants must bring the required materials, a medium-sized round watercolor brush, a watercolor sketchbook, a cotton rag, and a water cup.

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

Mon, May 12-Jun 30 / 9:30AM-12PM / 7 Wks

No class May 19

\$157

UNLEASH YOUR INNER ARTIST

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

NEW! **Soft Pastels: An Introduction**
David Shkolny

This six-week course is designed for beginners to explore the vibrant and expressive medium of soft pastels. Under the guidance of instructor David, you'll learn fundamental techniques such as blending, layering, and shading to create depth and texture in your artwork. Each week will focus on different subjects, from landscapes to still life, helping you build confidence and develop your unique style. This hands-on course provides a supportive environment to experiment with color and composition.

All supplies included.

Wed, May 7-Jun 11 / 1-3:30PM / 6 Wks

\$210

NESA IS A NON-PROFIT ORGANIZATION

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

Fitness Workshops at NESAs



NMW (Non-members welcome)

COME GET MOVING WITH NESAs'S EXCITING FITNESS WORKSHOPS!

This season, we're offering a series of dynamic one-hour fitness workshops at NESAs! Whether you're looking to try new workouts, explore different types of equipment, or meet some amazing personal trainers and instructors, we've got something for everyone! Each workshop is designed to be fun, informative, and just the right amount of challenge. **Join us for one workshop—or as many as you'd like—and discover something new every time!**

Here's your chance to:

- **Mix up your routine** with different workout styles
- **Try new equipment** in a supportive, beginner-friendly environment
- **Meet expert trainers** who will guide you every step of the way

It's only an hour, but you'll walk away with **new skills, tips, and a fresh sense of motivation!** Don't miss out—**come for an hour, learn a whole lot, and get fit while having fun!**

Centered and Strong: Core and Balance Workout Page 40

Eight Pieces of Silk Qigong Page 35

Fitness Centre 101 Page 25

Full Body Resistance Band Training Workshop Page 41

Get in the Game: Learn to Play Pickleball Page 31

Happy Hips: Strength and Mobility Page 41

Introduction to Mindfulness Meditation Workshop Page 42

Pickleball Power-Up: Skills and Strategy Clinic Page 31

Strength and Stability: Back and Shoulder Edition Page 44

Weightlifting 101: Building Strength Safely Page 44

Suspension Training Workout Page 27

SIGN UP TODAY!





7:15's with Jollean

Jollean Ferrari

Want to kickstart your day with an early morning workout? Join Jollean for an action-packed workout which will include the use of suspension trainers and interval and circuit work. This full body workout will leave you feeling energized and ready to take on the day ahead. All fitness levels welcome.

Wed, Apr 16-Jun 25 / 7:15AM-8:15AM / 11 Wks

\$72

Active with Arthritis

Amy Petersen

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

A Tue, Apr 15-Jun 24 / 10:30-11:30AM / 10 Wks

No class Jun 3

\$65

B Thu, Apr 17-Jun 26 / 10:30-11:30AM / 11 Wks

\$72

Age Reversing Essentrics®

Meaghan Hipkin

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

Fri, Apr 25-Jun 27 / 10:30-11:30AM / 10 Wks

\$114

Barre Cardio

Falon Fleming

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

Thu, Apr 17-Jun 26 / 9-10AM / 10 Wks

No class Jun 5

\$65

DID YOU KNOW?

NESA is a non-profit charitable organization. This means that we can issue you an income-tax receipt for any monetary donations you wish to make! Visit us in person to donate today or online at www.nesa1.ca and view the 'Get Involved' section to learn about how you can make an impact in our community.



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, Apr 14-Jun 30 / 1:15-2:45PM / 10 Wks

No class Apr 21, May 19

\$112

Bender Ball: Total Body Workout

Falon Fleming

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

Tue, Apr 15-Jun 24 / 8:30-9:30AM / 11 Wks

\$72

Cardio Plus

Falon Fleming

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

A Mon, Apr 14-Jun 30 / 8:30-9:30AM / 10 Wks

No class Apr 21, May 19

\$65

B Wed, Apr 16-Jun 25 / 8:30-9:30AM / 11 Wks

\$72

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, Apr 14-Jun 30 / 12-1PM / 10 Wks

No class Apr 21, May 19

\$65

Chair Total Body Workout

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

Tom Hughes **NEW** Instructor!

A Mon, Apr 14-Jun 30 / 11AM-12PM / 10 Wks

No class Apr 21, May 19

\$65

Maggie Nichol **NEW** Time!

B Thu, Apr 17-Jun 26 / 12-1PM / 11 Wks

\$72

Chair Yoga

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

Makaela Paynter

A Tue, Apr 15-Jun 24 / 11AM-12PM / 11 Wks

\$84

Beverley Moore

B Tue, Apr 15-Jun 24 / 12:15-1:15PM / 11 Wks

\$84

Makaela Paynter **NEW** Date & Time!

C Wed, Apr 16-Jun 25 / 10:15-11:15AM / 11 Wks

\$84

Barb Deneka

D Thu, Apr 17-Jun 26 / 10:45-11:45AM / 11 Wks

\$84

UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

Cross Training

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

Falon Fleming

A Tue, Apr 15-Jun 24 / 9:45-10:45AM / 11 Wks

\$72

Jollean Ferrari

B Thu, Apr 17-Jun 26 / 12-1PM / 11 Wks

\$72

Tom Hughes

C Fri, Apr 25-Jun 27 / 10:15-11:15AM / 10 Wks

\$65

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 32 for a class selection overview.

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

Meaghan Hipkin

A Mon, Apr 14-Jun 30 / 10:30-11:15AM / 10 Wks

No class Apr 21, May 19

\$102

Liz Olson

B Thu, Apr 17-Jun 26 / 11-11:45AM / 11 Wks

\$112

Essentrics® for Stretch and Tone

Meaghan Hipkin

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

A Mon, Apr 14-Jun 30 / 9:15-10:15AM / 10 Wks

No class Apr 21, May 19

\$114

B Fri, Apr 25-Jun 27 / 9:15-10:15AM / 10 Wks

\$114

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 57 for information about NESA's Landry Leisure Pass.

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. Classes held in the Auditorium.

A Mon, Apr 14-Jun 30 / 9:45-10:45AM / 10 Wks

No class Apr 21, May 19

\$65

B Wed, Apr 16-Jun 25 / 9:45-10:45AM / 11 Wks

\$72



NEW! Fitness Centre 101

Jollean Ferrari

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

NOTE Individualized fitness programming will not be provided as this is a group session.

A Tue, Apr 15 / 4-5:30PM / 1 Wk

\$10

B Tue, May 6 / 4-5:30PM / 1 Wk

\$10

C Fri, Jun 6 / 3-4:30PM / 1 Wk

\$10

Flexibility and Foam Rolling

Falon Fleming

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

Wed, Apr 16-Jun 25 / 1:30-2:30PM / 11 Wks

\$88

Fun and Fitness

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

Tom Hughes **NEW** Instructor!

A Mon, Apr 14-Jun 30 / 12:15-1:15PM / 10 Wks

No class Apr 21, May 19

\$65

Maggie Nichol

B Thu, Apr 17-Jun 26 / 1:30-2:30PM / 10 Wks

No class Jun 5

\$65



NEW! Get in the Game: Learn to Play Pickleball

Sean M. from In a Pickle

Curious about pickleball? Now's your chance to jump in! Join us for a fun and fast-paced afternoon with a professional pickleball instructor and player, Sean McCartan, who will teach you the fundamentals of this exciting sport. Whether you're brand new or looking for a basic refresher on the rules and scoring, this clinic will give you the confidence to step onto the court and play with ease. No experience? No problem! All are welcome—just bring your enthusiasm and get ready to have a blast while learning the game everyone's talking about! Please bring your pickleball paddle if you have one. Paddles will be provided for this workshop if you do not have one.

Mon, Apr 14 / 1:30-4PM / 1 Wk

\$30 **NMW**

Interval Training

Jollean Ferrari

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

NEW Date & Time!

A Mon, Apr 14-Jun 30 / 9-10AM / 10 Wks

No class Apr 21, May 19

\$65

B Wed, Apr 16-Jun 25 / 9:45-10:45AM / 11 Wks

\$72



NEW! **Iyengar Yoga**
Barb Deneka

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

Thu, Apr 17-Jun 26 / 9-10:30AM / 11 Wks

\$123

NEW! **Pickleball Power-Up: Skills and Strategy Clinic**

Sean M. from In a Pickle

Ready to sharpen your skills and elevate your game? Join us for an action-packed afternoon with a professional pickleball instructor and player, Sean McCartan, who will guide you through an intensive skills refresher. Designed for players with two or more years of experience, this workshop will refine your techniques, boost your strategy, and enhance your swing through dynamic drills and expert coaching. Whether you want to add more power to your shots, improve your control, or outsmart your opponents, this session will help you unlock new levels of play. Please bring your pickleball paddle if you have one. Paddles will be provided for this workshop if you do not have one.

Fri, May 16 / 11:30AM-2PM / 1 Wk

\$30 **NMW**

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, Apr 15-Jun 24 / 1:30-3PM / 11 Wks

\$123

Strong and Stable
Amy Petersen

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

A Tue, Apr 15-Jun 24 / 9:15-10:15AM / 10 Wks

No class Jun 3

\$65

B Thu, Apr 17-Jun 26 / 9:15-10:15AM / 11 Wks

\$72

NON-MEMBERS WELCOME

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

NEED HELP GETTING TO YOUR PROGRAM?

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

Suspension Training

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

Jollean Ferrari

A Wed, Apr 16-Jun 25 / 8:30-9:30AM / 11 Wks

\$88

Falon Fleming

B Thu, Apr 17-Jun 26 / 1:30-2:30PM / 11 Wks

\$88

Tom Hughes

C Fri, Apr 25-Jun 27 / 9-10AM / 10 Wks

\$80

Suspension Training Express

Jollean Ferrari

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

A Tue, Apr 15-Jun 24 / 8:30-9AM / 9 Wks

No class Apr 22, Jun 3

\$36

B Thu, Apr 17-Jun 26 / 8:30-9AM / 11 Wks

\$44



NEW! Suspension Training Workshop

Jollean Ferrari

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

A Thu, Apr 17 / 2:45-3:45PM / 1 Wk

\$10 NMW

B Tue, Apr 29 / 12-1PM / 1 Wk

\$10 NMW

Yang Style Tai Chi - An Introduction

Weston Benjamin

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

Mon, Apr 14-Jun 30 / 10-11AM / 10 Wks

No class Apr 21, May 19

\$90

Yang Style Tai Chi - Level 1

Leslie Sarabin

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

Thu, May 8-Jun 26 / 1:15-2:15PM / 8 Wks

\$72

Yang Style Tai Chi - Level 2

Leslie Sarabin

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

Thu, May 8-Jun 26 / 2:30-3:30PM / 8 Wks

\$72

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, Apr 16-Jun 25 / 11:30AM-1:15PM / 11 Wks

\$156

Zumba®

Marguerite Critchley

Join us for a class where we enjoy some low-impact dance movements while listening to Latin American-based music along with your favorite classics, making this an exhilarating and fun workout. Perfect for both the seasoned Zumba student or those just starting their journey to a fit and healthy lifestyle.

NOTE Seated chair modifications can be offered for those with movement limitations.

A Tue, Apr 15-Jun 24 / 12:15-1:15PM / 10 Wks

No class Jun 3

\$65

B Thu, Apr 17-Jun 26 / 12:15-1:15PM / 10 Wks

No class Jun 5

\$65

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!

Mon, Apr 14-Jun 23 / 12-1PM / 9 Wks

No class Apr 21, May 19

\$72

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!

Mon, Apr 14-Jun 23 / 1:15-2:15PM / 9 Wks

No class Apr 21, May 19

\$72



Introducing Pickleball Levels at NESAs, starting in January 2025!

As we continue to grow our pickleball program, we are exploring ways to better accommodate the different skill levels within our group of 140+ members. In an effort to enhance the playing experience for all, we are introducing different levels of play for pickleball. The goal is to create a more enjoyable and accessible experience for everyone, allowing players to engage in matches that best suit their skill and comfort level.

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

- **Beginner:** New to the game, rules and how to keep score. Limited experience with backhand, overhead and volley strokes.
- **Novice:** Understands the fundamentals of pickleball and all rules including the two bounce rule; understands scoring and player position relative to scoring, and has played for approximately one year.
- **Intermediate:** Demonstrates all skillsets from Novice level, can maintain a rally for 1+ minute, and have been playing for more than one year.

We will also continue to offer our current **Mixed Levels** approach, allowing all players of all levels to participate together if they so choose.

While not everyone thinks pickleball levels are necessary, we are excited to try this approach and see if it helps maximize the number of play opportunities for everyone. Our intention is to provide an environment where all participants can enjoy non-competitive, fun, and social pickleball.

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

Pickleball Schedule Format

The format for this season's pickleball will remain the same as previous seasons.

There will be a **15-member maximum** per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

Pickleball Rules, Scoring and Group Support

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

Where else can I play pickleball?

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

Central Lions Recreation Centre

11113-113 Street / 780.496.7369 / www.centrallions.org

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

Edmonton Pickleball Center

11420 170 Street / 587.873.3233 / www.edmontonpickleballcenter.com

Edmonton Volleyball Pickleball Center

9455 45 Avenue / 587.499.0858 / www.evpcenter.com

North West Edmonton Seniors Society

12963-120 Street / 780.451.1925 / www.nwess.ca

Southeast Edmonton Seniors Association

9350-82 Street / 780.468.1985 / www.seesa.ca

Westend Seniors Activity Centre

9629-176 Street / 780.483.1209 / www.weseniors.ca



AT TWO LOCATIONS!

Northgate Lions (7524 139 Avenue)

Rundle Park (2909 113 Avenue)

BEGINNER

Northgate Lions (7524 139 Avenue)

Tue. Apr 15-Jun 24 / 2:50-4:05PM / Wks 10

Omit Jun 3

\$55

Northgate Lions (7524 139 Avenue)

Thu. Apr 17-Jun 26 / 2:50-4:05PM / Wks 10

Omit Jun 5

\$55

NOVICE

Northgate Lions (7524 139 Avenue)

Mon. Apr 28-Jun 30 / 2:50-4:05PM / Wks 9

Omit May 19

\$49.50

Northgate Lions (7524 139 Avenue)

Wed. Apr 16-Jun 25 / 2:50-4:05PM / Wks 10

Omit Jun 4

\$55

INTERMEDIATE

Rundle Park (2909 113 Avenue)

Mon. Apr 14-Jun 30 / 9:15-10:30AM / Wks 10

Omit Apr 21, May 19

\$55

Rundle Park (2909 113 Avenue)

Mon. Apr 14-Jun 30 / 10:35-11:50AM / Wks 10

Omit Apr 21, May 19

\$55

Northgate Lions (7524 139 Avenue)

Mon. Apr 28-Jun 30 / 1:30-2:45PM / Wks 9

Omit May 19

\$49.50

Northgate Lions (7524 139 Avenue)

Wed. Apr 16-Jun 25 / 1:30-2:45PM / Wks 10

Omit Jun 4

\$55

Rundle Park (2909 113 Avenue)

Fri. Apr 25-Jun 27 / 9:15-10:30AM / Wks 10

\$55

Rundle Park (2909 113 Avenue)

Fri. Apr 25-Jun 27 / 10:35-11:50AM / Wks 10

\$55

MIXED LEVELS

Rundle Park (2909 113 Avenue)

Mon. Apr 14-Jun 30 / 2:05-3:20PM / Wks 10

Omit Apr 21, May 19

\$55

Northgate Lions (7524 139 Avenue)

Tue. Apr 15-Jun 24 / 1:30-2:45PM / Wks 10

Omit Jun 3

\$55

Northgate Lions (7524 139 Avenue)

Wed. Apr 16-Jun 25 / 12:10-1:25PM / Wks 10

Omit Jun 4

\$55



Pickleball Instruction Workshops



Get in the Game: Learn to Play Pickleball

Curious about pickleball? Now's your chance to jump in! Join us for a fun and fast-paced afternoon with a professional pickleball instructor and player, Sean McCartan, who will teach you the fundamentals of this exciting sport. Whether you're brand new or looking for a basic refresher on the rules and scoring, this clinic will give you the confidence to step onto the court and play with ease. No experience? No problem! All are welcome—just bring your enthusiasm and get ready to have a blast while learning the game everyone's talking about! Please bring your pickleball paddle if you have one. Paddles will be provided for this workshop if you do not have one.

Mon, Apr 14 / 1:30-4PM

\$30

Pickleball Power-Up: Skills and Strategy Clinic

Ready to sharpen your skills and elevate your game? Join us for an action-packed afternoon with a professional pickleball instructor and player, Sean McCartan, who will guide you through an intensive skills refresher. Designed for players with two or more years of experience, this workshop will refine your techniques, boost your strategy, and enhance your swing through dynamic drills and expert coaching. Whether you want to add more power to your shots, improve your control, or outsmart your opponents, this session will help you unlock new levels of play. Please bring your pickleball paddle if you have one. Paddles will be provided for this workshop if you do not have one.

Fri, May 16 / 11:30-2PM

\$30

Credits/Refunds for Missed Pickleball Sessions

No refunds will be issued unless NESAs cancels this program. NESAs requires all registrants to pay in full for the entire season so we can ensure that the space will remain reserved and booked for NESAs. NESAs is unable to refund or credit any pickleball sessions you may be unable to attend. You are however encouraged to report any known absences to pickleball@nesa1.ca with as much notice as possible so the Programming team can attempt to find a replacement for you.

If a replacement player can be found during your absence(s), your NESAs account will be credited for the amount the missed session(s) are worth.

Waitlist Reminder

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

Interested in a single session of pickleball?

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

FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> • Cardio Plus • Chair Total Body Workout • Essentrics® for Seniors • Essentrics® for Stretch and Tone • Fit For Your Life • Interval Training • Yang Style Tai Chi (Introduction) 	<ul style="list-style-type: none"> • Active with Arthritis • Bender Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • 7:15s with Jollean • Cardio Plus • Chair Yoga • Fit For Your Life • Interval Training • Suspension Training • Yin/Yang Yoga 	<ul style="list-style-type: none"> • Active with Arthritis • Barre Cardio • Chair Yoga • Essentrics® for Seniors • Iyengar Yoga • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cross Training • Essentrics® for Stretch and Tone • Suspension Training
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Fun and Fitness • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Yoga • Stretch 'n Tone Yoga (Beg). • Zumba® 	<ul style="list-style-type: none"> • Flexibility and Foam Rolling • Yin/Yang Yoga 	<ul style="list-style-type: none"> • Chair Total Body Workout • Cross Training • Fun and Fitness • Suspension Training • Yang Style Tai Chi – Level 1 and Level 2 • Zumba® 	<p>One-day Fitness Workshops - See page 20.</p>



WHAT EXERCISE CLASS IS BEST FOR ME?

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

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

Classes include:

Active with Arthritis, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fit For Your Life, Interval Training, Strong and Stable, Suspension Training, Suspension Training Express, Yang Style Tai Chi Introduction and Level 1, Zumba®, Zumba® Gold and Zumba® Gold Chair.

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

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

Classes include:

7:15s with Jollean, Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Bender Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® for Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Iyengar Yoga, Stretch 'n Tone Yoga, Yang Style Tai Chi Level 2, and Yin/Yang Yoga.

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



Regular Fitness Centre Hours

The fitness centre will be open weekdays from 8:30AM-4PM. **Closed on weekends and all statutory holidays.**

Fitness Centre Admission Fees

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

**Prices may be subject to change.*

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

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

What We Offer

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

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

Additional costs apply for these services, please visit the Fitness Centre for more details.

NEW! Fitness Centre 101

Jollean Ferrari, NESA Personal Trainer

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

NOTE Individualized fitness programming will not be provided as this is a group session.

- A** Tue, Apr 15 / 4-5:30PM / 1 Wk

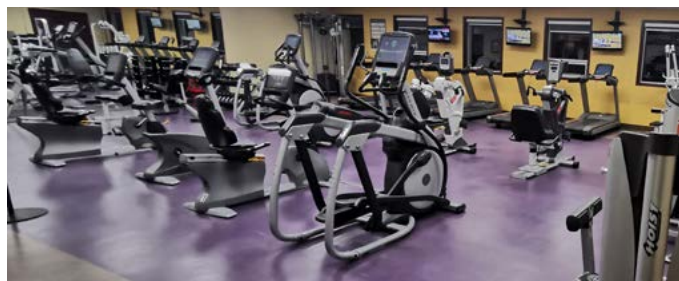
- \$10**
- B** Tue, May 6 / 4-5:30PM / 1 Wk

- \$10**
- C** Fri, Jun 6 / 3-4:30PM / 1 Wk

- \$10**

HAVE A QUESTION ABOUT YOUR FITNESS CENTRE PASS VALIDITY?

Any fitness pass eligible for an extension due to the 12-month Northgate closure will be updated to reflect the new expiry date. Please note, an active 2025 NESA Membership will still be required to access the fitness centre. Please visit the fitness centre for more information.





NEW! 360° Nature Walk (Outing)

Wayne Oakes

Participants will be taken on a guided tour along the maintained trails starting at the Alfred Savage Centre along Whitemud Creek and surrounding area. We will see, explore and identify a host of species from the smallest flowers and insects to some of our largest trees, Balsam Poplars. Every day brings a diversity of discoveries, something for everyone to learn about and enjoy.

REMINDER Wear/pack appropriate layers, bring water and wear good walking or hiking shoes. You are encouraged to bring your camera and/or binoculars to enhance your viewing experiences. This adventure is not suitable for walkers or wheelchairs.

Wed, Apr 30 / 9:15AM-12PM

\$5 **NMW**

NOTE This is an independent outing and transportation is not provided. Meet up will be **9:15AM** at the parking lot of the Alfred H. Savage Centre (west of the Edmonton Equine Centre at Whitemud Park), **13909 Fox Dr.** The walk will start promptly at 9:30AM.

(The rainy day back-up will be May 8, 2025)

NEW! 360° of Nature (Presentation)

Wayne Oakes

This interactive slide show presentation will cover a wide range species including animals, birds, fish, fungi, lichen, moss, plants, and plasmodial slime mold all photographed in one small portion of Edmonton's River Valley in the Whitemud Ravine Nature Reserve. Participants will be treated to a sampling of some 857 different species that make up a very biodiverse ecosystem in the heart of our wonderful city.

Thu, Apr 24 / 1-3PM / 1 Wk

\$2 **NMW**

NEW! A White Woman's Life with a Cree Medicine Man

Rita Makkannaw

Rita was born in Denmark and immigrated to Canada with her parents at age nine. At age 41 she met and fell in love with a Cree medicine man, Raven Makkannaw. Rita will share what life was like for her in the Native community and the challenges she faced from both the Euro-Canadian society and the Native community. She will share some of the cultural teachings which can benefit us all. Rita is the author of four books. Signed copies will be available for sale.

Tue, Apr 29 / 1:30-3:30PM / 1 Wk

\$5 **NMW**

NEW! An Afternoon with Bob Layton and Shane Blakely!

Bob Layton and Shane Blakely

You are invited to join Bob Layton and Shane Blakely from 630 CHED and Global News for a presentation to hear and see funny, bizarre, and even sad stories from their years in broadcasting. Join them for an afternoon of stories from behind the microphone and high in the sky!

Wed, Jun 4 / 1-2:30PM / 1 Wk

FREE During Seniors' Week Celebrations! **NMW**
Registration is still required

NEW! An Intimate Journey through Memoir and History

Darrin Hagen

Playwright and Queer historian Darrin Hagen will read from a selection of his memoir-driven works over the last three decades, including excerpts from The Edmonton Queen, Metronome, and some rare peeks at material that hasn't seen a stage yet.

Mon, Jun 9 / 10AM-11:30AM / 1 Wk

\$2 **NMW**

NEW! **Conversation Café**
NESA Representative

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

Tue, Jun 17 / 1:30-3PM / 1 Wk

\$5 **NMW**

NEW! **CRA Benefits for Seniors**
Canada Revenue Agency Benefits Officer

In this presentation, a Canada Revenue Agency Benefits Officer discusses various types of incomes seniors can have, the available credits they can claim, and some of the scams that are out there. They will also talk about the CVITP program, where seniors can get their taxes done for free. Join us for this informative discussion and discover benefits and credits you may have been missing out on!

Fri, May 2 / 9:30-11AM / 1 Wk

FREE Registration is still required **NMW**

**Edmonton Police Services:
Community Information Session**
Constable Amanda Trenchard

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

Tue, Jun 3 / 1:30-3PM / 1 Wk

FREE During Seniors' Week Celebrations! **NMW**
Registration is still required

NEW! **Eight Pieces of Silk Qigong**
Sifu Eric Budd

Eight Pieces of Silk is a famous qigong (chi gong) form that has been practiced for centuries by the Shaolin monks of China. It is a beautiful form that cultivates the mind, body and spirit and promotes good health with daily practice. Hosted by Sifu Eric from Chiu Lau Kung Fu College, we will review the eight basic movements of this qigong form and then practice the full sequence together. The form can be done standing or seated, no experience necessary.

Wed, Apr 23 / 11AM-12PM / 1 Wk

\$10 **NMW**



What is E-Prep?

The intent of the workshop is to encourage individuals to discuss, explore, discover and develop their own personal emergency preparedness plan. E-Prep is an interactive and educational workshop with a step-by-step approach to create a personalized preparedness kit while focusing on mental health and emotional wellness for both individuals and communities.

What makes it stand out?

E-Prep is facilitated in small discussion groups, which focus on the importance of emotional and practical preparedness from an all hazards approach. E-Prep is adaptable and flexible; informative and empowering; and 100% of past participants would recommend this workshop to others.

"Overall, both elements (emotional and practical) give me a feeling of control, in that I now have a direction of how to be ready for the next disaster"

"This workshop opened my eyes to some new ideas"

"It was very structured, so I can decide which is most doable and relevant to myself"



NEW! **Emergency Preparedness (E-Prep)**
Krista M., from the Edmonton Seniors
Coordinating Council

E-Prep is an interactive and educational workshop developed by Alberta Health Services, that supports community members in the development of their own personal emergency or disaster preparedness plan. With emphasis on exploring emotional wellness, personal strengths and social networks, E-prep engages individuals through facilitated small group conversations.

Mon, May 5 / 1:30-3:30PM / 1 Wk

FREE Registration is still required **NMW**



NEW! **Executorship Overview**
Gina Vliet of Charon Consulting

Learn what executors actually do, some common legal challenges of the role, and how to choose (or be) the right person for the job.

Fri, May 9 / 1:30-2:30PM / 1 Wk

\$10 **NMW**

NEW! **Flatter Your Figure: Find Your Best Fit and Style**

Susanne Urbina

Unlock the secrets to dressing for your unique shape and personality! Whether you're a pear, apple, hourglass, or something in between, this fun and interactive workshop will help you discover the styles, cuts, and accessories that highlight your best features. Learn how to choose clothing that flatters your figure, enhances your confidence, and reflects your personal style—all just in time for a fresh, fashionable spring season.

Fri, May 30 / 1:30-3:30PM / 1 Wk

\$20 **NMW**

NEW! **Investing – Balancing Risks with Rewards**

Allied Asset Management

The world of investing is seemingly limitless, but not all investments are built the same. How do you decide which ones fit within your financial plan and risk tolerance? This presentation is hosted by Jonathan Lesyk, a Certified Financial Planner and Wealth Advisor with Allied Asset Management of Raymond James, carrying over a decade of advisory experience. In this interactive workshop, he will provide insight on how to assess your tolerance and capacity for risk in your investment portfolio, as well as the risks and rewards associated with some common investment products.

Mon, Jun 2 / 10:30AM-12PM / 1 Wk

FREE During Seniors' Week Celebrations! **NMW**
Registration is still required

NEW! **Member Mixer**
NESA Representative

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? Come mix and mingle with fellow members in a relaxed and casual setting. Light refreshments will be served; advanced registration is required.

A Tue, Apr 29 / 1:30-3PM / 1 Wk

FREE Registration is still required

B Tue, May 13 / 1:30-3PM / 1 Wk

FREE Registration is still required

NEW! **Navigating Seniors Housing with GEF**

GEF Seniors Housing

Join us for an informative session on the Greater Edmonton Foundation (GEF) Seniors Housing, Alberta's largest social housing provider for seniors and a registered charity. GEF offers nearly 3,800 low- to moderate-income seniors access to affordable housing and services in 41 communities across Edmonton.

This session will cover: The different types of accommodations available and their locations, how eligibility is determined and the application process, rental rates, fees, wait times, and other key details. A Community Support Manager will be on-site to answer your questions. Don't miss this opportunity to learn how GEF supports seniors in finding safe and affordable housing!

Mon, Apr 28 / 10:30-11:30AM / 1 Wk

FREE Registration is still required **NMW**

NEW! **No Drama Executorship**
Gina Vliet of Charon Consulting

This information session offers best practices in helping Executors mitigate common issues around stressful family situations while executing a Will.

Fri, Jun 6 / 1:30-3:30PM / 1 Wk

\$20 **NMW**



NEW! **Notaries: Helping Seniors Find Peace of Mind**

Ized-Dean Sanduga

This seminar will provide valuable insights into how notaries can assist seniors with key legal documents like wills, powers of attorney, and personal directives. Learn about preventing fraud, ensuring clarity in legal matters, and accessing affordable notary services. It's a chance to safeguard your future and make informed decisions on important legal matters. This presentation is hosted by Notary Public Dean from Sanduga Notary.

Mon, Jun 2 / 1:30-2:30PM / 1 Wk

FREE During Seniors' Week Celebrations! **NMW**
Registration is still required

NEW! **Plan for Today - Peace for Tomorrow**

Trinity Funeral Home

Join Sarah, the Family Service Manager, from Trinity Funeral Homes where she will discuss the duties of your Power of Attorney, Personal Care Directive Agent, and Executor. You will also review the emotional and financial benefits of preplanning your final arrangements and how to engage in these important conversations with your family and representatives.

Tue, May 13 / 1:30-3PM / 1 Wk

\$2 **NMW**

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!

NEW! **Preparing Your Finances For Your Estate**

Allied Asset Management

Have you ever heard the saying "Life only has two certainties – death, and taxes"? How about "it's expensive to die"? Preparing your finances for your estate involves many considerations. The presentation will be hosted by Jonathan Lesyk who is a Certified Financial Planner and Wealth Advisor with Allied Asset Management of Raymond James, carrying over a decade of advisory experience. In this interactive workshop, he will provide insight on various strategies to consider to ensure a seamless and cost-friendly transition of your wealth to the next generation.

Thu, Apr 24 / 10:30AM-12PM / 1 Wk

\$2 **NMW**

NEW! **Reconciliation: What can we do?**
Rita Makkannaw

European and Native philosophy do differ. Let us explore these differences and why we clashed. Rita will share the myths and truths of the traditional world view of the First Nations people. We will explore how understanding can expand our knowledge base to gain better insight. Rita is the author of four books. Signed copies will be available for sale.

Tue, Jun 10 / 1:30-3PM / 1 Wk

\$5 **NMW**

NEW! Regulations for your Financial Advisor

Weichurn Woo, Mackie Research Financial Advisor

Since 2009 implementation, there has been a new set of rules and reporting requirements on your non-registered, RRSP, and TFSA accounts. The current phase is called CRM2, with the 3rd phase called CRM3 still in development and expected to be in force by start of 2027. Client Relationship Model, or Phase 2 (CRM2) is a regulatory initiative designed to help clarify investment performance, communication, and costs for investors, as well provide more transparency. Come join Investment Advisor Wei Woo, as we discuss what this all means and to find out if your financial advisor or investment advisor is doing what is in your best interest.

Mon, May 26 / 1:30-3PM / 1 Wk

\$2 **NMW**

NEW! Semi-Annual 2025 Global Financial Market

Weichurn Woo, Mackie Research Financial Advisor

Join Investment Advisor Wei Woo, as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2025 and look at forward guidance on what to expect for the remaining year. With Trump now back in power for almost half a year, we will dive into what it will mean for the financial markets and the implications for the world going forward.

Tue, Jun 24 / 1:30-3PM / 1 Wk

\$2 **NMW**

NEW! Seniors for Climate Action Now

Seniors for Climate Action Now

Would you like to find out more about climate change? Do you have concerns or questions that you would like to discuss? We are a group of concerned seniors who want to take action in our community to find out more about our city's (and province and country) climate plans. In conjunction with Seniors for Climate Action Now based in Ontario, our goal is to build a Canada-wide community of seniors to create a better future for our children and grandchildren. We respect that our federal government's current focus is on affordability for our citizens but we want to make more people aware that the government also needs to act faster to phase out the use of fossil fuels to transition to renewable energies like wind and solar. We are collaborating with other local climate groups such as Climate Justice Edmonton, Youth for Climate Edmonton and Indigenous Climate Action in order to make a wider impact in the community.

Tue, Apr 22 / 1:30-3PM / 1 Wk

FREE Registration is still required **NMW**

NEW! Service Canada Benefits

Service Canada Benefits Officer / Service Canada

Join a Service Canada Benefits Officer to learn more about benefits available to you. The presentation will cover the Canada Pension Plan program, including the family and disability benefits, and the Old Age Security program, including the Guaranteed Income Supplement, Allowance and Allowance for the survivor. We will also go over the Canadian Dental Care Plan and will cover eligibility, when and how to apply, and coverage. There will be a question period at the end of the presentation.

Wed, Apr 30 / 1:30-3PM / 1 Wk

FREE Registration is still required **NMW**

NEW! **Spring Into Color: Find Your Best Shades in 2025**

Susanne Urbina

Unleash the power of color and learn how to dress in shades that truly flatter you! In this hands-on workshop, a color expert will guide you through the process of finding the hues that enhance your natural beauty—complimenting your hair color, skin tone, and unique personality. Each participant will be individually color-draped to reveal their most radiant shades for the spring season. Get ready to refresh your wardrobe, boost your confidence, and step into a more vibrant, stylish you!

Fri, May 2 / 1:30-3:30PM / 1 Wk

\$20 **NMW**

NEW! **Taking in Blockbuster Events in our Skies**

Rick and Susan Bramm

Here on Earth, we have a front row seat to observe the marvelous beauty, complexity and dynamics of the universe, near and far. From time to time, things “line up” to create amazing fleeting phenomena such as eclipses, comets, aurora - and others. Susan and Rick Bramm, amateur astronomers, will discuss how these happen and recount the challenges and joys of their adventures to pursue and photograph these celestial wonders. The Bramms are active members and volunteers with the Edmonton Centre chapter of the Royal Astronomical Society of Canada (RASC). For the past 15 years, both have been involved in coordinating the RASC Edmonton Centre's annual Northern Prairie Star Party for amateur astronomers at Black Nugget Lake Park near Tofield, Alberta. They have also participated in the Black Nugget Lake Observatory (BNLO) project that opened on September 16, 2023. The BNLO houses the largest telescope (with a 32-inch diameter) in Western Canada for the public to look through at a dark site.

Tue, May 6 / 1:30-3:30PM / 1 Wk

\$2 **NMW**



INTERESTED IN VOLUNTEERING?

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

NEW! **Then and Now: 2SLGBTQ+ in Edmonton**

Michael Phair

The 2SLGBTQ+ (Queer) community and Edmonton have changed over the past 50 years. This session will cover living and dying through the AIDS pandemic, discrimination, legislative changes provincially and federally, the legalization of same sex marriage in 2005 and current issues that are rechallenging the community and greater society. Presented by Edmonton Pride Seniors Group co-founder and former Edmonton City Councilor Michael Phair.

Thu, Jun 5 / 1:30-3PM / 1 Wk

FREE During Seniors' Week Celebrations! **NMW**
Registration is still required

NEW! **Two World Views and Why We Clashed**

Rita Makkannaw

We will explore if we can we move forward without truth. Let's explore how we can realistically move toward creating a better relationship between our peoples through understanding. Rita is the author of four books. Signed copies will be available for sale.

Tue, May 20 / 1:30-3PM / 1 Wk

\$5 **NMW**



NEW!

Aging in Place: Enhancing Independence and Comfort

Congdon's Aids to Daily Living

Aging in place allows older adults to live safely and independently in their own homes. This presentation will explore how simple adjustments can enhance safety, mobility, and quality of life. Congdon's Aids to Daily Living will highlight a range of options and resources designed to support independence, from mobility aids to home healthcare and accessibility solutions.

Mon, Apr 28 / 1:30-2:15PM / 1 Wk

FREE Registration is still required **NMW**

NEW!

Centered and Strong: Core and Balance Workout

Amy Petersen, NESAs Personal Trainer

Join Amy for a 60-minute workshop designed to help older adults improve balance, core strength, and overall stability. This session will focus on simple yet effective exercises to enhance functional mobility, build muscle strength, and boost neuromuscular coordination—key factors in maintaining independence and preventing falls. Whether you're just starting out or refining your skills, you'll enjoy a supportive, easy-to-follow routine tailored to your needs. Come ready to move, engage, and have fun! Plus, you'll leave with a personalized balance and core program to continue your progress at home.

Tue, May 20 / 12-1PM / 1 Wk

\$10 **NMW**

Connections

Carole Furgala

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

A Mon, Apr 14-Jun 30 / 10AM-12PM / 10 Wks

No class Apr 21, May 19

\$20

B Mon, Apr 14-Jun 30 / 1-3PM / 10 Wks

No class Apr 21, May 19

\$20

NEW!

Exploring Mindful Self-Compassion

Carol Kodish-Butt, Retired Social Worker

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

Thu, Apr 24-May 29 / 1:30-3PM / 6 Wks

\$87



NEW! **Full Body Resistance Band Training Workshop**

Amy Petersen, NESAs Personal Trainer

Join Amy for an energizing afternoon workout focused on building strength and flexibility using just a resistance band and loop band. This session will emphasize safe movement mechanics to help you exercise effectively and confidently—without any floor work. You'll also receive a take-home program to continue your progress.

Tue, Apr 22 / 12-1PM / 1 Wk

\$10 **NMW**

NEW! **Happy Hips: Strength and Mobility**

Amy Petersen, NESAs Personal Trainer

Do your hips feel stiff or sore? Have you noticed a decline in your mobility over the years? Join Amy for a safe and effective workout designed to help you improve hip flexibility, strength, and overall function—without any floor exercises. You'll learn how to maximize your range of motion while strengthening the muscles that support your hips and knees. Plus, you'll receive a take-home program to continue your progress beyond the class!

Tue, May 6 / 12-1PM / 1 Wk

\$10 **NMW**

NEW! **Healthy Leg Day**

The Team from Health and Wellness Supplies

Join us for Healthy Leg Day at NESAs! Learn about leg health and the benefits of compression therapy in a short, informative session. Topics discussed will include: common conditions like lymphedema and varicose veins, how compression therapy works and different fabric types, and tips for wearing and caring for compression garments. Professional compression fittings will be available, with the option to order stockings.

Thu, May 8 / 1:30-2:30PM / 1 Wk

FREE Registration is still required **NMW**



Mindfulness

NEW! **Introduction to Insight Meditation**

Kushok Lobsang Dhamchöe

Spiritual Director of the Alberta Center for Peace and Meditation, Kushok Lobsang Dhamchöe, invites you to an introductory insight meditation course. The benefits of meditation are widely recognized in modern medicine and recommended as a daily practice by leading health organizations such as the Mayo Clinic and Johns Hopkins Medicine. Research shows that regular meditation can reduce stress and anxiety, enhance mood and focus, alleviate physical pain, strengthen the immune system, lower blood pressure, and promote positive changes in the brain.

In this course, Kushok will introduce a variety of insight meditation techniques designed to help us break free from negative thought loops—whether they stem from past experiences or anxieties about the future. By cultivating mindfulness and awareness, these techniques transform challenges into opportunities for compassion, understanding, and inner peace, benefiting both ourselves and those around us. This course offers a glimpse into the profound wisdom of the Tibetan Buddhist meditation tradition, which has preserved these ancient Indian Teachings which are over 2,600 years old. Don't miss this rare opportunity to receive authentic guidance that can enhance your well-being and bring greater peace to your life.

Fri, May 30-Jun 20 / 1-2:30PM / 4 Wks

\$36

NEW! **Introduction to Mindfulness Meditation Workshop**

Kushok Lobsang Dhamchöe

Spiritual Director of the Alberta Center for Peace and Meditation, Kushok Lobsang Dhamchöe, invites you to an introductory mindfulness meditation workshop. The benefits of mindfulness meditation are widely recognized in modern medicine and recommended as a daily practice by leading health organizations such as the Mayo Clinic and Johns Hopkins Medicine. Research shows that regular meditation can reduce stress and anxiety, enhance mood and focus, alleviate physical pain, strengthen the immune system, lower blood pressure, and promote positive changes in the brain.

While many of us seek these benefits, the question remains: "How do I begin?" In this workshop, Kushok will introduce a foundational mindfulness meditation practice that you can integrate into your daily life. This session offers a glimpse into the vast knowledge of the Tibetan Buddhist meditation tradition, which has preserved these ancient Indian Teachings which are over 2,600 years old. Don't miss this rare opportunity to receive authentic teachings that can enhance your well-being and bring greater peace to your life.

Fri, May 23 / 1-2:30PM / 1 Wk

\$10 NMW



NEW!

Learn about Peripheral Neuropathy

Dr. Melanie Morrill

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

Tue, May 13 / 10:30AM-12PM / 1 Wk

FREE Registration is still required **NMW**



INTERESTED IN VOLUNTEERING?

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

Nervous System Reset

Terri Jones, retired Occupational Therapist, Yoga & Meditation Instructor

Our busy world can put us in a place of constant sympathetic dominance in our nervous systems. The nervous system is the connection between our mind and body and when it is dysregulated it can lead to digestive issues, sleep issues, muscle tightness, fatigue, feeling overwhelmed or anxious or chronic pain. Join Terri Jones, retired Occupational Therapist, yoga and meditation instructor, to learn strategies to activate relaxation in our nervous system and bring us back to balance.

This workshop is a chance to learn about the science of the nervous system and then practice tools and techniques to build your resilience. Join this workshop to practice concrete skills that unwind the stress response and maximize your wellbeing. This session will begin with a short educational component, followed by guidance through a variety of different mindfulness techniques - breath/body awareness and regulation, somatic techniques, guided visualizations, progressive relaxation techniques, yoga nidra, restorative yoga and sound healing. Participants will need to bring a yoga mat and blanket to this session in order to comfortably lie on the floor. Those who are unable to get down to the ground will be accommodated in a seated position.

Fri, Apr 25 / 1-2PM / 1 Wk

\$15 **NMW**



NEW! **Release, Recharge, Rejuvenate!**
Helga Stadelmann

With the convenience of sitting in a chair supercharge your life through these 10 inspiring one hour sessions. Through a unique blend of discussions, breath-work, tension-release techniques and meditations you will observe how deeper states of calm and stillness can not only improve your health, strengthen your body and give you more focus and energy, they also may lead you on a journey of self-discovery to experience yourself in a very new, unique and highly personal way. Accessible for anyone to join and feel the direct benefits of living a more authentic, energized and empowered life at any age. No previous experience needed but experience with meditation and/or breathwork would be advantageous.

Mon, Apr 14-Jun 30 / 10:30-11:30AM / 10 Wks

No class Apr 21, May 19

\$74

NEW! **Strength and Stability: Back and Shoulder Edition**

Amy Petersen, NESAs Personal Trainer

Join Amy for an uplifting afternoon workout focused on improving shoulder and back mobility, strength, and posture. Using safe and gentle movements, this session will help you enhance flexibility, reduce stiffness, and build stability—without any floor exercises. You'll leave feeling stronger, more confident in your movement, and equipped with a take-home exercise program to continue your progress at your own pace.

Tue, Jun 10 / 12-1PM / 1 Wk

\$10 NMW

NEW! **Weightlifting 101: Building Strength Safely**

Amy Petersen, NESAs Personal Trainer

Join Amy, NESAs personal trainer, for an empowering hour where you'll learn the fundamentals of safe and effective weight training. Together, you'll explore a full-body workout, along with various variations and modifications to help you build a personalized, safe, and efficient strength training routine that aligns with your fitness goals. This class is designed for all levels, with modifications provided to ensure everyone can participate. No floor exercises, and you'll leave with a takeaway program to continue your strength-building journey at home.

Tue, Jun 24 / 12-1PM / 1 Wk

\$10 NMW

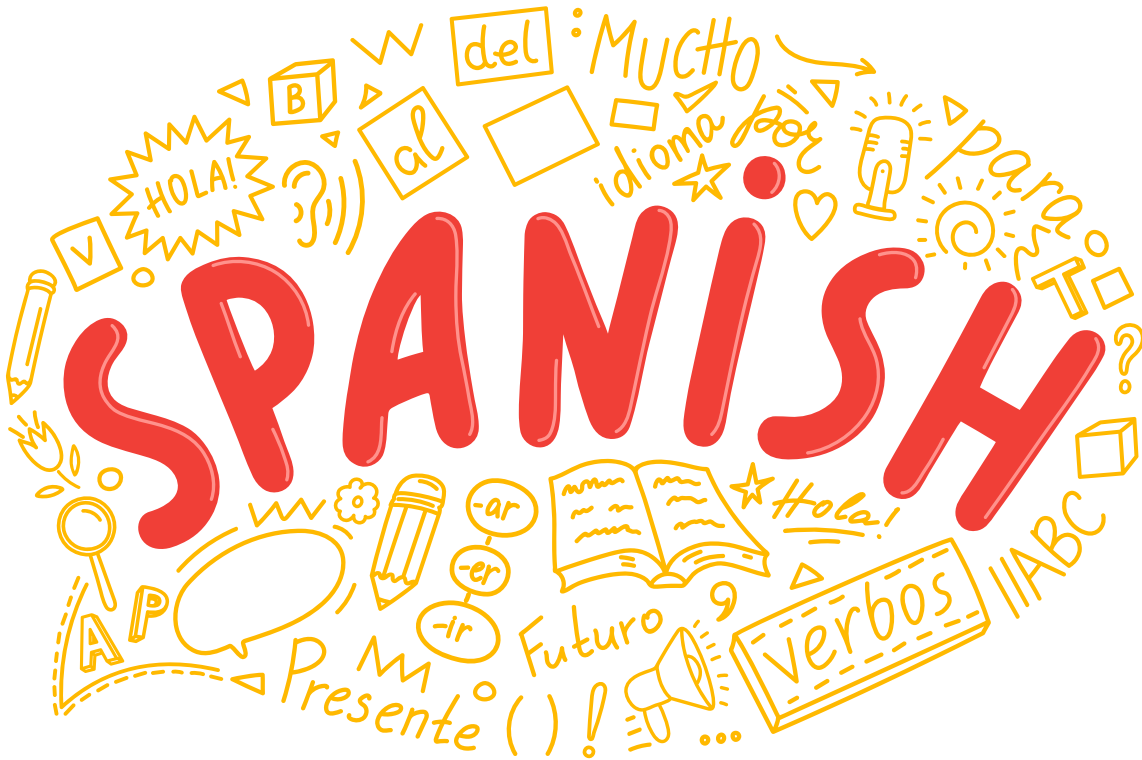
NEW! **Wonderful Sound for All!**

Barb Strijack, Hearing Aid Practitioner from Hear Canada

Spend an hour with Hearing Aid Practitioner Barb from Hear Canada, to learn more about hearing loss facts, the important reasons why you should consider a hearing health check and to learn more about new hearing technology.

Thu, May 1 / 1:30-3PM / 1 Wk

\$2 NMW



Spanish - Beginner

Tania Oyarzun

Join in on this beginner's class to develop the skills to speak, read, write and listen in Spanish. Textbook is required: Spanish Vocabulary: Practice Makes Perfect by Dorothy Richmond, Fourth Edition (ISBN 978-1-264-26424-7). **NOTE** If you own the Spanish Now or Spanish Vocabulary Third Edition textbook you do not have to purchase the new suggested textbook.

Wed, Apr 16-Jun 25 / 9:30-11:30AM / 11 Wks

\$160

Spanish - Intermediate

Jorge Oyarzun

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

Wed, Apr 16-Jun 25 / 9:30-11:30AM / 11 Wks

\$160



Clogging: Advanced

Adele Brewer

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

Mon, Apr 14-Jun 30 / 2-2:30PM / 10 Wks

No class Apr 21, May 19

\$35

Clogging: Level 2/3

Adele Brewer

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

Wed, Apr 16-Jun 25 / 1:30-2:30PM / 11 Wks

\$75

Clogging: Level 4

Adele Brewer

Now that you've mastered the basic steps, it's time to take your clogging skills to the next level. In this class, you'll expand on your movements to include more subtle rhythmic and visual variations. Enhance your technique and enjoy the complexity of advanced clogging in a fun and supportive environment. (Formerly EZ Intermediate)

Wed, Apr 16-Jun 25 / 2:45-3:45PM / 11 Wks

\$75

Clogging: Level 5

Adele Brewer

Dance to a variety of music, including country, bluegrass, Celtic fiddle, and pop music. Clogging is a great way to stay in shape both physically and mentally! Enjoy the energetic beats and diverse rhythms while enhancing your fitness and coordination in this fun and engaging class. (Formerly Intermediate)

Mon, Apr 14-Jun 30 / 1-2PM / 10 Wks

No class Apr 21, May 19

\$69

Guitar: Level 1

Gilles Benoiton

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

Fri, Apr 25-Jun 13 / 8:45-9:45AM / 8 Wks

\$51

Guitar: Level 2

Gilles Benoiton

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

Wed, Apr 23-Jun 11 / 1:15-2:15PM / 8 Wks

\$51

Guitar: Level 2.5

Gilles Benoiton

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

Wed, Apr 23-Jun 11 / 11:30AM-1PM / 8 Wks

\$75

Guitar: Level 3

Gilles Benoiton

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on expanding your chord repertoire (including F and Bm), mastering chord progressions and learning some single-note lines.

Appropriate pieces will be introduced, and students are encouraged to suggest selections! Take your guitar skills to the next level in this engaging and collaborative class! Prerequisite: Guitar Level 2.5.

Fri, Apr 25-Jun 13 / 11:15AM-12:45PM / 8 Wks

\$75

Guitar: Level 3+ Finger Pickin'

Gilles Benoiton

This intermediate class will introduce participants to finger-picking techniques! The focus will be on various picking patterns, chord progressions, and some finger-picking repertoire pieces. If you can play basic open chords such as G, A, Am, C, D, Dm, E, and Em, you're ready for this course. Join us to enhance your guitar skills and explore the art of finger-picking! Prerequisite: Guitar Level 3.

Fri, Apr 25-Jun 13 / 10-11AM / 8 Wks

\$51



Guitar: Level 4

Gilles Benoiton

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

Fri, Apr 25-Jun 13 / 1-2PM / 8 Wks

\$51

NEW! Hand Drumming (Djembe)

Bill Mitchell

This drumming workshop introduces participants to the art of playing the djembe, a West African drum with an 800-year history. Through simple syllables and vocal patterns, students will learn to recreate African rhythms and explore polyrhythmic music by combining multiple patterns. The class covers the three fundamental djembe sounds, teaching participants to bring rhythm from voice to hand. Patterns will be adjusted to suit both beginners and those with prior experience. Drum is provided.

A Thu, May 1-May 22 / 2:45-4:15PM / 4 Wks

\$120

B Thu, May 29-Jun 19 / 2:45-4:15PM / 4 Wks

\$120

Handbells

Wendy Hoskin

The spring session is a continuation of the winter session with much of the repertoire being carried over. We do not spend much time on basic ringing skills and as it is a shorter session, it would be beneficial to have some ringing experience. Our goal is to have fun and make music which we plan to share by doing some ring-outs near the end of the session

Thu, Apr 17-Jun 12 / 10-11:30AM / 9 Wks

\$45

Line Dancing: Level 1

Dwayne Tulik

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

Tue, Apr 15-Jun 24 / 8:45-10:15AM / 10 Wks

No class Jun 3

\$61

NEW! Line Dancing: Level 2

Tracy Walters

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

Tue, Apr 15-Jun 24 / 1:30-2:30PM / 10 Wks

No class Jun 3

\$48

NEW! Marimba Magic: Learn the Rhythms of Zimbabwe

Paul Mpofu from Sihle Sizwe Foundation

Experience the joyful, energetic, and immersive sounds of traditional Zimbabwean marimba music in this 8-week program led by Paul. No prior musical experience is needed—just a love for rhythm and a willingness to learn! Through hands-on learning, you'll explore interlocking melodies, polyrhythms, and vibrant percussion techniques that make marimba music so infectious and dance-worthy. The program follows a listen-and-play approach, similar to how music is traditionally taught in Africa, making it accessible for all skill levels. By the end of the course, you'll have learned a full piece and gained a deeper appreciation for Zimbabwean culture and music traditions. Join us and be part of this unique musical journey!

TRIAL Fri, May 2 / 2:45-3:45PM / 1 Wk

FREE Registration is still required **NMW**

Fri, May 9-Jun 27 / 2:45-3:45PM / 8 Wks

\$80





Music Lessons (1:1) - Guitar, Ukulele, and Harmonica

Mike Chenoweth

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

A Tue, Apr 15-Jun 24 / 9-9:30AM / 11 Wks

\$231

B Tue, Apr 15-Jun 24 / 9:30-10AM / 11 Wks

\$231

C Tue, Apr 15-Jun 24 / 10-10:30AM / 11 Wks

\$231

D Tue, Apr 15-Jun 24 / 10:30-11AM / 11 Wks

\$231

E Tue, Apr 15-Jun 24 / 11-11:30AM / 11 Wks

\$231

F Tue, Apr 15-Jun 24 / 11:30AM-12PM / 11 Wks

\$231

Sing Sing Sing

Suzan & John Shewchuk

Join Suzan and John for a joyous group sing-a-long! With a passion for all types of music, they have been sharing their love for singing in various communities for over five years. Now they invite you to join them in a fun and inclusive musical experience. Whether you're a seasoned singer or a complete novice, come and enjoy singing your favorites from a songbook featuring over 200 songs spanning multiple genres and decades. No musical experience is necessary- just bring your enthusiasm and love for music.

Mon, Apr 14-May 26 / 1-2:30PM / 5 Wks

No class Apr 21, May 19

\$36

NEW! Uke n' Play Today: Beginner Ukulele

Mike Chenoweth

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

Wed, May 7-Jun 25 / 10-11AM / 8 Wks

\$78





River Cree Casino Outing



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

NOTE *The bus can accommodate some walkers but unfortunately, no wheelchairs.*

Bus Departs NESA: 11AM / Bus Returns to NESA: 4PM

A Wed, Apr 16, 2025

\$5

B Wed, Jun 18, 2025

\$5

UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

NMW (Non-members welcome)

360° Nature Walk



Participants will be taken on a guided tour along the maintained trails starting at the Alfred Savage Centre along Whitemud Creek and surrounding area. We will see, explore and identify a host of species from the smallest flowers and insects to some of our largest trees, Balsam Poplars. Every day brings a diversity of discoveries, something for everyone to learn about and enjoy.

REMINDER *Wear/pack appropriate layers, bring water and wear good walking or hiking shoes. You are encouraged to bring your camera and/or binoculars to enhance your viewing experiences. This adventure is not suitable for walkers or wheelchairs.*

Wed, Apr 30 / 9:15AM-12PM

\$5 NMW

NOTE *This is an independent outing and transportation is not provided. Meet up will be **9:15AM** at the parking lot of the Alfred H. Savage Centre (west of the Edmonton Equine Centre at Whitemud Park), **13909 Fox Dr.** The walk will start promptly at 9:30AM.*

(The rainy day back-up will be May 8, 2025)

NESA CLUBS AT A GLANCE



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

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

**FOR MORE INFORMATION ABOUT THESE CLUBS,
please email info@nesa1.ca or call 780.496.6969.**

Club days/times are subject to change.

NOTE Reciprocal memberships are not accepted as admission into NESA Clubs.
You must be a NESA member to join a NESA club.



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 PRORATING FOR CLUBS.** If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available.

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

Art

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

Mon, Apr 14-Jun 30 / 1-4PM / 10 Wks

No session Apr 21, May 19

\$20

Badminton

Welcome to our friendly badminton club! New members are always welcome – please note that an ability to serve and rally is requested for your participation. Having knowledge and rules of the game is also suggested as no formal instruction is provided. Want to try it out before you register? NESA Members are welcome to try one session before registering. No drop-ins permitted.

Fri, May 2-Jun 27 / 9-11AM / 9 Wks

\$18

Book Lovers

We enjoy reading and sharing our experiences about the books we've read in a relaxed, supportive and friendly environment. **NOTE** The Book Lovers Club Coordinator will reach out to all registered members after April 1/25 to confirm book selection and pickup arrangements.

Wed, Apr 23, May 28, & Jun 25 / 10:30AM-12PM / 3 dates

\$6

Bridge

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

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

\$22

Canasta

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

Thu, Apr 17-Jun 26 / 1-4PM / 11 Wks

\$22

Carpet Bowling

A year-round, indoor sport that resembles lawn bowling. Please note that teams were selected in the Fall 2024 season. Anyone new interested in joining this club can play on Tuesdays and will be assigned as 'spares' for Thursday league-play.

Tue & Thu, Apr 15-Jun 26 / 10:30AM-12PM / 20 dates

No session Jun 3, Jun 5

\$40

Creative Greeting Cards

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

Tue, Apr 15-Jun 24 / 9AM-12PM / 11 Wks

\$22

Creative Writing

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

Fri, Apr 25-Jun 27 / 1-3PM / 10 Wks

\$20

Cribbage

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

A Fri, Apr 25-Jun 27 / 9:45AM-12PM / 10 Wks

\$20

B Fri, Apr 25-Jun 27 / 12:45-3PM / 10 Wks

\$20

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 57 for information about NESAs Landry Leisure Pass.

Fiber Arts

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

Thu, Apr 17-Jun 26 / 1-4PM / 11 Wks

\$22

Golf

Join us for our Annual General Meeting on April 3, 2025 to discuss the upcoming golf season (April 29-September 2) and club details, including the year-end banquet. To attend, register in advance either online or at the front desk. A 2025 NESAs Membership is required and a \$2 meeting fee must be paid prior to the AGM. A \$25 golf club membership fee will be collected at the meeting by the Club Coordinator.

Thu, Apr 3 / 1-3PM / 1 Wk

\$2

Guitar Jam

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

Thu, Apr 17-Jun 26 / 12-3PM / 11 Wks

\$22

Jammers

An acoustic guitar group who meet for singing and fellowship!

Tue, Apr 15-Jun 24 / 1-4PM / 11 Wks

\$22

Late Bloomers Garden

Our club will not be hosting any meetings for the Spring 2025 season as we will be busy in our gardens!

NOTE Please save the date for our Garden and Plant sale scheduled for Saturday, May 24, 2025. Stay tuned for more details!

Music Makers

Do you enjoy making music? We welcome all instruments!

Tue, Apr 15-Jun 24 / 9:30AM-12:30PM / 11 Wks

\$22

Pins and Needles Quilting

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

Fri, Apr 25-Jun 27 / 9:30AM-12:30PM / 10 Wks

\$20

Silversmithing

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

Tue, Apr 15-Jun 24 / 9AM-4PM / 11 Wks

\$44

Stained Glass

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

Mon, Apr 14-Jun 30 / 9AM-4PM / 10 Wks

No session Apr 21, May 19

\$40

Travel

NESA Travel Club's mission is to provide travel opportunities and travel-related information to club members by arranging for tour companies and travel providers to present these travel destinations at our meetings in line with the club members stated preferred destinations.

Wed, Apr 16, May 14, and Jun 11 / 1-3PM / 3 dates

\$2/Date

Washi Chigiri-e

Washi Chigiri-e is a Japanese Art that consists of tearing washi paper from Japan. Handmade or machine made in various color combinations, giving you a beautiful picture. Supplies can be purchased from the club. A supply list will be provided at registration.

Wed, Apr 16-Jun 25 / 9AM-12PM / 11 Wks

\$22

Weavers

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

Tue, Apr 15-Jun 24 / 10AM-4PM / 11 Wks

\$44

DID YOU KNOW?

NESA is a non-profit charitable organization. This means that we can issue you an income-tax receipt for any monetary donations you wish to make! Visit us in person to donate today or online at www.nesa1.ca and view the 'Get Involved' section to learn about how you can make an impact in our community.



**FOR MORE INFORMATION ABOUT THESE CLUBS,
please email info@nesa1.ca or call 780.496.6969.**

Club days/times are subject to change. You must be a NESAs member to join a NESAs club.

Whist

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

Mon, Apr 14-Jun 30 / 12:45-2:45PM / 10 Wks

No session Apr 21, May 19

\$2/date

Wildlife Carving

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

Thu, Apr 17-Jun 26 / 9AM-12PM / 11 Wks

\$22

Wizards of Odds 'n Ends

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

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

Wed, Apr 16-Jun 25 / 12-2:30PM / 11 Wks

FREE Registration is still required

PLEASE NOTE

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

March 28	DANCE NIGHT-DJ ALAN D 7-10PM Tickets: \$12 pp in advance, \$15 pp at the door
April 1	SPRING REGISTRATION BEGINS 8:30AM In-person and Online
April 2	BOTTLE DRIVE 9AM-12PM
April 4	ANNUAL GENERAL MEETING 1-3PM
Apr 9-11	BOOK, PUZZLE AND JEWELRY SALE 9AM-3PM (Open until 7PM on Wed) Free Parking
April 18	NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY
April 21	NESA CLOSED / STAT HOLIDAY / EASTER MONDAY
May 7	BOTTLE DRIVE 9AM-12PM
May 19	NESA CLOSED / STAT HOLIDAY / VICTORIA DAY
May 24	GARAGE SALE 10AM-3PM Free Parking
May 24	GARDEN AND PLANT SALE 10AM-3PM Free Parking
May 30	DINNER THEATRE-MURDER MYSTERY-VENETIAN MASQUERADE 5-8PM Tickets: \$60 pp (On sale April 7-May 23)
June 3	SENIORS' WEEK CLUB ARTS & CRAFTS MARKET 10AM-3PM Free Admission Free Parking
June 3	SENIORS' WEEK-HEALTH & WELLNESS FAIR 10AM-3PM Free Admission Free Parking
June 4	BOTTLE DRIVE 9AM-12PM
June 5	SENIORS' WEEK-CRIBBAGE TOURNAMENT 9:30AM-4PM \$50 per team (includes 10 games and lunch)
June 6	SENIORS' WEEK-MUSIC BINGO EVENT 2-4PM Tickets: \$15 pp (On sale April 28-May 30)
Week of June 23	SUMMER GUIDE IS AVAILABLE-SUMMER REGISTRATION BEGINS
June 27	DINNER THEATRE-A TRIBUTE TO ELVIS FEATURING JAEDYN PILON 5-8:30PM Tickets: \$60 pp (On sale May 12-June 20)



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

Things to Know

You can now register for the 2025 LLP program.

How do I qualify?

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

1. Annual Income Eligibility

One-Person Household:

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

Two-Person Household:

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

Households include main applicant's spouse/partner; proof of annual income required by providing one of the following: 2023 Notice of Assessment, AISH status, Edmonton LAP holder status, Special Needs Assistance status, or a letter from a social/outreach worker when one of the above is not available.

2. Current Address Eligibility

One of the following NE Edmonton postal codes:

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

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

NESA also welcomes and supports new Permanent Residents or Refugees aged 55 and older. To be eligible, individuals must have been in Canada for less than one year and not yet qualify to file a tax return. In the following year, individuals may reapply based on income and address qualifications.

How do I renew my current LLP pass?

- Ensure you have an active 2025 NESA Membership;
- Provide NESA with a copy of your 2024 Notice of Assessment (or other proof of income) and proof of your current address. How?
 - Visit our office during business hours (see page 4 for schedule), or
 - Email us copies of your document(s) at lp@nesa1.ca
- If eligibility requirements are met, your member account will be updated, and your \$200 LLP subsidy will be available immediately in your virtual wallet, for all NESA programs/activities.

Registering for programs and activities with your Landry Leisure Pass:

- Your LLP status will be in effect from January 1, 2025 – December 31, 2025, and you will have access to \$200 in your virtual wallet to be used at your own discretion for NESA programs and activities.
- **If registering in person or over the phone**, you will have the option to use **all, part or none** of your remaining LLP subsidy.
- If registering online, you will only be able to apply **all or none** of your remaining LLP subsidy amount.
- Refer to page 4 for registration information. You can call us at 780.496.6969 to find out your remaining LLP subsidy.

The following ARE eligible for LLP Subsidy:

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

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



Home Supports

Services Provided

- **Snow Removal:** remove snow and put down anti-slip material to cover icy spots (not chipping ice)
- **Yard Help:** mow lawn and do spring/fall clean-up including tree removal, trimming, etc. and gate, sidewalk and concrete repairs
- **Housekeeping:** vacuum, wash floors, clean bathrooms, do laundry, dust, clean the fridge
- **Home Repair and Maintenance:** includes minor repair, electrical, plumbing, painting, furnace, appliance repair, handyman, roofing/eavestrough, deck and railing repairs, window cleaning (not major renovations)
- **Personal Services:** includes hair care, foot care, medi-alert, home and respite care (personal care, homemaking, nursing care, companionship, accompanied transportation)
- **Moving Help:** organizing, junk removal, downsizing

Referral Process

- When you call the quadrant they will ask you some questions to determine the best referrals to suit your needs.
- Each quadrant maintains a list of service providers who have been screened and vetted.
- When you request services you will be given a minimum of three referrals (if providers are available).
- It is up to you to contact each service provider to discuss costs and service needs and select a suitable company that fits your needs.
- The district organization which provided the referrals will follow up with you to check if you contacted and used one of the referrals.
- To help the Seniors Home Supports Program evaluate if it is meeting needs or if improvements could be made, districts will keep track of some basic program usage information.

Contact Us

The Seniors Home Supports Program divides the City of Edmonton into six districts. In each district there is a community hub that coordinates the program in their area. Contact the organization that serves your neighbourhood.

Southwest Contact: Barbara | 780.860.2931

Northwest Contact: Kathy | 780.995.2908

Northeast Contact: Gaby | 780.483.1209

Southeast Contact: Jenny | 587.594.7884

Live outside of Edmonton? Our coordinators also assist citizens from nearby municipalities find services in their regions, as available. See the following list for who to contact based on your location.

Fort Saskatchewan: Northeast

Morinville & St. Albert: Northwest

Spruce Grove: Northwest

Stony Plain: Southwest

Devon: Southwest

Beaumont: Southeast

Sherwood Park: Northeast

Leduc: Southeast



Outreach Services

Please note that effective July 1, 2023, NESAs are no longer offering Outreach Services. If you are in need of such services, please contact **211** for referrals to an agency.



Need help getting to your NESAs Programs? Check out our Transportation Subsidy Program.

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

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

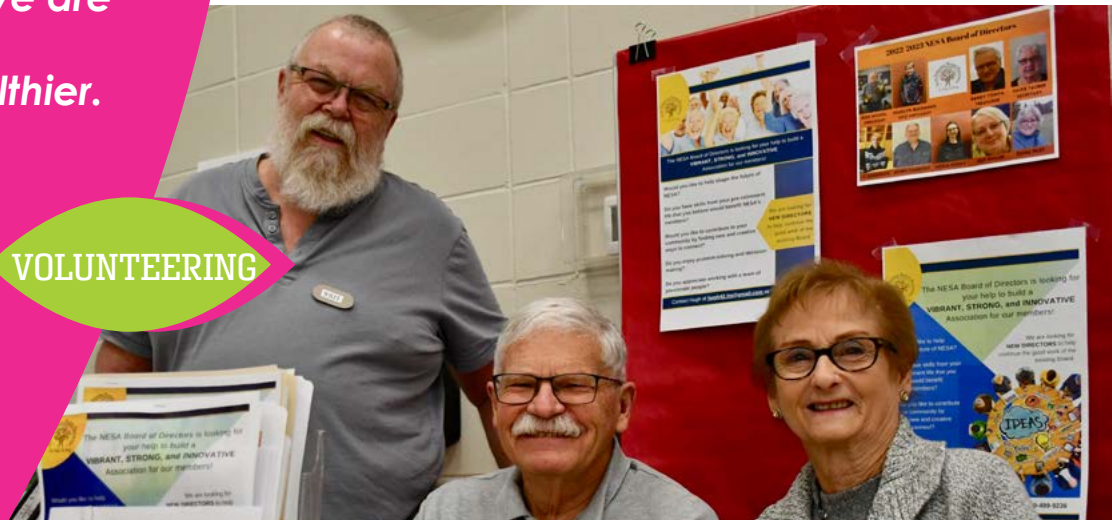
CREATIVITY



EVENTS



VOLUNTEERING



Please recycle!

– And pass this program guide on to a friend