

Winter 2026

Registration starts November 28, 2025 at 8:30AM
Programs start January 12, 2026



Find your FUN inside:

- Cake Decorating pg 14**
- Drama: Play Reading pg 53**
- Fraud Demystified pg 43**
- Gentle Fit Chair Yoga pg 30**
- 7:15 Strong Start pg 24**



Program & Activity **GUIDE**

At the Northgate Lions Seniors Recreation Centre

OUR HISTORY

In 1978 the Edmonton Northgate Lions Club constructed a recreation centre on City land for senior citizens and the community. One of the busiest and most successful Senior Centres in all of Canada was born and has continued to thrive. Today, the North Edmonton Seniors Association (NESA) operates the Centre with support from the Citizen Services Department of the City of Edmonton and the Northgate Lions Club. NESA is an independent, charitable, non-profit society providing recreational, social, educational and wellness programs and services to seniors (age 55+ years). NESA is the largest seniors organization in Edmonton, responsible for providing the most comprehensive older adult recreational and social programs.

NESA's success speaks for itself:

- Over 600 programs run annually;
- Over 240 volunteers give over 35,000 hours of their time collectively, annually

MISSION STATEMENT

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

VISION STATEMENT

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

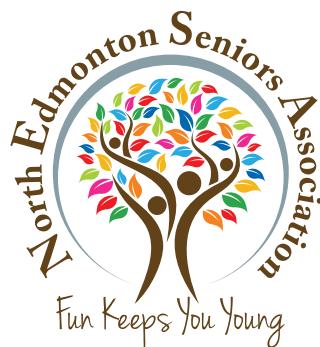


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MEMBERSHIP INFORMATION

Winter 2026



ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$40/person

UNDER 55 MEMBERSHIP: \$80/person

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

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

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

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

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 60 for more information about NESA's subsidy program.

RECIPROCAL MEMBERSHIP

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

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

NON-MEMBERS

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

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

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2026 MEMBERSHIP?

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

PROGRAM REGISTRATION INFORMATION & FORMS



REMINDER!

An active 2026 NESA Membership is required for most programs and activities at NESA. See Membership Application on pages 5-6.

**FALL REGISTRATION BEGINS
NOVEMBER 28, 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

HOLIDAY CLOSURE

NESA will have reduced hours from December 22-24, open 8:30am-3:00pm. We will be closed from December 25, 2025 to January 2, 2026 inclusive.

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

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

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

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

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

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

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



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

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

NESA Membership Application

Please PRINT Clearly

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

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

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

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE NUMBER: (_____) _____ EMAIL ADDRESS: _____

Email Address required for online registration access.

BIRTH DATE (MM/DD/YYYY): _____

Full birth date required for Membership Type criteria.

MALE FEMALE PREFER NOT TO SAY

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: (_____) _____ EMERGENCY RELATION: _____

OFFICE USE ONLY:

MEMBERSHIP INFORMATION INPUT INTO BOOKING ON _____ (DATE) BY _____ (INITIALS)

EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS FORM ELECTRONICALLY SCANNED ON NESA SYSTEM

PLEASE ENSURE COMPLETED FORM IS FILED IN THE 'NEW MEMBERSHIP APPLICATIONS' FOLDER AT FRONT DESK AFTER PROCESSING

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

SEE OTHER SIDE >

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

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

1. Important Information and Participant Responsibility

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

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

2. Warning of Risk

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

3. Waiver and Release of Liability

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

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

4. Conduct and Facility Use

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

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

5. Membership Information

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

6. Refund Policy

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

7. Photography Consent

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

8. Acknowledgement and Signature

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

Participant Name: _____ Date: _____

Signature: _____





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"/>

Mail-In Registration Form

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

Important – Mail-in registrations:

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

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone(s): _____ Email: _____

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



CLUB SCHEDULE

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 Wood Carvers 9AM-12PM	Badminton 9AM-11AM Cribbage (A) 9:45AM-12PM Pins and Needles Quilting 9:30AM -12:30PM
	Art 1PM-4PM	Jammers 1PM-4PM	Late Bloomers Garden Club 12PM-2PM (See schedule)	Bridge 12PM-3:45PM	Cribbage (B) 12:45PM-3PM
	Stained Glass 9AM-4PM	Silversmithing 9AM-4PM	Travel 12:45PM-2:45PM (See schedule)	Canasta 1PM-4PM	Creative Writing 1PM-3PM
	Whist 12:45PM-2:45PM	Weavers 10AM-4PM	Wizards of Odds 'n Ends 12PM-2:30PM	Fiber Arts 1PM-4PM	Guitar Jam 12PM-3PM

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

Club days/times are subject to change. Reciprocal memberships are not accepted as admission into NESA Clubs. You must be an active/registered NESA member to join a NESA club.



CLUBS

ART

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

Mon, Jan 12-Mar 30, 2026 | 1:00 PM-4:00 PM

No session Feb 16

\$22 | 11 Weeks

BADMINTON

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

Fri, Jan 16-Mar 27, 2026 | 9:00 AM-11:00 AM

\$22 | 11 Weeks

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 the start of the Winter 2026 registration to confirm book selection and pickup arrangements.

Wed, Jan 28, Feb 25, & Mar 25, 2026

10:30 AM-12:00 PM

\$6 | 3 dates

BRIDGE

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

Thu, Jan 15-Mar 26, 2026 | 12:00 PM-3:45 PM

\$22 | 11 Weeks

CANASTA

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

Thu, Jan 15-Mar 26, 2026 | 1:00 PM-4:00 PM

\$22 | 11 Weeks

CLUBS ARE FOR NESA MEMBERS ONLY

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



CLUBS

CARPET BOWLING

Carpet bowling is a year-round indoor game, resembling lawn bowling. It is a great opportunity to socialize and have fun. All are welcome!

Tue & Thu, Jan 13-Mar 26, 2026 | 10:30 AM-12:00 PM

\$44 | 22 Sessions

CREATIVE GREETING CARDS

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

Tue, Jan 13-Mar 24, 2026 | 9:00 AM-12:00 PM

\$22 | 11 Weeks

CREATIVE WRITING

“Nobody ever became a writer merely by wanting to be one.” (F. Scott Fitzgerald). Come write with us! It’s a new year and a new opportunity to pursue your dream of writing. We welcome writers of all levels. Through the generosity of NESA, the Creative Writing Club (formerly the Northgate Seniors Writing Society) has existed for some 30 years. Its current members continue to encourage published authors and to guide new writers. In past years, some of the many stories have been collected and published in anthologies. As well, members can post their stories on ngswordweavers.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, Jan 16-Mar 27, 2026 | 1:00 PM-3:00 PM

\$22 | 11 Weeks

CRIBBAGE

No partner necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes prior to start time for team assignment. Later arrivals will not be permitted to play. There is a yearly \$5 fee to each member collected by the club coordinator to help support club activities & social events.

(A) Fri, Jan 16-Mar 27, 2026 | 9:45 AM-12:00 PM

\$22 | 11 Weeks

(B) Fri, Jan 16-Mar 27, 2026 | 12:45 PM-3:00 PM

\$22 | 11 Weeks

FIBER ARTS

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

Thu, Jan 15-Mar 26, 2026 | 1:00 PM-4:00 PM

\$22 | 11 Weeks





CLUBS

GOLF

The NESA Golf Club season starts up in the Spring of 2026. Save the date for our annual general meeting which is scheduled for Tuesday, April 14, 2026 from 1:30pm-2:30pm. More details will be released in the Spring 2026 Program Guide!

GUITAR JAM

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

Thu, Jan 15-Mar 26, 2026 | 12:00 PM-3:00 PM

\$22 | 11 Weeks

JAMMERS

An acoustic guitar group who meet for singing and fellowship!

Tue, Jan 13-Mar 24, 2026 | 1:00 PM-4:00 PM

\$22 | 11 Weeks

LATE BLOOMERS GARDEN CLUB

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

Wed, Feb 18 & Mar 18, 2026 | 12:00 PM-2:00 PM

\$4 | 2 dates

MUSIC MAKERS

Do you enjoy making music? We welcome all instruments!

Tue, Jan 13-Mar 24 2026 | 9:30 AM-12:30 PM

\$22 | 11 Weeks

PINS AND NEEDLES QUILTING

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

Fri, Jan 16-Mar 27, 2026 | 9:30 AM-12:30 PM

\$22 | 11 Weeks

SILVERSMITHING

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

Tue, Jan 13-Mar 24, 2026 | 9:00 AM-4:00 PM

\$44 | 11 Weeks

STAINED GLASS

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

Mon, Jan 12-Mar 30, 2026 | 9:00 AM-4:00 PM

No session Feb 16

\$44 | 11 Weeks





CLUBS

TRAVEL

NESA Travel Club's mission is to provide travel opportunities and travel-related information to club members by arranging for tour companies and travel providers to present these travel destinations at our meetings in line with the club members' stated preferred destinations. Join our club to learn about what trips and travel adventures we have planned for 2026! If you are unable to register for the club or are put on the waitlist because it fills up, don't worry! The club coordinator will contact you and you will receive a newsletter of their upcoming travel plans.

Wed, Jan 14, Feb 11 & Mar 11, 2026

12:45 PM-2:45 PM

\$6 | 3 dates

WASHI CHIGIRI-E

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

Wed, Jan 14-Mar 25, 2026 | 9:00 AM-12:00 PM

\$22 | 11 Weeks

WEAVERS

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

Tue, Jan 13-Mar 24, 2026 | 10:00 AM-4:00 PM

\$44 | 11 Weeks



WHIST

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

Note: Please arrive 10 minutes prior to start time.

Mon, Jan 12-Mar 30, 2026 | 12:45 PM-2:45 PM

No session Feb 16

\$2/date | 11 Weeks

WOOD CARVERS

Members come to share tips and learn from fellow carvers while working on their own new or old wood projects; no formal instruction is provided.

Thu, Jan 15-Mar 26, 2026 | 9:00 AM-12:00 PM

\$22 | 11 Weeks

WIZARDS OF ODDS 'N ENDS

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

Note: We are always looking for any medium to large sized 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, Jan 14-Mar 25, 2026 | 12:00 PM-2:30 PM

FREE Registration still required | 11 Weeks



COMPUTERS & DEVICES

1:1 TECH TUTORIALS NNW

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.

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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



Wed, Jan 21, 2026

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

\$50 Per One-Hour Tutorial

Wed, Feb 18, 2026

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

\$50 Per One-Hour Tutorial

Thu, Feb 19, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM

\$50 Per One-Hour Tutorial

Wed, Mar 18, 2026

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

\$50 Per One-Hour Tutorial

Thu, Mar 19, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM

\$50 Per One-Hour Tutorial



CRAFTS & HOBBIES

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"x6" 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, Mar 4, 2026 | 9:00 AM-12:00 PM

\$52 | 1 Week 

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.

CAKE DECORATING WORKSHOP: BE MINE, VALENTINE!

NEW! Konzy, Cakes n Bakes

Join Konzy for a fun, hands-on workshop where you'll transform a simple cake into a beautiful creation! Learn step-by-step decorating techniques that will make your dessert the centerpiece of any celebration. All materials are provided, including cake decorating tools and a 4" vanilla cake to take home. Whether you're a beginner or a seasoned decorator, you'll leave with new skills, creative confidence, and one beautifully decorated, delicious cake to share and enjoy. No experience necessary! Space is limited — reserve your spot today before it fills up!



ALL SUPPLIES INCLUDED.

Fri, Feb 13, 2026 | 1:00 PM-3:00 PM

\$62 | 1 Week 

CARVING WORKSHOP: WOOD - BROWN BEAR (A CONTINUATION)

Diane Sharkey

This is a continuation from Fall 2025. Stay tuned, a new wood carving course will be offered in the 2026 Fall season.

Wed, Jan 14-Feb 4, 2026 | 1:00 PM-4:00 PM

N/A | 4 Weeks



CRAFTS & HOBBIES

CERAMICS

Jackie Garrant

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

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

Wed, Jan 14-Mar 25, 2026 | 12:30 PM-3:30 PM

\$128 | 11 Weeks

CREATIVE CARDS WORKSHOP: ALL OCCASIONS

Janelle Tameling

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

ALL SUPPLIES INCLUDED.

A Fri, Feb 27, 2026 | 9:00 AM-3:00 PM

\$48 | 1 Week NMW

B Fri, Mar 20, 2026 | 9:00 AM-3:00 PM

\$48 | 1 Week NMW

ENCAUSTIC (BEESWAX) PAINTING WORKSHOP: GREETING CARDS

Serina Boffey

Have you ever painted with beeswax and an iron? In this class we will learn the basics of Encaustic painting using the Encaustic Iron as our paintbrush. We will begin with a few pieces of Encaustic paper and learn how to melt the coloured beeswax onto the iron and then transfer it to the paper. We will try out a few tools to make marks in the wax and the effects of applying multiple colours at once.

Once you are comfortable, we will move on to create 5-7 paintings that we can mount to greeting cards, ready for giving!



ALL SUPPLIES INCLUDED.

A Wed, Feb 25, 2026 | 5:30 PM-7:00 PM

\$42 | 1 Week NMW Evening

B Fri, Feb 27, 2026 | 9:30 AM-11:00 AM

\$42 | 1 Week NMW



CRAFTS & HOBBIES



NEW! MOSAIC GLASS WORKSHOP

Sharon Waunch Tomljenovich



Join instructor Sharon for a fun and creative Mosaic Glass Workshop, open to all skill levels. Over two sessions, you'll design and complete your own 6"x6" porcelain tile mosaic. On the first day, let your imagination guide you as you arrange colorful glass pieces into your unique design—sample ideas will be available if you need inspiration. On the second day, you'll learn how to grout your piece and take it home to dry. Whether you're a beginner or just looking to try something new, this relaxed and welcoming workshop offers a great hands-on introduction to mosaic art.

ALL SUPPLIES INCLUDED.

Tue, Feb 3-10, 2026 | 1:00 PM-4:00 PM

\$95 | 2 Weeks

NEW! NEEDLECRAFT: CROCHET CORNER

Annette Babb

Crochet Corner is a warm, welcoming space to work on your own crochet projects with the guidance of instructor Annette. Bring your own supplies and whatever you're currently creating—big, small, simple, or ambitious. Annette will be on hand to offer support, troubleshoot tricky stitches, and help you build confidence at your own pace. Whether you're a beginner or a seasoned yarn-lover, this relaxed class is the perfect place to learn, create, and connect. Join us for a cozy, creative crochet experience!

Tue, Jan 27-Mar 24, 2026 | 1:30 PM-3:00 PM

\$80 | 9 Weeks

EVENING PROGRAM REGISTRATION INFORMATION!

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



CRAFTS & HOBBIES

NEW! NEEDLECRAFT: CROCHETING GRANNY SQUARE MARKET BAG (BEGINNERS)

Annette Babb

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

ALL SUPPLIES INCLUDED.



Mon, Feb 2-Mar 30, 2026 | 9:30 AM-11:30 AM

No Class Feb 16

\$90 | 8 Weeks

NEW! PY SANKY

Lyrissa Sheptak

Learn the art of writing on Ukrainian Easter eggs. If you are a beginner, you are welcome to learn the Ukrainian art of wax resist Easter eggs. If you are a pro, you are welcome to join the class and work on your own creation. Full instruction will be provided, and all supplies (including eggs) are included — just bring yourself and your willingness to learn!

ALL SUPPLIES INCLUDED.

Mon, Mar 16, 2026 | 12:30 PM-3:30 PM

\$28 | 1 Week **NMW**

DONATION REQUEST FROM NESA!

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



CRAFTS & HOBBIES

NEW! RAFIA WREATH - SPRING FLORAL

Shantel Toma



Join Shantel for a hands-on workshop that's as relaxing as it is rewarding! Create your very own 20" raffia wreath, blending natural textures, soft blooms, and your unique flair. Choose from a beautiful assortment of colorful embellishments to make a design that fits your style and season. Perfect for beginners and craft lovers alike, this class promises creativity, connection, and a handmade piece you'll be proud to display!

ALL SUPPLIES INCLUDED.

Wed, Mar 11, 2026 | 9:00 AM-12:00 PM

\$52 | 1 Week NMW

STAINED GLASS: AN INTRODUCTION

Sharon Waunch Tomljenovich

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

ALL SUPPLIES INCLUDED.

Tue, Mar 17-24, 2026 | 9:00 AM-1:00 PM

\$336 | 2 Weeks

DID YOU KNOW?

Landry Leisure Pass History

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

For more info and to see if you qualify for the Landry Leisure Pass, see page 60.



CRAFTS & HOBBIES



NEW! STAINED GLASS WORKSHOPS

Sharon Waunch Tomljenovich

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece 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 stained glass piece to brighten any window!

ALL SUPPLIES INCLUDED.

TABLETOP BIRD

A Mon, Mar 2, 2026 | 9:00 AM-1:00 PM

\$83 | 1 Week NMW



A



B

TABLETOP DRAGONFLY

B Mon, Mar 16, 2026 | 9:00 AM-1:00 PM

\$83 | 1 Week NMW



C

BUTTERFLY PLANT BUDDIES

C Mon, Mar 23, 2026 | 9:00 AM-1:00 PM

\$83 | 1 Week NMW



DRAWING & PAINTING

NEW! ACRYLIC PAINT WORKSHOP: 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, Mar 25, 2026 | 5:30 PM-7:30 PM

\$25 | 1 Week NMW Evening

NEW! ACRYLIC PAINT WORKSHOP: QUIRKY BIRDS

Linda Finstad

Join artist Linda Finstad for a lighthearted painting adventure where creativity takes flight! Linda will guide you step by step as you paint a charming, quirky bird full of personality and learn how to create a variety of playful expressions. You'll also explore simple techniques for giving your bird the illusion of soft, textured feathers. No experience is needed—just bring an apron or old shirt to protect your clothes. All materials, including an 11" x 14" canvas and artist-grade acrylic paints, are provided for this fun and relaxed class.

ALL SUPPLIES INCLUDED.



Thu, Mar 19, 2026 | 1:00 PM-3:30 PM

\$47 | 1 Week NMW

NESA'S MINI WORD SEARCH

**WORKSHOPS
PAINTING**

**WINTER
FLORALS**

**NEEDLCRAFT
ACRYLIC**

**ART
CRAFTS**

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



DRAWING & PAINTING

NEW! ACRYLIC PAINT WORKSHOP: ROBIN WAITING FOR SPRING

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, Mar 11, 2026 | 5:30 PM-7:30 PM

\$25 | 1 Week NMW Evening



MIXED MEDIA WORKSHOP: COLLAGE FLORALS

Linda Finstad

Unleash your creativity by turning old magazines and catalogs into stunning floral collages! In this fun and inspiring class, you'll explore how to repurpose everyday materials, understand values to bring depth and harmony to your composition, and seal your collage to beautifully blend watercolor and acrylic paint markers. Instructor Linda will guide you step-by-step as you highlight, define, and personalize your masterpiece. All materials—including a pre-gessoed 11"x14" canvas board—are provided, so all you need to bring is your imagination!

ALL SUPPLIES INCLUDED



Thu, Mar 12, 2026 | 9:30 AM-12:00 PM

\$47 | 1 Week NMW

NON-MEMBERS WELCOME

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



DRAWING & PAINTING

MIXED MEDIA: COFFEE ART SERIES

Linda Finstad



Wake up your creativity with this aromatic and artistic adventure—painting with coffee! Under Linda's guidance, you'll learn to create charming florals, dreamy landscapes, and adorable highland cows using rich coffee tones. Discover how to stain paper for texture, deconstruct drawings into simple shapes, and use coffee washes for depth and shadow. Finish your piece with acrylic markers for that perfect pop of detail. All materials are included—just bring your love for art (and coffee)!

ALL SUPPLIES INCLUDED.

Thu, Feb 12-Mar 5, 2026 | 1:00 PM-3:30 PM

\$148 | 4 Weeks

NESA'S SHREDDING PROGRAM

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

PEN & INK: BUILDINGS

Susan Casault

Join us in drawing a variety of buildings and street scenes in pen & ink over a four-week session. No rulers required! Our drawings can be done in a loose, whimsical style, while still observing the rules of perspective. You will explore line, textures and values using different drawing techniques. Students will have the option of completing the drawings in graphite pencil if they prefer. Instruction will include demonstrations and individual guidance. Photo-reference will be provided by the instructor.

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

Thu, Mar 5-26, 2026 | 9:30 AM-12:30 PM

\$69 | 4 Weeks

PEN & WASH: ALL LEVELS

Lily Jeong

Capture the world around you with expressive pen and watercolor sketches! In this class, you'll learn how to draw and paint quickly using loose, creative techniques that bring your work to life. Each session explores a variety of subjects while guiding you toward building your own art journal or travel sketchbook—perfect for recording everyday moments and adventures wherever you go.



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

A Mon, Jan 19-Feb 23, 2026 | 10:00 AM-12:00 PM

No Class Jan 16

\$80 | 5 Weeks

B Mon, Mar 2-30, 2026 | 10:00 AM-12:00 PM

\$80 | 5 Weeks



DRAWING & PAINTING

NEW!

WATERCOLOR: FLORALS

Lily Jeong



Learn how to paint flowers in watercolor. You will learn how to simplify and sketch flowers quickly either in pencil or permanent ink pen. Then we will color with watercolor in expressive and painterly style. All levels are welcome!

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

A Wed, Jan 21-Feb 18, 2026 | 10:00 AM-12:00 PM

\$83 | 5 Weeks

B Wed, Feb 25-Mar 25, 2026 | 10:00 AM-12:00 PM

\$83 | 5 Weeks



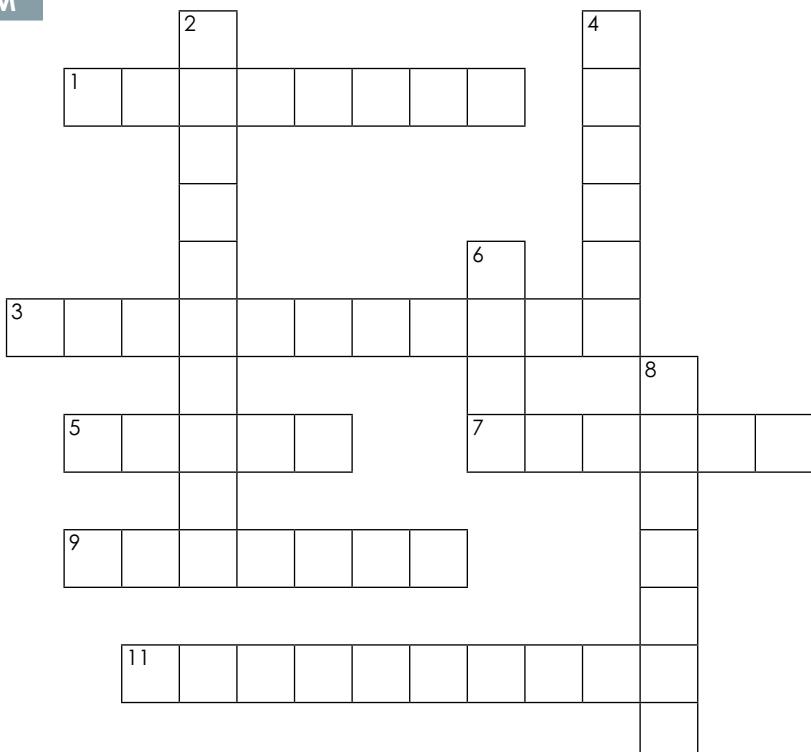
NESA'S CROSSWORD

Across:

- 1) Card game with pegs
- 3) Technique using water-based paints
- 5) Performance art written in acts and scenes
- 7) Opposite of idle
- 9) Low-impact exercise focused on core strength
- 11) Fitness program focusing on lengthening and strengthening muscles

Down:

- 2) Racquet sport played with a paddle and plastic ball
- 4) Six-stringed instrument
- 6) Practice combining postures and breath
- 8) Health and exercise state



ANSWER KEY
ACROSS: 1) CRIBBAGE 3) WATERCOLOR 5) DRAMA
6) YOGA 7) ACTIVE 9) PILATES 11) ESSENTIALS
DOWN: 2) PICKLEBALL 4) GUITAR 8) FITNESS



FITNESS & SPORTS

NEW! 7:15 STRONG START

Jollean Ferrari

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

A Mon, Jan 12-Mar 30, 2026 | 7:15 AM-8:15 AM

No Class Feb 16

\$151 | 11 Weeks

B Tue, Jan 13-Mar 24, 2026 | 7:15 AM-8:15 AM

\$151 | 11 Weeks

C Wed, Jan 14-Mar 25, 2026 | 7:15 AM-8:15 AM

\$151 | 11 Weeks

D Thu, Jan 15-Mar 26, 2026 | 7:15 AM-8:15 AM

No Class Feb 12

\$137 | 10 Weeks

E Fri, Jan 16-Mar 27, 2026 | 7:15 AM-8:15 AM

No Class Feb 13

\$137 | 10 Weeks

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 36 for a class selection overview.

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, Jan 13-Mar 24, 2026 | 10:30 AM-11:30 AM

\$72 | 11 Weeks

B Thu, Jan 15-Mar 26, 2026 | 10:30 AM-11:30 AM

\$72 | 11 Weeks

AGE REVERSING ESSENTRICS®

Meaghan Hipkin

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

Fri, Jan 16-Mar 27, 2026 | 10:30 AM-11:30 AM

\$127 | 11 Weeks



FITNESS & SPORTS



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, Jan 15-Mar 26, 2026 | 9:00 AM-10:00 AM

No Class Feb 12

\$65 | 10 Weeks

BEGINNER YOGA

Marguerite Critchley

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

Mon, Jan 12-Mar 30, 2026 | 1:15 PM-2:45 PM

No Class Feb 16

\$124 | 11 Weeks

BENDER AND STABILITY BALL: TOTAL BODY WORKOUT

Falon Fleming

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

Tue, Jan 13-Mar 24, 2026 | 8:30 AM-9:30 AM

\$72 | 11 Weeks

CARDIO PLUS

Falon Fleming

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

A Mon, Jan 12-Mar 30, 2026 | 8:30 AM-9:30 AM

No Class Feb 16

\$72 | 11 Weeks

B Wed, Jan 14-Mar 25, 2026 | 8:30 AM-9:30 AM

\$72 | 11 Weeks



FITNESS & SPORTS

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, Jan 12-Mar 30, 2026 | 12:00 PM-1:00 PM

No Class Feb 16

\$72 | 11 Weeks

CHAIR TOTAL BODY WORKOUT

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

Tom Hughes

A Mon, Jan 12-Mar 30, 2026 | 11:00 AM-12:00 PM

No Class Feb 16, Mar 2

\$65 | 10 Weeks

Amy Petersen

B Tue, Jan 13-Mar 24, 2026 | 12:00 PM-1:00 PM

\$72 | 11 Weeks

Maggie Nichol

C Thu, Jan 15-Mar 26, 2026 | 12:00 PM-1:00 PM

\$72 | 11 Weeks

Tom Hughes

D Fri, Jan 16-Mar 27, 2026 | 11:30 AM-12:30 PM

No Class Feb 27

\$65 | 10 Weeks

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, Jan 13-Mar 24, 2026 | 11:00 AM-12:00 PM

\$86 | 11 Weeks

Makaela Paynter

(B) Tue, Jan 13-Mar 24, 2026 | 12:15 PM-1:15 PM

\$86 | 11 Weeks

Makaela Paynter

(C) Wed, Jan 14-Mar 25, 2026 | 10:15 AM-11:15 AM

\$86 | 11 Weeks

Barb Deneka

(D) Thu, Jan 15-Mar 26, 2026 | 10:45 AM-11:45 AM

\$86 | 11 Weeks





FITNESS & SPORTS

CROSS TRAINING

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

Falon Fleming

A Tue, Jan 13-Mar 24, 2026 | 9:45 AM-10:45 AM

\$72 | 11 Weeks

Falon Fleming

B Thu, Jan 15-Mar 26, 2026 | 12:00 PM-1:00 PM

No Class Feb 12

\$65 | 10 Weeks

Tom Hughes

C Fri, Jan 16-Mar 27, 2026 | 10:15 AM-11:15 AM

No Class Feb 27

\$65 | 10 Weeks

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, Jan 12-Mar 30, 2026 | 10:30 AM-11:15 AM

No Class Feb 16

\$113 | 11 Weeks

Liz Olson

B Thu, Jan 15-Mar 26, 2026 | 11:00 AM-11:45 AM

\$113 | 11 Weeks





FITNESS & SPORTS

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, Jan 12-Mar 30, 2026 | 9:15 AM-10:15 AM

No Class Feb 16

\$127 | 11 Weeks

B Fri, Jan 16-Mar 27, 2026 | 9:15 AM-10:15 AM

\$127 | 11 Weeks

WINTER WORD SCRAMBLE

LCIECI _____

RSFAC _____

OCACO _____

NOSW _____

TCREOHC _____

IRWENT _____

WORD LIST: COCOA SCARF CROCHET ICICLE SNOW MONS WINTER

FASCIAL MANEUVERS

Brittany Uchach

Join Personal Fitness Trainer Brittany Uchach for a gentle and refreshing introduction to Fascial Maneuvers — simple, guided movements designed to help you reduce stiffness, improve mobility, and feel more at home in your body. This class is perfect for all abilities and focuses on creating ease, balance, and calm from the inside out. Please note that there is no floor work in this class.

TRIAL CLASS

A Wed, Jan 14, 2026 | 12:30 PM-1:15 PM **NMW**

FREE Registration still required | 1 Week

10 WEEK PROGRAM

A Wed, Jan 21-Mar 25, 2026 | 12:30 PM-1:15 PM

\$80 | 10 Weeks

TRIAL CLASS

B Wed, Jan 14, 2026 | 1:30 PM-2:15 PM **NMW**

FREE Registration still required | 1 Week

10 WEEK PROGRAM

B Wed, Jan 21-Mar 25, 2026 | 1:30 PM-2:15 PM

\$80 | 10 Weeks

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 36 for a class selection overview.



FITNESS & SPORTS

FIT FOR YOUR LIFE

Falon Fleming

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

A Mon, Jan 12-Mar 30, 2026 | 9:45 AM-10:45 AM

No Class Feb 16

\$72 | 11 Weeks

B Wed, Jan 14-Mar 25, 2026 | 9:45 AM-10:45 AM

\$72 | 11 Weeks

FITNESS CENTRE 101

Jollean Ferrari

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

A Tue, Jan 13, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

B Tue, Feb 3, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

C Tue, Mar 3, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

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, Jan 14-Mar 25, 2026 | 1:30 PM-2:30 PM

\$88 | 11 Weeks

FUN AND FITNESS

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

Tom Hughes

A Mon, Jan 12-Mar 30, 2026 | 12:15 PM-1:15 PM

No Class Feb 16, Mar 2

\$65 | 10 Weeks

Maggie Nichol

B Thu, Jan 15-Mar 26, 2026 | 1:30 PM-2:30 PM

\$72 | 11 Weeks





FITNESS & SPORTS

GENTLE FIT CHAIR YOGA

Swee Law

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

TRIAL CLASS

A Fri, Jan 16, 2026 | 1:00 PM-2:00 PM **NMW**

FREE Registration still required | 1 Week

10 WEEK PROGRAM

A Fri, Jan 23-Mar 27, 2026 | 1:00 PM-2:00 PM

\$78 | 10 Weeks

TRIAL CLASS

B Fri, Jan 16, 2026 | 2:30 PM-3:30 PM **NMW**

FREE Registration still required | 1 Week

10 WEEK PROGRAM

B Fri, Jan 23-Mar 27, 2026 | 2:30 PM-3:30 PM

\$78 | 10 Weeks

INTERVAL TRAINING

Jollean Ferrari

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

A Mon, Jan 12-Mar 30, 2026 | 9:00 AM-10:00 AM

No Class Feb 16

\$72 | 11 Weeks

B Wed, Jan 14-Mar 25, 2026 | 9:45 AM-10:45 AM

\$72 | 11 Weeks

INTRO TO PICKLEBALL

Leslie Srogen

Here is a great opportunity to learn the sport everyone is talking about! Work with Leslie, a qualified pickleball instructor who will teach you everything you need to know about the game and to help get you started! Please note, space is limited to just 14 spots!

Mon, Jan 12-19, 2026 | 2:00 PM-4:00 PM

\$45 | 2 Weeks

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or check out our books and puzzles for sale. With comfy chairs, tables, a microwave, and plenty of sunlight, it's the perfect place to unwind.



FITNESS & SPORTS

NEW! INTRODUCTION TO YOGA, BREATHWORK AND MEDITATION

Makaela Paynter

Discover the foundations of yoga in this gentle yet enriching introductory class designed to nurture both body and mind. We will explore fundamental yoga postures, simple breathwork techniques, and guided meditation to promote relaxation, mindfulness, and overall well-being. Students must be comfortable getting up and down from the floor. Please bring your own yoga mat and any additional props you find supportive - such as a blanket, pillow, or bolster - from home. This class is ideal for beginners and anyone curious about the philosophical and meditative foundations of yoga in a relaxed, supportive environment.

TRIAL CLASS

Tue, Jan 13, 2026 | 1:30 PM-2:45 PM 

FREE Registration still required | 1 Week

10 WEEK PROGRAM

Tue, Jan 20-Mar 26, 2026 | 1:30 PM-2:45 PM

\$95 | 10 Weeks

IYENGAR YOGA

Barb Deneka

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

Thu, Jan 15-Mar 26, 2026 | 9:00 AM-10:30 AM

\$124 | 11 Weeks

NEW! PICKLEBALL SKILLS DEVELOPMENT CLINIC

Leslie Srogen

This program is designed for players with some pickleball experience who want to further develop their skills. Qualified instructors will provide you with strategies and suggestions as to how you can improve your game through drills and mentored game play.

Prerequisite: Recommended for those members who have been playing for at least one year and are very familiar with the game, rules, scoring, can maintain a rally, etc.

Wed, Jan 14-21, 2026 | 2:30 PM-4:00 PM

\$35 | 2 Weeks

STRONG AND STABLE

Amy Petersen

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

(A) Tue, Jan 13-Mar 24, 2026 | 9:15 AM-10:15 AM

\$72 | 11 Weeks

(B) Thu, Jan 15-Mar 26, 2026 | 9:15 AM-10:15 AM

\$72 | 11 Weeks

NEED HELP GETTING TO YOUR NESA PROGRAM?

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



FITNESS & SPORTS



SUSPENSION TRAINING

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

Jollean Ferrari

A Mon, Jan 12-Mar 30, 2026 | 10:15 AM-11:15 AM

No Class Feb 16

\$88 | 11 Weeks

Jollean Ferrari

B Wed, Jan 14-Mar 25, 2026 | 8:30 AM-9:30 AM

\$88 | 11 Weeks

Falon Fleming

C Thu, Jan 15-Mar 26, 2026 | 1:30 PM-2:30 PM

No Class Feb 12

\$80 | 10 Weeks

Tom Hughes

D Fri, Jan 16-Mar 27, 2026 | 9:00 AM-10:00 AM

No Class Feb 27

\$80 | 10 Weeks

SUSPENSION TRAINING EXPRESS

Jollean Ferrari

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

A Tue, Jan 13-Mar 24, 2026 | 8:30 AM-9:00 AM

\$44 | 11 Weeks

B Thu, Jan 15-Mar 26, 2026 | 8:30 AM-9:00 AM

No Class Feb 12

\$40 | 10 Weeks

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

See page 60 for information about
NESA's Landry Leisure Pass.



FITNESS & SPORTS

YANG STYLE TAI CHI - AN INTRODUCTION/LEVEL 1

Weston Benjamin

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

Mon, Jan 12-Mar 30, 2026 | 10:00 AM-11:00 AM

No Class Feb 16

\$121 | 11 Weeks

YANG STYLE TAI CHI - LEVEL 2

Weston Benjamin

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

Mon, Jan 12-Mar 30, 2026 | 11:15 AM-12:15 PM

No Class Feb 16

\$121 | 11 Weeks



YANG STYLE TAI CHI - LEVEL 1

Leslie Sarabin

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

Thu, Jan 15-Mar 19, 2026 | 1:15 PM-2:15 PM

\$110 | 10 Weeks

YANG STYLE TAI CHI - LEVEL 2

Leslie Sarabin

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

Thu, Jan 15-Mar 19, 2026 | 2:30 PM-3:30 PM

\$110 | 10 Weeks



FITNESS & SPORTS

YIN/YANG YOGA

Marguerite Critchley

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

Wed, Jan 14-Mar 25, 2026 | 11:30 AM-1:15 PM

\$156 | 11 Weeks

ZUMBA®

Marguerite Critchley

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

A Tue, Jan 13-Mar 24, 2026 | 12:15 PM-1:15 PM

\$72 | 11 Weeks

B Thu, Jan 15-Mar 26, 2026 | 12:15 PM-1:15 PM

\$72 | 11 Weeks

ZUMBA® GOLD

Join our Zumba® Gold class, the perfect blend of fun and fitness for active older adults!

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

TRIAL CLASS

Anna Au

A Mon, Jan 12, 2026 | 11:30 AM-12:30 PM

FREE Registration still required | 1 Week NMW

TEN-WEEK PROGRAM

Anna Au

B Mon, Jan 19-Mar 30, 2026 | 11:30 AM-12:30 PM

No Class Feb 16

\$80 | 10 Weeks

TRIAL CLASS

Tammy Clark

A Fri, Jan 16, 2026 | 12:00 PM-1:00 PM

FREE Registration still required | 1 Week NMW

TEN-WEEK PROGRAM

Tammy Clark

B Fri, Jan 23-Mar 27, 2026 | 12:00 PM-1:00 PM

\$80 | 10 Weeks



FITNESS & SPORTS

ZUMBA® GOLD CHAIR

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

TRIAL CLASS

Anna Au

A Mon, Jan 12, 2026 | 12:45 PM-1:45 PM **NMW**

FREE Registration still required | 1 Week

TEN-WEEK PROGRAM

Anna Au

B Mon, Jan 19-Mar 30, 2026 | 12:45 PM-1:45 PM

No Class Feb 16

\$80 | 10 Weeks

TRIAL CLASS

Tammy Clark

A Fri, Jan 16, 2026 | 1:15 PM-2:15 PM **NMW**

FREE Registration still required | 1 Week

TEN-WEEK PROGRAM

Tammy Clark

B Fri, Jan 23-Mar 27, 2026 | 1:15 PM-2:15 PM

\$80 | 10 Weeks

ZUMBA® GOLD PLUS TONING

Sheela Hota-Mitchell

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

TRIAL CLASS

Wed, Jan 14, 2026 | 11:00 AM-12:00 PM **NMW**

FREE Registration still required | 1 Week

TEN-WEEK PROGRAM

Wed, Jan 21-Mar 25, 2026 | 11:00 AM-12:00 PM

\$65 | 10 Weeks



FITNESS CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<ul style="list-style-type: none"> • 7:15 Strong Start • Cardio Plus • Chair Total Body Workout • Escentrics® for Seniors • Escentrics® for Stretch and Tone • Fit For Your Life • Interval Training • Suspension Training • Yang Style Tai Chi (Intro) • Yang Style Tai Chi (Level 2) 	<ul style="list-style-type: none"> • 7:15 Strong Start • Active with Arthritis • Bender and Stability Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • 7:15 Strong Start • Cardio Plus • Chair Yoga • Fit For Your Life • Interval Training • Suspension Training • Yin/Yang Yoga • Zumba® Gold plus Toning 	<ul style="list-style-type: none"> • 7:15 Strong Start • Active with Arthritis • Age Reversing Escentrics® • Barre Cardio • Chair Yoga • Escentrics® for Seniors • Iyengar Yoga • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • 7:15 Strong Start • Age Reversing Escentrics® • Chair Total Body Workout • Cross Training • Escentrics® for Stretch and Tone • Suspension Training
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Fun and Fitness • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Total Body Workout • Chair Yoga • Fitness Centre 101 • Intro to Yoga, Breathwork & Meditation • Zumba® 	<ul style="list-style-type: none"> • Fascial Maneuver • Flexibility and Foam Rolling • Yin/Yang Yoga 	<ul style="list-style-type: none"> • Chair Total Body Workout • Cross Training • Fun and Fitness • Suspension Training • Yang Style Tai Chi – Level 1 and Level 2 • Zumba® 	<ul style="list-style-type: none"> • Gentle Fit Chair Yoga • Zumba® Gold • Zumba® Gold Chair

WHAT EXERCISE CLASS IS BEST FOR ME?

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

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

Classes include:

Active with Arthritis, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Escentrics® for Seniors, Fascial Maneuver, Fit For Your Life, Fitness Centre 101, Gentle Fit Chair Yoga, Interval Training, Strong and Stable, Suspension Training, Suspension Training Express, Yang Style Tai Chi Introduction and Level 1, Zumba®, Zumba® Gold, Zumba® Gold Chair and Zumba® Gold plus Toning.

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

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

Classes include:

7:15 Strong Start, Age Reversing Escentrics®, Barre Cardio, Beginner Yoga, Bender and Stability Ball: Total Body Workout, Cardio Plus, Cross Training, Escentrics® for Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Intro to Yoga, Breathwork & Meditation, Iyengar Yoga, Yang Style Tai Chi Level 2, and Yin/Yang Yoga.

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



FITNESS CENTRE



REGULAR FITNESS CENTRE HOURS

The Fitness Centre is open weekdays from 8:30 AM-4 PM. Closed on weekends and all statutory holidays.

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

FITNESS CENTRE ADMISSION FEES

Single Admission \$5

10-Visit Pass \$30

Monthly Pass \$35

Annual Pass \$325

*Prices may be subject to change.

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

WHAT WE OFFER

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

Personal Training Services are available to help you achieve your fitness goals, including: Health and Fitness Assessments, One-on-One and Partner Training, and Personalized Training Program Design. **Additional costs apply for these services, please visit the Fitness Centre for more details.**

FITNESS CENTRE 101

Jollean Ferrari

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

A Tue, Jan 13, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

B Tue, Feb 3, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**

C Tue, Mar 3, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Week **Evening**





PICKELBALL PROGRAMS

PICKLEBALL AT NESA

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

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

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

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

PICKLEBALL SCHEDULE FORMAT

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

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

PICKLEBALL RULES, SCORING AND GROUP SUPPORT

To ensure that all pickleball registrants are familiar with the rules, scoring system, and how to organize their round robin matches, it is recommended that only members with experience playing the game or those who have taken one of NESA's previous 'Learn to Play' or 'Introduction to Pickleball' 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 and locally-owned recreation facilities that offer drop-in, registered programs, and private court rentals.

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

Edmonton Pickleball Center

11420 170 Street / 587.873.3233

www.edmontonpickleballcenter.com

Edmonton Volleyball Pickleball Center

9455 45 Avenue / 587.499.0858

www.evpcenter.com

Pickleball Alley

9767 45 Avenue / 587-800-1718

www.pickleballalley.ca

Pickleball Hub - West

www.pickleballhub.ca

The Paddle Room / Pickleball Hub

#115, 25 Chisholm Ave, St. Albert

www.thepaddleroom.ca

YEG Pickleball

14025 156 Street / 780-638-2420

www.yegpickleball.com



PICKELBALL PROGRAMS



PICKLEBALL INSTRUCTION WORKSHOPS

We are pleased to be hosting two more pickleball workshops this season! Whether you are brand new to the game and want to get started or are an experienced player looking to further develop your skills, we have something for everyone!

INTRO TO PICKLEBALL

Leslie Srogen

Here is a great opportunity to learn the sport everyone is talking about! Work with Leslie, a qualified pickleball instructor who will teach you everything you need to know about the game and to help get you started! Please note, space is limited to just 14 spots!

Mon, Jan 12-19, 2026 | 2:00 PM-4:00 PM

\$45 | 2 Weeks

PICKLEBALL SKILLS DEVELOPMENT CLINIC

Leslie Srogen

This program is designed for players with some pickleball experience who want to further develop their skills. Qualified instructors will provide you with strategies and suggestions as to how you can improve your game through drills and mentored game play.

Prerequisite: Recommended for those members who have been playing for at least one year and are very familiar with the game, rules, scoring, can maintain a rally, etc.

Wed, Jan 14-21, 2026 | 2:30 PM-4:00 PM

\$35 | 2 Weeks

CREDITS/REFUNDS FOR MISSED PICKLEBALL SESSIONS

No refunds will be issued unless NESA cancels this program. NESA requires all registrants to pay in full for the entire season so we can ensure that the space will remain reserved and booked for NESA. NESA 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 NESA account will be credited for the amount the missed session(s) are worth.

WAITLIST REMINDER

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

INTERESTED IN A SINGLE-SESSION OF PICKLEBALL?

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



PICKELBALL PROGRAMS

NESA'S PICKLEBALL IS OFFERED AT TWO LOCATIONS!

Northgate Lions (7524 139 Avenue)

Rundle Park (2909 113 Avenue)

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

BEGINNER

 **Northgate Lions**

Tue, Jan 13-Mar 24 | 2:50 PM-4:05 PM

\$60.50 | 11 Weeks

 **Northgate Lions**

Thu, Jan 15-Mar 26 | 2:50 PM-4:05 PM

\$60.50 | 11 Weeks

INTERMEDIATE

 **Rundle Park**

Mon, Jan 12-Mar 30 | 9:15 AM-10:30 AM

No Session Feb 16

\$60.50 | 11 Weeks

 **Rundle Park**

Mon, Jan 12-Mar 30 | 10:35 AM-11:50 AM

No Session Feb 16

\$60.50 | 11 Weeks

 **Northgate Lions**

Mon, Jan 26*-Mar 30 | 1:30 PM-2:45 PM

No Session Feb 16

\$49.50 | 9 Weeks

 **Northgate Lions**

Wed, Jan 14-Mar 25 | 12:30 PM-1:45 PM

\$60.50 | 11 Weeks

 **Rundle Park**

Fri, Jan 16-Mar 27 | 9:15 AM-10:30 AM

\$60.50 | 11 Weeks

 **Rundle Park**

Fri, Jan 16-Mar 27 | 10:35 AM-11:50 AM

\$60.50 | 11 Weeks

NOVICE

 **Northgate Lions**

Mon, Jan 26*-Mar 30 | 2:50 PM-4:05 PM

No Session Feb 16

\$49.50 | 9 Weeks

 **Northgate Lions**

Wed, Jan 28*-Mar 25 | 1:50 PM-3:05 PM

\$49.50 | 9 Weeks

MIXED LEVELS

 **Northgate Lions**

Tue, Jan 13-Mar 24 | 1:30 PM-2:45 PM

\$60.50 | 11 Weeks

*** These sessions have a later start date to accommodate the pickleball workshops.**



GENERAL INTEREST

A BANKER'S GUIDE: PROTECTING AGAINST SCAMS & FRAUD

ATB Financial

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

Thu, Mar 26, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week

NEW! ADVANCED FUNERAL PLANNING: WHY IT'S IMPORTANT

Don Gnatuk, The Cooperative Memorial Society

Planning ahead isn't about focusing on death — it's about making thoughtful choices that protect your loved ones and give you peace of mind. Join the Cooperative Memorial Society (CMS) for an informative session on how advance planning (without necessarily prepaying) can ease emotional and financial burdens, ensure your wishes are respected, and save your family thousands in unexpected costs. Learn what steps to take, common misconceptions to avoid, and how CMS's affordable, member-based approach can help you plan with confidence and compassion.

Tue, Feb 17, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

AI FOR EVERYBODY!

Shawn Gramiak

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

(A) Thu, Feb 19, 2026 | 1:30 PM-3:30 PM

\$5 | 1 Week **NMW**

(B) Thu, Mar 19, 2026 | 1:30 PM-3:30 PM

\$5 | 1 Week **NMW**

NEW! ALBERTA PARKS AND YOU: FINDING CONNECTION IN NATURE

Nathalie Olson, Visitor Experience Team Lead, Alberta Parks

Get ready to explore the incredible parks that make our region so special! This presentation will take you on a journey through their stunning ecosystems, unique amenities, and the many ways they enrich our lives. We'll uncover how these parks help preserve our natural and cultural heritage while boosting community spirit and personal well-being. Along the way, we'll share favorite memories and unforgettable events that bring these spaces to life. By the end, you'll see why our local parks are true treasures worth celebrating and protecting!

Fri, Mar 13, 2026 | 10:30 AM-11:30 AM

\$5 | 1 Week **NMW**



GENERAL INTEREST

NEW! ANNUAL '25 FINANCIAL MARKET REVIEW AND '26 OUTLOOK

Weichurn Woo, Mackie Research Financial Advisor

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened back in 2025, and look at forward guidance on what to expect for 2026 new year. With Trump entering into his second year of presidency after a very volatile first year, we will dive into what it will mean for the financial markets and the implications for the world.

Mon, Jan 26, 2026 | 10:30 AM-12:00 PM

\$2 | 1 Week NMW

CONVERSATION CAFÉ

NESA Representative

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

A Tue, Jan 27, 2026 | 1:30 PM-3:00 PM

\$5 | 1 Week NMW

B Tue, Feb 24, 2026 | 1:30 PM-3:00 PM

\$5 | 1 Week NMW

C Tue, Mar 24, 2026 | 1:30 PM-3:00 PM

\$5 | 1 Week NMW

NEW! DEATH PREPARATIONS 101: DISPELLING THE MYTHS

Sarah Bailey with Trinity Funeral Home and Bob Donaldson with Estate Wise

Come meet Sarah Bailey with Trinity Funeral Home and Bob Donaldson with Estate Wise to ask all your questions about preplanning your funeral arrangements, and how to prepare your representatives to fulfill their roles as Power of Attorney, Healthcare Agent, and Executor. Sarah and Bob will offer their expertise and experience, and dispel myths around the topics of death preparations and what happens when a death occurs. Invite your executor or representatives to join you for this informative event.

Thu, Feb 26, 2026 | 10:30 AM-12:00 PM

\$2 | 1 Week NMW

NEW! ESTATE PLANNING – THE GREAT INTERGENERATIONAL WEALTH TRANSFER

Jonathan Lesyk from Allied Asset Management

Estate planning can feel like a daunting task. With so much information circulating, it's important to have a clear plan in place. As they say: an ounce of prevention is worth a pound of cure. Join Jonathan Lesyk, Wealth Advisor and Damian McGrath, Associate Vice President of Estate and Trust Solutions for an interactive presentation on:

- Preparing your assets for a smooth transition to the next generation
- Mitigating potential tax implications for your estate
- Tips on when to consider more-advanced estate structures (such as trusts) and how to implement them
- Gifting and charitable giving strategies

Tue, Mar 24, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week NMW



GENERAL INTEREST

NEW! FRAUD DEMYSTIFIED: PROTECTING YOURSELF IN THE DIGITAL AGE

Adebawale Adebiyi

Empowering older adults to recognize, avoid, and report online and phone-based scams is our primary goal. Through real-life examples, interactive discussions, and practical tips for safer online habits, we aim to build their confidence and knowledge. This ensures they can navigate the digital world securely, enjoying the benefits of online connectivity without succumbing to predatory schemes.

Mon, Mar 23, 2026 | 9:30 AM-10:30 AM

\$2 | 1 Week NMW

NEW! GOLD'S INVESTMENT COMEBACK: IS IT THE RIGHT TIME?

Weichurn Woo, Mackie Research Financial Advisor

Since December 2015, Gold has reached a bottom of \$1071 per ounce, and has rebounded back, especially after 2020. Gold has had a consistent history of going up for a long time, and going down for a long time. Come Join Wei Woo as we discuss the fundamental factors that influences the movement in gold prices, what place it has in your portfolio going forward, and the historical political as well as economic circumstances in which gold has done well.

Mon, Feb 23, 2026 | 10:30 AM-12:00 PM

\$2 | 1 Week NMW

NEW! IMPROV FOR THE FABULOUSLY MATURE

Joey Lucius of Rapid Fire Theatre

Come and try out some improv! Participants will learn the fundamentals of improvisational theatre through play. Group games will get us up on our feet and exercising our brains. We'll work on acceptance, happy failure, trusting impulse, communication, and chasing joy. You can expect some light physical movement, tons of fun, and loads of laughter!

Mon, Feb 9, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week NMW

NEW! INVEST LIKE A (RETIRED) PRO: BALANCING RISKS AND REWARDS IN YOUR RETIREMENT INVESTMENT PORTFOLIO

Jonathan Lesyk from Allied Asset Management

After years of investing to "grow", now it's time to invest to "spend". How should your approach to investing change now that you're retired? What new risks do you need to consider? Jonathan Lesyk is a Wealth Advisor with Raymond James Ltd. Carrying over a decade of advisory experience, he joins us today for an interactive conversation on:

- Preparing your portfolio for "spending mode" rather than "saving mode"
- Different investing risks to consider for retirees
- Different types of investment products (e.g. stocks, bonds, mutual funds, GIC's) and the risks associated with each
- Which types of products and mixes may be suitable for retirees

Tue, Jan 27, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week NMW



GENERAL INTEREST



MEMBER MIXER

NESA Representative

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

A Tue, Jan 20, 2026 | 1:30 PM-3:00 PM

FREE Registration still required | 1 Week

B Tue, Mar 17, 2026 | 1:30 PM-3:00 PM

FREE Registration still required | 1 Week

NEW! NAVIGATING EPILEPSY: SENIOR INSIGHTS AND STORIES

Valeria Palladaino of the Edmonton Epilepsy Association

Our key presenter is a senior living with epilepsy who will share fundamental information about the brain and the impact of seizures and epilepsy on the lives of older adults. They will foster connections among individuals who understand the challenges faced by those with epilepsy, and provide access to support systems and resources. Additionally, they will cover essential first aid techniques that anyone can use to assist a senior experiencing seizures.

Thu, Jan 29, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week **NMW**

NEW! PLAN TODAY, PEACE FOR TOMORROW

Sarah Bailey with 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.

Mon, Mar 30, 2026 | 1:30 PM-3:00 PM **NMW**

\$2 | 1 Week

NEW! ROADBLOCKS TO END OF LIFE PLANNING AND HOW TO OVERCOME THEM

Gina Vliet of Charon Consulting

Identify what might be holding you back from acknowledging mortality, and/or from end-of-life planning, and how to get over some of these common hurdles.

Fri, Feb 27, 2026 | 1:30 PM-3:30 PM

\$20 | 1 Week **NMW**



GENERAL INTEREST

ROMANCE SCAMS AND YOUR FINANCES

Weichurn Woo, Mackie Research Financial Advisor

Seniors today face a new wave of romance scams that not only steal hearts but also financial security, often evolving into sophisticated investment frauds. With scammers now leveraging advances in artificial intelligence—creating convincing fake online personas, deepfake videos, and tailored communications—these scams are more difficult to spot than ever before.

This presentation will empower you with practical tips to recognize the warning signs, insights on how AI is used to manipulate victims, and strategies to protect both your money and your peace of mind. Join Wei Woo, who regularly needs to spot the warning signs with retired investment clients, to equip yourself and those you care about with the knowledge to build a shield against the tech-savvy scammers—because a little awareness can make all the difference in staying safe.

Mon, Mar 30, 2026 | 10:30 AM-12:00 PM

\$2 | 1 Week NMW

NON-MEMBERS WELCOME

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

SHARPEN YOUR DEFENSES AGAINST INVESTMENT FRAUD!

Jonathan Lesyk from Allied Asset Management

Artificial intelligence development and new tactics allow fraudsters to be crafty. But with a little preparation, we can be craftier. Jonathan Lesyk is a Wealth Advisor with Raymond James Ltd. Carrying over a decade of advisory experience, he joins us today for an interactive conversation on:

- Common investment scams in 2026
- Clues to spot scams in (attempted) action
- Resources if you suspect you or a loved one have become involved in a scam

Tue, Feb 24, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week NMW

ST. JOHN'S AMBULANCE: WHAT IS A THERAPY DOG AND WHAT CAN THEY DO?

Leanne Heaven Therapy Dog Program Coordinator of St. John's Ambulance

A therapy dog is a trained dog that provides affection, comfort and support to people in settings like hospitals, nursing homes and schools. Unlike service dogs, therapy dogs are trained to interact with many different people and do not have the same public access rights, requiring permission to enter non-pet-friendly places. Therapy dogs undergo obedience and temperament training to ensure they are calm, gentle, and happy to interact with strangers. Therapy dogs will be visiting, and we can't wait for you to enjoy their company!

A Thu, Jan 22, 2026 | 9:30 AM-10:30 AM

\$2 | 1 Week NMW

B Thu, Feb 5, 2026 | 1:30 PM-2:30 PM

\$2 | 1 Week NMW

C Tue, Mar 10, 2026 | 1:30 PM-2:30 PM

\$2 | 1 Week NMW



GENERAL INTEREST

NEW! TASTE TOUR: FLAVORS OF THE ORIENT: SNACK TOUR

Lisa from Asian Market Adventures

Get ready to embark on a delicious journey across the continent at our Taste Tour of Asian Snacks! We're inviting you to discover a variety of crispy, crunchy, and sweet delights from across Asia. Forget your usual snack routine—this is your chance to explore unique textures and fascinating flavors. Perfect for snack enthusiasts and culinary explorers alike, this is more than just tasting. Join us for a lively and interactive session that promises to expand your palate and satisfy your cravings. You'll get to learn about these amazing treats and find your new favorite go-to munchie. Don't miss this exciting opportunity to indulge and explore the incredible world of Asian sweets and savories. Prepare for the ultimate snack adventure!

Fri, Mar 6, 2026 | 10:30 AM-12:00 PM

\$25 | 1 Week

NEW! UNIVERSITY OF ALBERTA PRESENTATION OF TECHNOLOGIES FOR AGING IN PLACE

Dr. Antonio Miguel Cruz & Dr. Christine Daum from the University of Alberta

In this presentation, we will describe how technologies can be used by older adults to support aging in place. In our presentation, we will showcase various information and communication technologies such as home monitoring, wayfinding, and serious games and highlight their potential role in aging well.

Fri, Feb 6, 2026 | 9:30 AM-11:00 AM

\$2 | 1 Week

TECHNOLOGY SAFETY & PRIVACY IN HEALTHCARE: PROTECTING ALBERTA SENIORS IN THE DIGITAL HEALTH ERA

Pradeep Kumar of the Alberta Senior Health Association

This program examines contemporary threats, breach statistics, and the reasons why seniors are frequently targeted by cybercriminals. Participants will learn how to utilize MyHealth Records and MyChart, and understand their privacy rights. The session will discuss real-world examples of deception patterns, red flags to watch for, and how to identify them. Tools for improved digital safety will be shared, including password management, website evaluation, and authentication best practices. Finally, the program will cover steps to take and available resources in the event of a security issue.

Mon, Jan 26, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week

YOUR LIFE LEGACY CHECKLIST

Gina Vliet of Charon Consulting

Check out 11 things to consider when preparing for family emergencies and learn how to prioritize the based on your life and lifestyle. Get better prepared to plan for such things as serious illness or injury, job loss, becoming a new caregiver, or end of life.

Fri, Jan 30, 2026 | 1:30 PM-3:30 PM

\$20 | 1 Week



HEALTH & WELLNESS

NEW! ACTIVE WITH ARTHRITIS: HEALTH AND GENTLE MOVEMENT WORKSHOP

Amy Petersen, NESA Personal Trainer

This 60-minute session focuses on gentle, joint-friendly movement designed to reduce stiffness, improve flexibility, and strengthen muscles that support the joints. Participants will learn how to move safely with arthritis, gain confidence in exercise, and leave feeling more comfortable and mobile. The session includes light education, guided exercises, and relaxation to help participants manage arthritis through movement and mindfulness.

Wed, Jan 14, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW

NEW! BALANCE AND BRAIN BOOSTER WORKSHOP

Amy Petersen, NESA Personal Trainer

Build strength and confidence with fun balance drills, hip mobility, reaction training, and multi-tasking movements that challenge coordination and focus.

Wed, Jan 28, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW



BALANCE AND CORE FOUNDATIONS WORKSHOP

Amy Petersen, NESA Personal Trainer

Strengthen the muscles that keep you steady and upright. Includes standing and seated balance drills, gentle core activation, and fun coordination challenges. All chair and standing exercises, no floor work.

Wed, Mar 11, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW

BUILDING BONE STRENGTH WITH OSTEOPOROSIS

Brooke Larratt, Kinesiologist

Learn how to move safely and stay strong with osteoporosis. In this practical, low-impact workshop, you'll explore simple resistance exercises and mobility techniques that support bone density, stability, and overall health, helping you stay active and independent.

Fri, Jan 30, 2026 | 2:45 PM-3:45 PM

\$10 | 1 Week 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, Jan 12-Mar 30, 2026 | 10:00 AM-12:00 PM

No Class Feb 16

\$22 | 11 Weeks

B Mon, Jan 12-Mar 30, 2026 | 1:00 PM-3:00 PM

No Class Feb 16

\$22 | 11 Weeks



HEALTH & WELLNESS

NEW! GENTLE CARDIO AND TOTAL BODY COORDINATION WORKSHOP

Amy Petersen, NESA Personal Trainer

Join in on a light-paced cardio session using music, stepping patterns, and upper-body movements to boost endurance, improve mood and brain-body coordination.

Wed, Feb 11, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW

NEW! GENTLE FULL BODY FITNESS FOR SENIORS

Brooke Larratt, Kinesiologist

Enjoy a light, low-impact workout designed to help you stay strong, steady, and flexible. This workshop focuses on full-body movement, balance, and coordination using simple, effective exercises that anyone can do. Feel energized, confident, and ready to move with ease in your everyday life!

Fri, Feb 6, 2026 | 2:45 PM-3:45 PM

\$10 | 1 Week NMW

NEW! HIP MOBILITY AND LOWER BODY FLEXIBILITY WORKSHOP

Amy Petersen, NESA Personal Trainer

Focus on releasing tight hips and improving flexibility in the lower body to reduce stiffness and improve walking mechanics. Learn the technique and benefits of practicing self myofascial release.

Wed, Mar 25, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW

PHARMACY - WHAT CAN THEY DO?

Lily Kriese, Retired Pharmacist

Your pharmacy can do more than just fill prescriptions! Join us for an informative and relaxed session to learn about the many services your pharmacist can offer—like medication reviews, bubble packs and strip packs, prescribing options, vaccines, pharmacist-led clinics, and more. We'll also talk about medication safety, what those caution labels mean, and new advances like pharmacogenomics. Do you know who works in a pharmacy? Many folks don't know the difference between a pharmacist, a pharmacy technician, and a pharmacy assistant and what each of them can do for a patient. Come and learn with us!

Note: No specific pharmacy will be endorsed, as services can vary. Come discover how your pharmacist can make managing your health simpler and safer!

Thu, Feb 19, 2026 | 9:30 AM-11:30 AM

\$2 | 1 Week NMW

PILATES ON THE MAT

NEW! Falon Fleming, NESA Personal Trainer

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

A Wed, Jan 21, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW

B Wed, Feb 18, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW



HEALTH & WELLNESS

NEW! POSTURE AND BACK CARE WORKSHOP

Amy Petersen, NESA Personal Trainer

Attend this session to learn exercises to strengthen the back, open the chest, and improve everyday posture. Includes gentle stretches to reduce upper back and neck tension. No floor work.

Wed, Feb 25, 2026 | 11:15 AM-12:15 PM

\$10 | 1 Week NMW



INTERESTED IN VOLUNTEERING?

We are always accepting volunteer applications for various roles, including administration, hospitality, community engagement, club and committees, 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!

SHOULDER STRENGTH: ROTATOR CUFF REJUVENATION

Brooke Larratt, Kinesiologist

Your shoulders do so much so let's take care of them! In light light-intensity workshop, you will practice movements that build rotator cuff strength, improve flexibility, and support healthy posture. Learn easy ways to keep your shoulders mobile, strong, and pain-free for the activities you love.

Fri, Feb 13, 2026 | 2:45 PM-3:45 PM

\$10 | 1 Week NMW

STAND STRONG: FUNCTIONAL FITNESS AND POSTURE

Brooke Larratt, Kinesiologist

Learn how to build real-life strength and improve posture with gentle, low-impact exercises. Using light resistance, body weight, and portable equipment, this workshop helps you move more confidently, reduce injury risk, and stay strong for everyday activities.

Fri, Feb 20, 2026 | 2:45 PM-3:45 PM

\$10 | 1 Week NMW

STAYING IN THE LIFE: CONVERSATIONS ABOUT DEMENTIA

Dr. Jared Epp

Join us to share your thoughts and reflections on memory loss and dementia. In this open conversation we will explore ideas of navigating daily life and aging in your community. This conversation is hosted by a research project in the Faculty of Nursing at the University of Alberta.

Fri, Feb 13, 2026 | 10:30 AM-11:30 AM NMW

FREE Registration still required | 1 Week



HEALTH & WELLNESS



NEW! STRONG BONES, STRONGER YOU: SAFE MOVEMENT FOR OSTEOPOROSIS AND OSTEOPENIA

Brooke Larratt, Kinesiologist

Join Kinesiologist Brooke to learn how to stay active, reduce pain, and protect your bones in this practical, senior-focused workshop. Together, you'll talk about what osteoporosis and osteopenia are, what safe and effective exercises you can do, and simple ways to move more confidently every day. You'll leave with clear, easy-to-follow tips to help you feel stronger and steadier, one step at a time!

Fri, Feb 27, 2026 | 10:30 AM-11:30 AM

\$5 | 1 Week **NMW**

SUSPENSION TRAINING WORKSHOP

Jolleean Ferrari, NESA Personal Trainer

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

A **Mon, Jan 26, 2026 | 2:00 PM-3:00 PM**

\$10 | 1 Week

B **Mon, Mar 2, 2026 | 2:00 PM-3:00 PM**

\$10 | 1 Week

NEW! THE ROLE OF A MODERN DAY PHARMACIST

Anusher Iyer and Lav Soni

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

Thu, Mar 5, 2026 | 10:30 AM-11:30 AM

\$2 | 1 Week **NMW**



LANGUAGES



SPANISH - BEGINNER

Jorge 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, Jan 14-Mar 25, 2026 | 9:30 AM-11:30 AM

\$160 | 11 Weeks

SPANISH - INTERMEDIATE

Tania 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, Jan 14-Mar 25, 2026 | 9:30 AM-11:30 AM

\$160 | 11 Weeks



PERFORMING ARTS

BELLY DANCE

Loralie Tulik

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

Wed, Jan 14-Mar 25, 2026 | 5:30 PM-6:30 PM

\$105 | 11 Weeks Evening

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or check out our books and puzzles for sale. With comfy chairs, tables, a microwave, and plenty of sunlight, it's the perfect place to unwind.

CHORALAIRES

Director: Sandi Ollenberger, Pianist: Vicki McClelland

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

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

Tue, Jan 6-May 5, 2026 | 1:00 PM-3:00 PM

\$127 | 18 Weeks

CLOGGING: LEVEL 2

Adele Brewer

Let's take those basic steps we experienced in Level 1B and build on them with new dance routines.

Mon, Jan 12-Mar 30, 2026 | 2:45 PM-3:45 PM

No Class Feb 16

\$72 | 11 Weeks

CLOGGING: LEVEL 4

Adele Brewer

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

Wed, Jan 14-Mar 25, 2026 | 1:30 PM-2:30 PM

\$72 | 11 Weeks



PERFORMING ARTS

CLOGGING: LEVEL 5

Adele Brewer

The intermediate dancers have been clogging for several years and enjoy the challenge and pace that this level has to offer. Dance to a variety of music, including country, bluegrass, Celtic fiddle, and pop music. Clogging is a great way to stay in shape both physically and mentally! Enjoy the energetic beats and diverse rhythms while enhancing your fitness and coordination in this fun and engaging class. (Formerly Intermediate).

Mon, Jan 12-Mar 30, 2026 | 1:30 PM-2:30 PM

No Class Feb 16

\$72 | 11 Weeks

CLOGGING: LEVEL 5 ADVANCED

Adele Brewer

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

Mon, Jan 12-Mar 30, 2026 | 1:00 PM-1:30 PM

No Class Feb 16

\$36 | 11 Weeks



DRAMA: PLAY READING

Bernadette Alseth

Bernadette welcomes you to an engaging eight-week play reading course where stories come to life through voice and imagination. You'll explore the art of play reading—bringing scripts to life without memorization—while learning about script theory, character development, and the rhythm of dialogue. Each session includes an hour of focused work followed by a relaxed 30-minute coffee time to chat and connect with your fellow readers. Regular attendance and a bit of at-home practice will help the group grow together and keep the stories flowing.

Note: Please bring a pencil and notebook; a book of one-act plays will be provided for use in class.

Tue, Feb 3-Mar 24, 2026 | 1:00 PM-2:30 PM

\$21 | 8 Weeks

GUITAR: FINGER PICKIN' LEVEL 2.5

Gilles Benoiton

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

Prerequisite: Guitar: Level 2.5

Wed, Jan 14-Mar 25, 2026 | 10:00 AM-11:00 AM

No Class Feb 4

\$61 | 10 Weeks



PERFORMING ARTS



GUITAR: FINGER PICKIN' LEVEL 3+

Gilles Benoiton

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

Prerequisite: Guitar Level 3

Fri, Jan 16-Mar 20, 2026 | 11:45 AM-12:45 PM

\$61 | 10 Weeks

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, Jan 16-Mar 20, 2026 | 9:00 AM-10:00 AM

\$61 | 10 Weeks

GUITAR: LEVEL 2

Gilles Benoiton

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

Prerequisite: Guitar Level 1

Wed, Jan 14-Mar 25, 2026 | 1:00 PM-2:15 PM

No Class Feb 4

\$75 | 10 Weeks

GUITAR: LEVEL 2.5

Gilles Benoiton

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

Prerequisite: Guitar: Level 2

Wed, Jan 14-Mar 25, 2026 | 11:15 AM-12:45 PM

No Class Feb 4

\$90 | 10 Weeks



PERFORMING ARTS

GUITAR: LEVEL 3

Gilles Benoiton

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

Prerequisite: Guitar Level 2.5

Fri, Jan 16-Mar 20, 2026 | 10:15 AM-11:30 AM

\$75 | 10 Weeks

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, Jan 16-Mar 20, 2026 | 1:00 PM-2:15 PM

\$75 | 10 Weeks



HANDBELLS

Wendy Hoskin

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

Thu, Jan 15-Mar 26, 2026 | 10:00 AM-11:30 AM

\$58 | 11 Weeks

NEW! IMPROV FOR THE FABULOUSLY MATURE

Joey Lucius of Rapid Fire Theatre

Come and try out some improv! Participants will learn the fundamentals of improvisational theatre through play. Group games will get us up on our feet and exercising our brains. We'll work on acceptance, happy failure, trusting impulse, communication, and chasing joy. You can expect some light physical movement, tons of fun, and loads of laughter!

Mon, Feb 9, 2026 | 1:30 PM-3:00 PM

\$2 | 1 Week NMW



PERFORMING ARTS

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, Jan 13-Mar 24, 2026 | 8:45 AM-10:15 AM

\$69 | 11 Weeks

LINE DANCING: LEVEL 2

Tracy Walters

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

Tue, Jan 20-Mar 24, 2026 | 1:30 PM-2:30 PM

\$48 | 10 Weeks

TAP DANCERS CHALLENGE: CLOGGING LEVEL 1

Adele Brewer

Calling all Tap Dancers with a minimum of 1 year experience! Grab your tap shoes, join me on the dance floor and take your Tap dance experience to a new level. Let's take your love of music and dance and give Clogging a try. Come for the challenge, stay for the fun.

(A) Wed, Jan 14-Feb 18, 2026 | 2:45 PM-3:45 PM

\$30 | 6 Weeks

(B) Wed, Feb 25-Mar 25, 2026 | 2:45 PM-3:45 PM

\$25 | 5 Weeks

HAVE ANY BOARD GAMES YOU'RE NO LONGER USING?

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



TOURS & OUTINGS

ROYAL ALBERTA MUSEUM & LEGISLATURE GROUNDS TOUR



Feed your curiosity. Journey through millions of years of Alberta's remarkable stories in expansive Natural and Human History halls chronicling Alberta's people, animals, and landscapes. Meet live critters in the Bug Gallery. A-ha moments await around every corner! After our self-guided tour, we will head over to the Legislature Grounds and depending on weather conditions we will do a self-guided tour of the grounds, visit the Historical & Cultural Monuments, Tribute Gardens, and many other historical landmarks. We can't wait to have you join us for an educational filled experience!

Registration deadline: January 21, 2026 by 4 PM

Fri, Jan 30, 2026 | 11:00 AM-3:00 PM

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

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

Early Bird Rate: \$45 (Until 4:00 PM Dec 8)

Regular Rate: \$55 (Until 4:00 PM Jan 21)

NEW!

ROYAL ALBERTA MUSEUM & LEGISLATURE GROUNDS TOUR

VALENTINE'S HIGH TEA

NEW!

Join us for a lovely afternoon outing to Café Bel Air for a delightful High Tea experience! We'll enjoy a relaxing time together with a wonderful selection of teas, fresh scones, dainty sandwiches, and sweet treats served on elegant tiered stands.

The café's cozy atmosphere and friendly staff make it the perfect place to chat, laugh, and unwind with friends. It's a great chance to enjoy good company and a touch of old-fashioned charm. Come along and make some warm memories over a cup of tea!



Registration deadline: February 4, 2026 by 4 PM

Fri, Feb 13, 2026 | 11:00 AM-3:00 PM

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

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

Early Bird Rate: \$65 (Until 4:00 PM Dec 10)

Regular Rate: \$75 (Until 4:00 PM Feb 4)



TOURS & OUTINGS

BOTANICAL TRIP TO THE MUTTART CONSERVATORY AND BREW & BLOOM

Join us for a refreshing day surrounded by nature and beauty! We'll start our outing at the Muttart Conservatory, where you can wander through lush tropical gardens, colorful blooms, and exotic plants from



around the world—all inside the stunning glass pyramids. After soaking up the sights and scents, we'll head to Brew & Bloom, a charming restaurant filled with flower decorations that will make any gardener gasp and a cozy, garden-like atmosphere. There, we'll enjoy a delicious lunch made with care and creativity, surrounded by vibrant floral décor. It's the perfect day to relax, reconnect with nature, and share great food and conversation with friends!

Registration deadline: March 2, 2026 by 4 PM

Tue, Mar 17, 2026 | 10:00 AM-2:15 PM

Bus Departs: 10:00 AM | Bus Returns: 2:15 PM

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

Early Bird Rate: \$75 (Until 4:00 PM Dec 12)

Regular Rate: \$85 (Until 4:00 PM March 2)

WORD SCRAMBLE

UNOTIG	_____
IHAODLY	_____
PNIIRGS	_____
ETA	_____
OFLALR	_____
NSMTITE	_____
SEMUMU	_____
GOEGNG	_____
MOLBO	_____

WORD LIST:
OUTING HOLIDAY SPRING MUSEUM TEA
FROLAL MITTENS BLOOM EGGNOG BREW & BLOOM

NESA'S SHREDDING PROGRAM

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



NESA
EVENTS AT A GLANCE

DECEMBER 22-24	REDUCED OFFICE HOURS 8:30AM – 3PM
DECEMBER 25- JANUARY 2	NESA CLOSED / HOLIDAY CLOSURE
JANUARY 5	WELCOME BACK - REGULAR OFFICE HOURS RESUME Monday to Friday 8:30AM – 4 PM
JANUARY 7	BOTTLE DRIVE 9AM – 12PM
FEBRUARY 4	BOTTLE DRIVE 9AM – 12PM
FEBRUARY 16	NESA CLOSED / STAT HOLIDAY / FAMILY DAY
FEBRUARY 20	CHINESE NEW YEAR CELEBRATION 2PM – 4PM Tickets: \$15pp (Deadline: February 13 by 4PM)
MARCH 4	BOTTLE DRIVE 9AM – 12PM
MARCH 13	ST. PATRICKS DAY CELEBRATION 2PM – 4PM Tickets: \$15pp (Deadline: March 6 by 4PM)
MARCH 27	DINNER THEATRE – THE GRAND DUELING PIANO SHOW 5PM – 9PM Tickets: \$60pp (Deadline: March 20 by 4PM)
MARCH 31	SPRING REGISTRATION BEGINS 8:30AM
APRIL 3	NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY
APRIL 6	NESA CLOSED / STAT HOLIDAY / EASTER MONDAY
APRIL 8-10	BOOK, PUZZLE AND JEWELRY SALE 9AM – 3PM (OPEN TILL 7PM ON WED) FREE PARKING
APRIL 17	ANNUAL GENERAL MEETING More information to come.

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

NESA'S LANDRY LEISURE PASS

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

THINGS TO KNOW

You can now register for the 2026 LLP PROGRAM.

HOW DO I QUALIFY?

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

1. Annual Income Eligibility

One Person Household:

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

Two Person Household:

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

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

2. Current Address Eligibility

One of the following NE Edmonton postal codes:

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

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

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

HOW DO I RENEW MY CURRENT LLP PASS?

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

REGISTERING FOR PROGRAMS AND ACTIVITIES WITH YOUR LANDRY LEISURE PASS:

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

THE FOLLOWING ARE ELIGIBLE FOR LLP SUBSIDY:

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

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

HOME SUPPORTS & OUTREACH SERVICES

WHY HAVE OUTREACH AND HOME SUPPORT SERVICES CHANGED?

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

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

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

WHERE CAN I ACCESS OUTREACH OR HOME SUPPORT SERVICES NOW?

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

COMMUNITY RESOURCES

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

Alberta Programs and Services

<https://ab.211.ca>

City of Edmonton Information

<https://www.edmonton.ca>

City of Edmonton Service Requests

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

Hello Seniors Support Program

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

Seniors Home Supports

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

Support Services for Seniors

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

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

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

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



MOVE



CREATE



CONNECT



Please Recycle!

And pass this program guide on to a friend