



Program & Activity **GUIDE**

At the Northgate Lions Seniors Recreation Centre



Find your FUN inside:

Dorable Mandala Workshop pg 18

Gentle Hatha Yoga pg 28

Latin Cardio pg 57

Pilates on the Mat Express pg 30

Royal Alberta Museum pg 61

Spring 2026

Program Registration starts March 31, 2026 at 8:30AM

Pickleball Registration starts April 1, 2026 at 8:30AM

Programs start April 13, 2026

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

Spring 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 NESAs programs and club enrollment at membership rates. (Not required for special events and various one-day lectures or presentations).

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

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

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

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 64 for more information about NESAs subsidy program.

RECIPROCAL MEMBERSHIP

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

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

NON-MEMBERS

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

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

NESAs Annual General Meeting is on April 17, 2026.

See page 45 for details.

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



**PROGRAM REGISTRATION BEGINS
MARCH 31, 2026 AT 8:30AM**

**PICKLEBALL REGISTRATION
BEGINS APRIL 1, 2026 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 NESAs staff can make arrangements to add them to your account.

For Technical Support call:
780.496.6969

NESA'S OFFICE LOCATION

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

REGULAR HOURS OF OPERATION

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

REMINDER!

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

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

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

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

TELEPHONE Telephone registration is **not available on the first day** of registration. Phone support is available for online account or technical assistance only.

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

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

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

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

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



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

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

NESA Membership Application

Please **PRINT** Clearly

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

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

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

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE NUMBER: (____) _____ EMAIL ADDRESS: _____

Email Address required for online registration access.

BIRTH DATE (MM/DD/YYYY): _____

Full birth date required for Membership Type criteria.

MALE FEMALE PREFER NOT TO SAY

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: (____) _____ EMERGENCY RELATION: _____

OFFICE USE ONLY:

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
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 780.496.6969 | fax 780.496.4707 | www.nesa1.ca

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

Mail-In Registration Form

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

Important – Mail-in registrations:

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

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone(s): _____ Email: _____

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



CLUBS

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A M C L U B S	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
P M C L U B S	Art 1PM-4PM Stained Glass 9AM-4PM Whist 12:45PM-2:45PM	Jammers 1PM-4PM Silversmithing 9AM-4PM Weavers 10AM-4PM	Late Bloomers Garden Club 12PM-2PM (See schedule) Travel 12:45PM-2:45PM (See schedule) Wizards of Odds 'n Ends 12PM-2:30PM	Bridge 12PM-3:45PM Canasta 1PM-4PM Fibre Arts 1PM-4PM Guitar Jam 12PM-3PM	Cribbage (B) 12:45PM-3PM Creative Writing 1PM-3PM

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



CLUBS

ART

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

Mon, Apr 13-Jun 29, 2026 | 1:00 PM-4:00 PM

No session May 18

\$22 | 11 Weeks

BADMINTON

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

Fri, Apr 17-Jun 26, 2026 | 9:00 AM-11:00 AM

No session Apr 24 & Jun 5

\$18 | 9 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 Spring 2026 registration to confirm book selection and pickup arrangements.

Wed, Apr 29, May 27 & Jun 24

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, Apr 16-Jun 25, 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, Apr 16-Jun 25, 2026 | 1:00 PM-4:00 PM

\$22 | 11 Weeks

CLUBS ARE FOR NESAs MEMBERS ONLY

You must be a current member of North Edmonton Seniors Association. NESAs Clubs provide an opportunity to get together on a regular basis in a fun and relaxed atmosphere, with other members who share similar interests. No formal instruction is provided. NESAs Club fees must be paid prior to the start date of your club. **THERE IS NO PRORATING FOR CLUBS.**

If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available. Some clubs may still have additional dues to pay for supplies, etc. and these are payable to the club coordinators.



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, Apr 14-Jun 25, 2026 | 10:30 AM-12:00 PM

No session Jun 2 & Jun 4

\$40 | 10 Weeks

CREATIVE GREETING CARDS

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

Tue, Apr 14-Jun 23, 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 NESAs, the Creative Writing Club (formerly the Northgate Seniors Writing Society) has existed for some 30 years. Its current members continue to encourage published authors and to guide new writers. In past years, some of the many stories have been collected and published in anthologies. As well, members can post their stories on nglswordweavers.blogspot.com The blog is open to the reading public. Join us as we share our literary works and give each other support and feedback. Your writing experience awaits!

Fri, Apr 17-Jun 26, 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, Apr 17-Jun 26, 2026 | 9:45 AM-12:00 PM

\$22 | 11 Weeks

B Fri, Apr 17-Jun 26, 2026 | 12:45 PM-3:00 PM

\$22 | 11 Weeks

FIBRE ARTS

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

Thu, Apr 16-Jun 25, 2026 | 1:00 PM-4:00 PM

\$22 | 11 Weeks



CLUBS

GOLF

Join us for our Annual General Meeting on Tuesday, April 14, 2025 from 1:30 - 3:30 pm as we discuss plans for the start of the 2026 Golf Season (Tuesdays, April 28 - September 1, 2026). Register for this meeting to learn more information about the season, the year-end banquet and more club details. Please note that the 2026 NESA membership (\$40.00) is required and the \$2.00 meeting fee must be paid prior to the AGM at the front desk. The \$30.00 golf club membership fee will be collected by the Club Membership Coordinator at the AGM.

Tue, Apr 14, 2026 | 1:30 PM-3:30 PM

\$2 | 1 Date

GUITAR JAM

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

Thu, Apr 16-Jun 25, 2026 | 12:00 PM-3:00 PM

\$22 | 11 Weeks

JAMMERS

An acoustic guitar group who meet for singing and fellowship!

Tue, Apr 14-Jun 23, 2026 | 1:00 PM-4:00 PM

\$22 | 11 Weeks

LATE BLOOMERS GARDEN CLUB

Join fellow garden enthusiasts on a monthly basis to talk about plants, gardening and more! Join us on Saturday, May 23rd from 9am-3pm for our Spring Plant Sale.

Wed, Apr 15, 2026 | 12:00 PM-2:00 PM

\$2 | 1 Date

MUSIC MAKERS

Do you enjoy making music? We welcome all instruments!

Tue, Apr 14-Jun 23, 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 is required as no formal instruction is provided.

Fri, Apr 17-Jun 19, 2026 | 9:30 AM-12:30 PM

\$20 | 10 Weeks

SILVERSMITHING

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

Tue, Apr 14-Jun 23, 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, Apr 13-Jun 29, 2026 | 9:00 AM-4:00 PM

No session May 18

\$44 | 11 Weeks



CLUBS

TRAVEL

NESA Travel Club's mission is to provide travel opportunities and travel-related information to 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 the trips and travel adventures we have planned for 2027!

Wed, May 13 & Jun 10, 2026 | 12:45 PM-2:45 PM

\$4 | 2 Dates

WASHI CHIGIRI-E

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

Wed, Apr 15-Jun 24, 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, Apr 14-Jun 23, 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, Apr 13-Jun 29, 2026 | 12:45 PM-2:45 PM

No session May 18

\$2/date | 11 Weeks

WIZARDS OF ODDS 'N ENDS

The Wizards fundraiser 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, Apr 15-Jun 24, 2026 | 12:00 PM-2:30 PM

FREE Registration still required. | 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, Apr 16-Jun 25, 2026 | 9:00 AM-12:00 PM

\$22 | 11 Weeks



COMPUTERS & DEVICES

1:1 TECH TUTORIALS



Shawn Gramiak

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

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

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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



Wed, Apr 15, 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, May 13, 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, May 14, 2026

- 1 12:30 PM-1:30 PM
- 2 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Wed, June 24, 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, Jun 25, 2026

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

\$50 Per One-Hour Tutorial



NEW!

CAKE DECORATING WORKSHOP: SPRINGTIME

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, May 29, 2026 | 1:00 PM-3:00 PM

\$50 | 1 Date 

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, Apr 15-Jun 24, 2026 | 12:30 PM-3:30 PM

\$128 | 11 Weeks

CREATIVE CARDS WORKSHOP: ALL OCCASIONS

Janelle Taming

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

ALL SUPPLIES INCLUDED.

Fri, May 29, 2026 | 9:00 AM-3:00 PM

\$48 | 1 Date 

CREATIVE CARDS WORKSHOP: CHRISTMAS IN JUNE

Janelle Taming

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

ALL SUPPLIES INCLUDED.

Fri, Jun 26, 2026 | 9:00 AM-3:00 PM

\$48 | 1 Date 



NEW!

ENCAUSTIC ART 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 Fri, Jun 19, 2026 | 10:00 AM-12:00 PM

\$42 | 1 Date **NMW**

B Fri, Jun 19, 2026 | 1:00 PM-3:00 PM

\$42 | 1 Date **NMW**

NEW!

NEEDLECRAFT: CROCHETING A C2C SHAWL

Annette Babb

This beginner-friendly course, led by instructor Annette, introduces the fundamentals of needlecraft. Students will learn and practice the chain and double



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.

Students will learn and practice the chain and double 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, Apr 27-Jun 29, 2026 | 9:30 AM-11:30 AM

No Class May 18

\$104 | 9 Weeks

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.



CANCELLED

NEEDLECRAFT: CROCHETING NEEDLECRAFT: KNITTING

Ann Marston

Due to unforeseen circumstances, Ann Marston's Spring "Needlework: Crocheting and Knitting" classes have been cancelled. We hope to welcome Ann back and see these classes return in the Fall.

In the meantime, members interested in crochet are encouraged to check out "Crochet Corner" with Annette, a great opportunity to continue learning, sharing skills, and connecting with fellow crochet enthusiasts.

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, Apr 14-Jun 23, 2026 | 1:30 PM-3:00 PM

\$98 | 11 Weeks

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.

RAIN CLOUD MOBILE

A Tue, May 26, 2026 | 9:00 AM-1:00 PM

\$83 | 1 Date **NMW**

LOTUS FLOWER SPINNER

B Mon, Jun 15, 2026 | 9:00 AM-1:00 PM

\$83 | 1 Date **NMW**





DRAWING & PAINTING

NEW!

ACRYLIC PAINT WORKSHOP: BUMBLEBEES AND DAISIES

Wendy Jensen

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



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

ALL SUPPLIES INCLUDED.

Wed, May 6, 2026 | 5:00 PM-7:00 PM

\$25 | 1 Date

NMW

Evening

NEW!

ACRYLIC PAINT WORKSHOP: RAINY DAY BLUES IN SHADES OF GREEN

Linda Finstad

Explore the beauty of a moody landscape in Rainy Day Blues — in Shades of Green. In this step-by-step class, you'll learn how to create a soft bokeh effect, understand how values strengthen your composition,



and blend colors with confidence. Linda will gently guide you through the process, including the use of unconventional tools to create the feeling of rain, as you complete a stunning 16" x 20" painting. All supplies are included — canvas, artist-grade acrylic paints, specialty brushes, and tools. Just bring an apron (or wear an old shirt) to protect your clothing, and you're ready to paint!

ALL SUPPLIES INCLUDED.

Thu, May 14, 2026 | 9:30 AM-12:00 PM

\$47 | 1 Date

NMW

SPRING WORD SCRAMBLE

- TOSLU _____
- IRYNA _____
- MOLBO _____
- RWSOFEL _____
- DLPEDSU _____
- DSIBR _____

WORD LIST:
 LOTUS FLOWERS
 RAINY PUDDLES
 BLOOM BIRDS

EVENING PROGRAM REGISTRATION INFORMATION!

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



DRAWING & PAINTING

DEVELOPMENTAL PAINTING: ACRYLIC AND/OR WATERCOLOR

Cindy Barratt

This class is perfect for those with some painting experience who are looking to grow their skills in a supportive, creative environment.

Whether you prefer working in acrylic or watercolour, the choice is yours. Each week, students help guide the focus by suggesting subjects or techniques they'd like to explore. Cindy offers engaging demonstrations, thoughtful discussion, helpful reference materials, and one-on-one guidance to support you as you work through your personal painting projects. Come ready to be inspired, experiment, and take your painting to the next level!



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

Tue, Apr 21-May 26, 2026 | 12:30 PM-3:30 PM

\$126 | 6 Weeks

NON-MEMBERS WELCOME

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

NEW!

DOTABLE MANDALA WORKSHOP: STONE

Linnea

Discover the relaxing and rewarding art of dot painting in this guided mandala workshop.

Participants will learn step-by-step techniques to create beautiful, intricate mandala designs on stones using vibrant colors and

specialized dotting tools. Whether you are a beginner or have some artistic experience, this workshop offers a welcoming and supportive environment to explore creativity, mindfulness, and precision through dot art. All supplies are included — stones, paints, tools, and materials — so you can simply come ready to create and leave with your own stunning hand-painted mandala stone. This is a go-at-your-own-pace workshop, making it easy to relax, socialize, and enjoy the moment. There's no pressure to keep up or rush through the process.



ALL SUPPLIES INCLUDED.

A Mon, May 25, 2026 | 1:30 PM-4:00 PM

\$40 | 1 Date **NMW**

B Wed, Jun 10, 2026 | 5:30 PM-8:00 PM

\$40 | 1 Date **Evening** **NMW**



DRAWING & PAINTING

NEW!

MIXED MEDIA WORKSHOP: BLUE JAY

Linda Finstad

Celebrate Alberta's favourite feathered friend, the Blue Jay, in this mixed media workshop. You'll learn how to create a simple yet effective background that enhances your subject without competing for attention, while developing an understanding of values and how they strengthen your composition. Discover an easy, approachable method for drawing a Blue Jay, then layer acrylic paint and acrylic paint markers to define details and add vibrant highlights. Your instructor will provide an 11 x 14 canvas board along with all the materials needed to complete your piece. This class is suitable for all skill levels and focuses on building confidence while exploring mixed media techniques.



ALL SUPPLIES INCLUDED.

Thu, Jun 4, 2026 | 9:30 AM-12:00 PM

\$47 | 1 Date **NMW**

NEW!

MIXED MEDIA WORKSHOP: THE ART OF ABUNDANCE

Linda Finstad

This workshop blends beauty, symbolism, and intention in a way that feels both grounding and uplifting. You'll create layered floral artwork using paper money as your primary collage material, transforming currency into petals, texture, and meaningful design. Flowers have long symbolized growth, renewal, and flourishing — and when paired with currency, they become a powerful visual metaphor for wealth and abundance. Guided step by step through composition, layering, and design, you'll create an elegant piece of art that feels both timeless and personal. Suitable for beginners and experienced creatives alike. The focus is on enjoyment, self-expression, and creating something beautiful with meaning beneath the surface.



ALL SUPPLIES INCLUDED.

Thu, Jun 11, 2026 | 9:30 AM-12:00 PM

\$47 | 1 Date **NMW**



DRAWING & PAINTING

NEW!

OIL PAINTING WORKSHOP: SKYWARD BIRCH

Adrian Zorzut

This two-day oil painting workshop will guide participants step-by-step through creating a beautiful finished landscape. On Day One, we will map in the base layers, including the sky, tree structure, branches, and primary leaf masses, focusing on composition and strong foundational values. Day Two will allow time to refine any remaining areas and add rich colour to the tree and foliage, bringing depth and vibrancy to the piece. With clear instruction and supportive guidance throughout, participants can expect to complete a painting they feel proud to take home.



ALL SUPPLIES INCLUDED.

Mon, Jun 8-15, 2026 | 9:00 AM-12:00 PM

\$95 | 2 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, Apr 13-May 11, 2026 | 10:00 AM-12:00 PM

\$80 | 5 Weeks

B Mon, May 25-Jun 29, 2026 | 10:00 AM-12:00 PM

\$95 | 6 Weeks

NESA'S MINI WORD SEARCH

WORKSHOPS
PAINTING

WINTER
FLORALS

NEEDLECRAFT
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!

WATERCOLOR PENCILS: BIRDS

Susan Casault

Create a variety of colourful bird paintings with versatile watercolour pencils. Using both drawing and painting techniques, you can create beautiful effects with your water-soluble pencils. Explore different ways of using line, washes, mixing colour and creating textures. Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor.



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

Thu, May 28-Jun 25, 2026 | 9:30 AM-12:30 PM

\$87 | 5 Weeks

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, Apr 15-May 13, 2026 | 10:00 AM-12:00 PM

\$80 | 5 Weeks

B Wed, May 20-Jun 24, 2026 | 10:00 AM-12:00 PM

\$95 | 6 Weeks

WELCOME SIGN: REVERSIBLE FOX/LIGHTHOUSE

Wendy Jensen

Join Wendy to create this beautiful reversible Welcome sign featuring a charming fox on one side and a coastal lighthouse on the other! We'll be using latex paint, making your sign durable and suitable for outdoor display. Create something warm and welcoming for your porch, entryway, or cottage — no experience necessary!



ALL SUPPLIES INCLUDED.

Wed, May 13-20, 2026 | 5:00 PM-7:30 PM

\$90 | 2 Weeks **Evening**





FITNESS & SPORTS

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, Apr 13-Jun 29, 2026 | 7:15 AM-8:15 AM

No Class May 18

\$151 | 11 Weeks

B Tue, Apr 14-Jun 23, 2026 | 7:15 AM-8:15 AM

\$151 | 11 Weeks

C Wed, Apr 15-Jun 24, 2026 | 7:15 AM-8:15 AM

\$151 | 11 Weeks

D Thu, Apr 16-Jun 25, 2026 | 7:15 AM-8:15 AM

\$151 | 11 Weeks

E Fri, Apr 17-Jun 26, 2026 | 7:15 AM-8:15 AM

\$151 | 11 Weeks

ACTIVE WITH ARTHRITIS

Amy Petersen

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

A Tue, Apr 14-Jun 23, 2026 | 10:30 AM-11:30 AM

No Class Jun 2

\$65 | 10 Weeks

B Thu, Apr 16-Jun 25, 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.

TRIAL CLASS

Fri, Apr 10, 2026 | 10:30 AM-11:30 AM **NMW**

FREE Registration still required. | 1 Date

11 WEEK PROGRAM

Fri, Apr 17-Jun 26, 2026 | 10:30 AM-11:30 AM

\$127 | 11 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 39 for a class selection overview.



BARRE CARDIO

Falon Fleming

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

Thu, Apr 16-Jun 25, 2026 | 9:00 AM-10:00 AM

No Class Jun 4

\$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, Apr 13-Jun 29, 2026 | 1:15 PM-2:45 PM

No Class May 18

\$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, Apr 14-Jun 23, 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.

NEW Time!

A Mon, Apr 13-Jun 29, 2026 | 8:15 AM-9:15 AM

No Class May 18

\$72 | 11 Weeks

NEW Time!

B Wed, Apr 15-Jun 24, 2026 | 8:15 AM-9:15 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, Apr 13-Jun 29, 2026 | 12:00 PM-1:00 PM

No Class May 18

\$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, Apr 13-Jun 22, 2026 | 11:00 AM-12:00 PM

No Class May 18

\$65 | 10 Weeks

Amy Petersen

B Tue, Apr 14-Jun 23, 2026 | 12:00 PM-1:00 PM

No Class Jun 2

\$65 | 10 Weeks

Maggie Nichol

C Thu, Apr 16-Jun 18, 2026 | 12:00 PM-1:00 PM

\$65 | 10 Weeks

Tom Hughes

D Fri, Apr 17-Jun 26, 2026 | 11:30 AM-12:30 PM

\$72 | 11 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, Apr 14-Jun 23, 2026 | 11:00 AM-12:00 PM

\$86 | 11 Weeks

Makaela Paynter

B Tue, Apr 14-Jun 23, 2026 | 12:15 PM-1:15 PM

\$86 | 11 Weeks

Makaela Paynter

C Wed, Apr 15-Jun 24, 2026 | 10:15 AM-11:15 AM

\$86 | 11 Weeks

Barb Deneka

D Thu, Apr 16-Jun 25, 2026 | 10:45 AM-11:45 AM

\$86 | 11 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

CROSS TRAINING

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

Falon Fleming

A Tue, Apr 14-Jun 23, 2026 | 9:45 AM-10:45 AM

\$72 | 11 Weeks

Jollean Ferrari

B Thu, Apr 16-Jun 25, 2026 | 12:00 PM-1:00 PM

No Class May 28

\$65 | 10 Weeks

Tom Hughes

C Fri, Apr 17-Jun 26, 2026 | 10:15 AM-11:15 AM

\$72 | 11 Weeks

ESSETRICS® FOR SENIORS

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, or for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle fitness, standing and chair work. No floor work but bringing your own yoga mat to stand on is recommended.

Meaghan Hipkin

A Mon, Apr 13-Jun 29, 2026 | 10:30 AM-11:15 AM

No Class May 18

\$113 | 11 Weeks

Liz Olson

B Thu, Apr 16-Jun 25, 2026 | 11:00 AM-11:45 AM

\$113 | 11 Weeks





FITNESS & SPORTS

ESSETRICS® FOR STRETCH AND TONE

Meaghan Hipkin

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

TRIAL CLASS

Fri, Apr 10, 2026 | 9:15 AM-10:15 AM

FREE Registration still required. | 1 Date

11 WEEK PROGRAM

A Mon, Apr 13-Jun 29, 2026 | 9:15 AM-10:15 AM

No Class May 18

\$127 | 11 Weeks

11 WEEK PROGRAM

B Fri, Apr 17-Jun 26, 2026 | 9:15 AM-10:15 AM

\$127 | 11 Weeks

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

Wed, Apr 15, 2026 | 12:30 PM-1:15 PM

FREE Registration still required. | 1 Date

7 WEEK PROGRAM

Wed, Apr 22-Jun 24, 2026 | 12:30 PM-1:15 PM

No Class May 13, 20, 27

\$56 | 7 Weeks

FIT FOR YOUR LIFE

Falon Fleming

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

A Mon, Apr 13-Jun 29, 2026 | 9:45 AM-10:45 AM

No Class May 18

\$72 | 11 Weeks

B Wed, Apr 15-Jun 24, 2026 | 9:45 AM-10:45 AM

\$72 | 11 Weeks



FITNESS & SPORTS



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, Apr 14, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Date **Evening**

B Thu, Apr 16, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Date **Evening**

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

\$10 | 1 Date **Evening**

D Thu, May 7, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Date **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, Apr 15-Jun 24, 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, Apr 13-Jun 22, 2026 | 12:15 PM-1:15 PM

No Class May 18, Jun 1

\$59 | 9 Weeks

Maggie Nichol

B Thu, Apr 16-Jun 18, 2026 | 1:30 PM-2:30 PM

No Class Jun 4

\$59 | 9 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 have the option to stand or sit in your chair during class workout. There will be a five minute seated cool down at the end for the practice of mind-body-spirit connection.

TRIAL CLASS **NMW**

A Fri, Apr 10, 2026 | 1:00 PM-2:00 PM

FREE Registration still required. | 1 Date

11 WEEK PROGRAM (FOCUSES ON CHAIR AND STANDING BASED MOVEMENTS.)

A Fri, Apr 17-Jun 26, 2026 | 1:00 PM-2:00 PM

\$86 | 11 Weeks

TRIAL CLASS **NMW**

B Fri, Apr 10, 2026 | 2:30 PM-3:30 PM

FREE Registration still required. | 1 Date

11 WEEK PROGRAM (FOCUSES PRIMARILY ON CHAIR BASED MOVEMENTS.)

B Fri, Apr 17-Jun 26, 2026 | 2:30 PM-3:30 PM

\$86 | 11 Weeks

NEW!

GENTLE HATHA YOGA

Swee Law

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

TRIAL CLASS **NMW**

Mon, Apr 13, 2026 | 2:15 PM-3:30 PM

FREE Registration still required. | 1 Date

10 WEEK PROGRAM

Mon, Apr 20-Jun 29, 2026 | 2:15 PM-3:30 PM

No Class May 18

\$98 | 10 Weeks

INTERVAL TRAINING

Jollean Ferrari

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

A Mon, Apr 13-Jun 29, 2026 | 9:00 AM-10:00 AM

No Class May 18

\$72 | 11 Weeks

B Wed, Apr 15-Jun 24, 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! (You are welcome to take this workshop again if you have taken it in the past!).

Mon, Apr 13-20, 2026 | 2:00 PM-4:00 PM

\$45 | 2 Weeks

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, Apr 14, 2026 | 1:30 PM-2:45 PM

FREE Registration still required. | 1 Date

10 WEEK PROGRAM

Tue, Apr 21-Jun 23, 2026 | 1:30 PM-2:45 PM

\$98 | 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, Apr 16-Jun 25, 2026 | 9:00 AM-10:30 AM

\$124 | 11 Weeks

PICKLEBALL 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. (You are welcome to take this workshop again if you have taken it in the past!).

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, Apr 15-22, 2026 | 3:30 PM-5:00 PM

\$35 | 2 Weeks



FITNESS & SPORTS

NEW!

PILATES ON THE MAT EXPRESS

Falon Fleming

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

TRIAL CLASS **NMW**

Thu, Apr 16, 2026 | 8:15 AM-8:45 AM

FREE Registration still required. | 1 Date

9 WEEK PROGRAM

Thu, Apr 23-Jun 24, 2026 | 8:15 AM-8:45 AM

No Class Jun 4

\$36 | 9 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, Apr 14-Jun 23, 2026 | 9:15 AM-10:15 AM

No Class Jun 2

\$65 | 10 Weeks

B Thu, Apr 16-Jun 25, 2026 | 9:15 AM-10:15 AM

\$72 | 11 Weeks

SUSPENSION TRAINING

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

Jollean Ferrari

A Mon, Apr 13-Jun 29, 2026 | 10:15 AM-11:15 AM

\$88 | 11 Weeks

Jollean Ferrari

B Wed, Apr 15-Jun 24, 2026 | 8:30 AM-9:30 AM

\$88 | 11 Weeks

Falon Fleming

C Thu, Apr 16-Jun 25, 2026 | 1:30 PM-2:30 PM

\$88 | 11 Weeks

Tom Hughes

D Fri, Apr 17-Jun 26, 2026 | 9:00 AM-10:00 AM

\$88 | 11 Weeks

FITNESS WORD SCRAMBLE

VINLARTE _____

NROTGS _____

BAZMU _____

ICATEV _____

NEBLACA _____

IDOCRA _____

WORD LIST:
ACTIVE INTERVAL
BALANCE STRONG
CARDIO ZUMBA



FITNESS & SPORTS

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.

NEW Date & Time!

A Mon, Apr 13-Jun 29, 2026 | 8:15 AM-8:45 AM

No Class May 18

\$44 | 11 Weeks

B Tue, Apr 14-Jun 23, 2026 | 8:30 AM-9:00 AM

No Class Jun 2

\$40 | 10 Weeks

C Thu, Apr 16-Jun 25, 2026 | 8:30 AM-9:00 AM

\$44 | 11 Weeks

NEW Date & Time!

D Fri, Apr 17-Jun 26, 2026 | 8:15 AM-8:45 AM

\$44 | 11 Weeks

SUSPENSION TRAINING WORKSHOP

Jollean Ferrari

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

Tue, Apr 28, 2026 | 3:00 PM-4:00 PM

\$10 | 1 Date **NMW**

Tue, May 26, 2026 | 3:00 PM-4:00 PM

\$10 | 1 Date **NMW**





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, Apr 13-Jun 29, 2026 | 10:00 AM-11:00 AM

No Class May 18

\$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, Apr 16-Jun 18, 2026 | 1:15 PM-2:15 PM

\$110 | 10 Weeks



YANG STYLE TAI CHI - LEVEL 1/2 HYBRID

Weston Benjamin

This all-levels hybrid Tai Chi class combines beginner and continuing participants. Students will learn and practice the Yang 24 form while improving balance, flexibility, and overall well-being. Instruction will be adapted to support varying experience levels. No floor work is required.

Mon, Apr 13-Jun 29, 2026 | 11:15 AM-12:15 PM

No Class May 18

\$121 | 11 Weeks

YANG STYLE TAI CHI - LEVEL 2

Leslie Sarabin

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

Thu, Apr 16-Jun 18, 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, Apr 15-Jun 24, 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 every body! No need to sit this one out, unless you want to! Chair-based modifications are available, making it easy for individuals with limited mobility or balance concerns to participate fully and safely. Dance from your feet or your seat—either way, you're guaranteed a great time and a heart-healthy workout. Come for the music, stay for the joy. Let's dance our way to feeling fabulous!

A Tue, Apr 14-Jun 23, 2026 | 12:15 PM-1:15 PM

No Class Jun 2

\$65 | 10 Weeks

B Thu, Apr 16-Jun 25, 2026 | 12:15 PM-1:15 PM

No Class Jun 4

\$65 | 10 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!

FRIDAY TRIAL CLASS

Tammy Clark

Fri, Apr 10, 2026 | 12:00 PM-1:00 PM

FREE Registration still required. | 1 Date

MONDAY TRIAL CLASS

Anna Au

Mon, Apr 13, 2026 | 11:30 AM-12:30 PM

FREE Registration still required. | 1 Date

10 WEEK PROGRAM

Anna Au

A Mon, Apr 20-Jun 29, 2026 | 11:30 AM-12:30 PM

No Class May 18

\$80 | 10 Weeks

11 WEEK PROGRAM

Tammy Clark

B Fri, Apr 17-Jun 26, 2026 | 12:00 PM-1:00 PM

\$88 | 11 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!

FRIDAY TRIAL CLASS

Tammy Clark

Fri, Apr 10, 2026 | 1:15 PM-2:15 PM

FREE Registration still required. | 1 Date

MONDAY TRIAL CLASS

Anna Au

Mon, Apr 13, 2026 | 12:45 PM-1:45 PM

FREE Registration still required. | 1 Date

10 WEEK PROGRAM

Anna Au

A Mon, Apr 20-Jun 29, 2026 | 12:45 PM-1:45 PM

No Class May 18

\$80 | 10 Weeks

11 WEEK PROGRAM

Tammy Clark

B Fri, Apr 17-Jun 26, 2026 | 1:15 PM-2:15 PM

\$88 | 11 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, Apr 29, 2026 | 11:00 AM-12:00 PM

FREE Registration still required. | 1 Date

8 WEEK PROGRAM

Wed, May 6-Jun 24, 2026 | 11:00 AM-12:00 PM

\$52 | 8 Weeks

DID YOU KNOW?

Landry Leisure Pass History

Therese Landry's journey took her from life as a nun to a fulfilling career as a high school teacher with Edmonton Catholic Schools. In retirement, she found a vibrant community at NESAs, exploring her creativity through oil painting, singing with the Chorales, 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 64.



FITNESS & SPORTS TRIAL CLASSES

Discover what's new in fitness this season! We're offering several free trial classes so you can experience our newest programs firsthand. See the full program descriptions on their respective pages for more information.

Note: Free but registration is required for all trial classes.

AGE REVERSING ESSETRICS®

Meaghan Hipkin

More information on page 22.

Thu, Apr 16, 2026 | 8:15 AM-8:45 AM

ESSETRICS® FOR STRETCH AND TONE

Meaghan Hipkin

More information on page 26.

Fri, Apr 10, 2026 | 9:15 AM-10:15 AM

FASCIAL MANEUVERS

Brittany Uchach

More information on page 26.

Wed, Apr 15, 2026 | 12:30 PM-1:15 PM

GENTLE FIT CHAIR YOGA

Swee Law

More information on page 28.

A Fri, Apr 10, 2026 | 1:00 PM-2:00 PM

B Fri, Apr 10, 2026 | 2:30 PM-3:30 PM

GENTLE HATHA YOGA

Swee Law

More information on page 28.

Mon, Apr 13, 2026 | 2:15 PM-3:30 PM

INTRODUCTION TO YOGA, BREATHWORK AND MEDITATION

Makaela Paynter

More information on page 29.

Tue, Apr 14, 2026 | 1:30 PM-2:45 PM

LATIN CARDIO

Emily Soriano

More information on page 57.

A Fri, May 22, 2026 | 2:45 PM-3:45 PM

B Fri, Apr 10, 2026 | 2:45 PM-3:45 PM

PILATES ON THE MAT EXPRESS

Falon Fleming

More information on page 30.

Thu, Apr 16, 2026 | 8:15 AM-8:45 AM

ZUMBA® GOLD

Tammy Clark

More information on page 33.

Fri, Apr 10, 2026 | 12:00 PM-1:00 PM

ZUMBA® GOLD

Anna Au

More information on page 33.

Mon, Apr 13, 2026 | 11:30 AM-12:30 PM

ZUMBA® GOLD CHAIR

Tammy Clark

More information on page 33.

Fri, Apr 10, 2026 | 1:15 PM-2:15 PM

ZUMBA® GOLD CHAIR

Anna Au

More information on page 33.

Mon, Apr 13, 2026 | 12:45 PM-1:45 PM

ZUMBA® GOLD PLUS TONING

Sheela Hota-Mitchell

More information on page 34.

Wed, Apr 29, 2026 | 11:00 AM-12:00 PM



PICKLEBALL PROGRAMS

PICKLEBALL AT NESAS

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 NESAS's previous 'Learn to Play' or 'Introduction to Pickleball' workshops register as there will be no instruction or support available for those new to the game.





PICKLEBALL PROGRAMS

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! (You are welcome to take this workshop again if you have taken it in the past!).



Mon, Apr 13-20, 2026 | 2:00 PM-4:00 PM

\$45 | 2 Weeks

PICKLEBALL 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. (You are welcome to take this workshop again if you have taken it in the past!).

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, Apr 15-22, 2026 | 3:30 PM-5:00 PM

\$35 | 2 Weeks

CREDITS/REFUNDS FOR MISSED PICKLEBALL SESSIONS

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

WAITLIST REMINDER

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

INTERESTED IN A SINGLE-SESSION OF PICKLEBALL?

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

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

PICKLEBALL REGISTRATION STARTS APRIL 1, 2026 AT 8:30AM



PICKLEBALL PROGRAMS

NESA'S PICKLEBALL IS OFFERED AT TWO LOCATIONS!

Northgate Lions (7524 139 Avenue)

Rundle Park (2909 113 Avenue)

BEGINNER

Northgate Lions

Tue, Apr 14-Jun 23 | 2:50 PM-4:05 PM

No Session Jun 2

\$55 | 10 Weeks

Northgate Lions

Wed, Apr 29*-Jun 24 | 3:10 PM-4:25 PM

\$49.50 | 9 Weeks

Northgate Lions

Thu, Apr 16-Jun 25 | 2:50 PM-4:05 PM

No Session Jun 4

\$55 | 10 Weeks

NOVICE

Northgate Lions

Mon, Apr 27*-Jun 29 | 2:50 PM-4:05 PM

No Session May 18 and Jun 1

\$44 | 8 Weeks

Northgate Lions

Wed, Apr 15-Jun 24 | 1:50 PM-3:05 PM

\$60.50 | 11 Weeks

MIXED LEVELS

Northgate Lions

Tue, Apr 14-Jun 23 | 1:30 PM-2:45 PM

No session Jun 2

\$55 | 10 Weeks

Northgate Lions

Wed, Apr 29*-Jun 24 | 4:30 PM-5:45 PM

\$49.50 | 9 Weeks

INTERMEDIATE

Rundle Park

Mon, Apr 13-Jun 29 | 9:15 AM-10:30 AM

No Session May 18

\$60.50 | 11 Weeks

Rundle Park

Mon, Apr 13-Jun 29 | 10:35 AM-11:50 AM

No Session May 18

\$60.50 | 11 Weeks

Northgate Lions

Mon, Apr 27*-Jun 29 | 1:30 PM-2:45 PM

No Session May 18 and Jun 1

\$44 | 8 Weeks

Rundle Park

Wed, Apr 15-Jun 24 | 9:15 AM-10:30 AM

\$60.50 | 11 Weeks

Rundle Park

Wed, Apr 15-Jun 24 | 10:35 AM-11:50 AM

\$60.50 | 11 Weeks

Northgate Lions

Wed, Apr 15-Jun 24 | 12:30 PM-1:45 PM

\$60.50 | 11 Weeks

Rundle Park

Fri, Apr 17-Jun 26 | 9:15 AM-10:30 AM

\$60.50 | 11 Weeks

Rundle Park

Fri, Apr 17-Jun 26 | 10:35 AM-11:50 AM

\$60.50 | 11 Weeks

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

PICKLEBALL REGISTRATION STARTS APRIL 1, 2026 AT 8:30AM

FITNESS CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<ul style="list-style-type: none"> • 7:15 Strong Start • Cardio Plus • Chair Total Body Workout • Essentrics for Seniors • Essentrics for Stretch and Tone • Fit For Your Life • Interval Training • Suspension Training • Suspension Training Express • Yang Style Tai Chi – Introduction/ Level 1 • Yang Style Tai Chi –Level ½ Hybrid 	<ul style="list-style-type: none"> • 7:15 Strong Start • Active with Arthritis • Bender Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • 7:15 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 • Barre Cardio • Chair Yoga • Essentrics for Seniors • Iyengar Yoga • Pilates on the Mat Express • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • 7:15 Strong Start • Age Reversing Essentrics • Chair Total Body Workout • Cross Training • Essentrics for Stretch and Tone • Suspension Training • Suspension Training Express
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Fun and Fitness • Gentle Hatha Yoga • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Total Body Workout • Chair Yoga • Introduction to Yoga, Breathwork and Meditation • Zumba® 	<ul style="list-style-type: none"> • Fascial Maneuvers • Flexibility and Foam Rolling 	<ul style="list-style-type: none"> • Chair Total Body Workout • Cross Training • Fun and Fitness • Suspension Training • Yang Style Tai Chi – Level 1 • Yang Style Tai Chi – 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, Essentrics® 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, Level 1 and Level 1/2 Hybrid, 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 Essentrics®, Barre Cardio, Beginner Yoga, Bender and Stability Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® for Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Gentle Hatha Yoga, Intro to Yoga, Breathwork & Meditation, Iyengar Yoga, Pilates on the Mat Express, 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, Apr 14, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Date **Evening**

B Thu, Apr 16, 2026 | 4:00 PM-5:30 PM

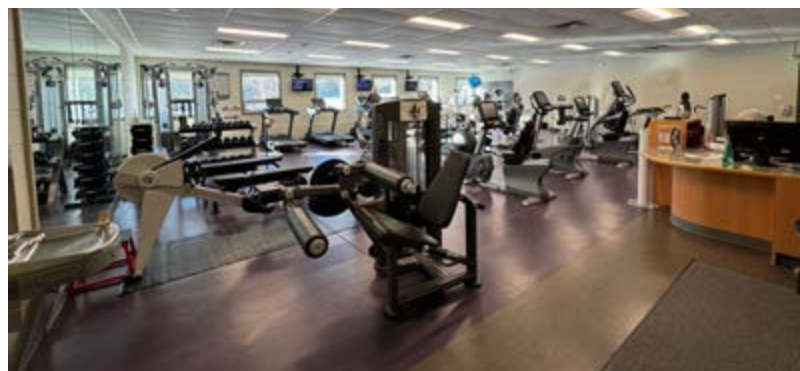
\$10 | 1 Date **Evening**

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

\$10 | 1 Date **Evening**

D Thu, May 7, 2026 | 4:00 PM-5:30 PM

\$10 | 1 Date **Evening**





GENERAL INTEREST

NEW! AGEISM: A CONVERSATION CIRCLE

NESA Representative

Join us to share your perceptions and experiences of ageism and its impacts, as well as your ideas to address it.

What is ageism? Ageism is the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or oneself based on age.

A Conversation Circle is a relaxed gathering where people come together to engage and talk about specific topics in a casual and open manner. You will part of a welcoming space where everyone's voice is valued and there's no pressure to be an expert or reach a specific conclusion. This time will be about fostering meaningful dialogue, building community, and exploring ideas together to promote change. Light refreshments will be served; advanced registration is required.

Wed, May 27, 2026 | 1:30 PM-3:30 PM

\$5 **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, May 14, 2026 | 10:00 AM-12:00 PM

\$5 **NMW**

B Thu, Jun 25, 2026 | 1:30 PM-3:30 PM

\$5 **NMW**

NEW! CAREGIVING 101

Carole Alves-Cornell of Caregivers Alberta

Caregivers Alberta is offering essential information for current and prospective family caregivers, defining their diverse roles and responsibilities. They will be sharing an evidence-based look at the scale of Albertan caregiving, highlighting common issues like burnout, financial strain, and access difficulties. The presentation outlines viable solutions and resources, including educational support, respite options and funding, navigation assistance for healthcare and social services, and peer support networks. The goal is to educate the public, validate caregivers' experiences, and connect them with the tools needed to sustain their vital work.

Fri, Jun 5, 2026 | 9:30 AM-11:30 AM

FREE DURING SENIORS WEEK!

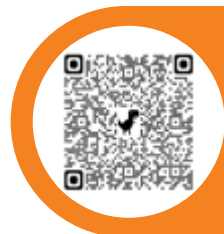
NMW

Registration still required.

NEW! CELEBRATE SENIORS' WEEK WITH BOB LAYTON AND SHANE BLAKELY

Bob Layton and Shane Blakely

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



To purchase tickets, scan the QR Code, visit the front desk, or call us at 780-496-6969

Mon, Jun 1, 2026 | 1:00 PM-3:00 PM

\$10 **NMW**



GENERAL INTEREST

NEW!

COLOURFUL DAYS FOR SPRING

Susanne Urbina, Beauty Expert

Knowing the colour palette that best suits your personal colouring will make dressing joyous and simple! Our skin tone changes as we age, and our hair colour may be different now and they both play a part in how our wardrobe choices affect our overall image. Each participant will have their palette determined after learning colour theory and colour combinations.

Fri, May 1, 2026 | 10:00 AM-12:00 PM

\$20

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, Apr 14, 2026 | 1:30 PM-3:00 PM

\$5

NMW

B Tue, May 12, 2026 | 1:30 PM-3:00 PM

\$5

NMW

C Tue, Jun 9, 2026 | 1:30 PM-3:00 PM

\$5

NMW

NEW!

DEMYSTIFYING EXECUTORSHIP

Gina Vliet of Charon Consulting

Need a clear picture of what being an executor involves? This session will help you identify responsibilities and risks for both estate owners and executors and assess who's a good fit for the role.

Thu, Apr 16, 2026 | 1:30 PM-3:30 PM

\$15

NMW

NEW!

DIVIDEND INVESTING FOR INFLATIONARY TIMES

Weichurn Woo, Mackie Research Financial Advisor

The past 4 years have been tough for current retirees and their traditional retirement portfolios, with many wondering if they are positioned right for the structurally changing financial and investment landscape. There are now growing signs that we are headed back towards the years 1939 to 1979 investment period environment, where the majority of investment returns came from dividends. This is in contrast to the years 1980 to 2021 (which was what most baby boomers' investments had experienced), where dividends only accounted for approx. 30% of complete investment returns. Come join Wei Woo to discuss this changing landscape for retirement portfolios, and the modern higher dividend investment options now available to current retirees experiencing a high cost of living and increasingly unaffordable economy.

Mon, May 25, 2026 | 10:00 AM-11:30 AM

\$2

NMW



GENERAL INTEREST

NEW!

EDMONTON FIRE RESCUE SERVICES: FIRE SAFETY 101

Caryn Levert, Fire Prevention Officer

Join Edmonton Fire Rescue Services for a friendly and informative fire safety presentation focused on keeping you and your loved ones safe. Meet your local firefighters and learn simple, practical steps to prevent fires and respond confidently in an emergency. We'll cover smoke alarms, carbon monoxide safety, home fire escape planning, cooking and smoking safety, lithium-ion battery risks, portable fire extinguishers, and more. Bring your questions and take away valuable tips you can use right away to protect your home and family.

Thu, Jun 4, 2026 | 9:30 AM-11:30 AM

FREE DURING SENIORS WEEK!

NMW

Registration still required.

NEW!

EDMONTON POLICE SERVICE: SCAMS & FRAUDS

Det. Roxanne Heppner

Join the Edmonton Police Service for an informative session, especially for seniors, on common scams and fraud. Officers will share up-to-date information on how scams work, warning signs (including payment card fraud, phishing, phone scams, romance/ investment scams, voice cloning, and more), and practical tips to protect your money and personal information when navigating phone calls, emails, texts, and online activity. Learn to spot these risks early and feel more confident.

Thu, Apr 30, 2026 | 1:30 PM-2:30 PM

FREE Registration still required.

NMW

NEW!

EPS CYBERCRIME AWARENESS

Ben Wilson, Detective

Presented by the Edmonton Police Service, this session covers common scams targeting seniors, including account takeovers, grandparent scams, romance and investment fraud, and work-from-home schemes. Learn simple steps to stay safe and discover trusted resources if you need help.

Wed, Jun 3, 2026 | 9:30 AM-11:30 AM

FREE DURING SENIORS WEEK!

NMW

Registration still required.

NEW!

FACE THE FACTS: SKIN CARE 101

Susanne Urbina, Beauty Expert

The skincare landscape can be very confusing. This workshop will review basic skincare routines while looking at both high- and low-end products, their usage and efficacy. Special products and treatments to address the changing needs of skin 55+ will be discussed and recommended. Participants may bring their own products for assessment.

Fri, Apr 24, 2026 | 10:00 AM-12:00 PM

\$20

NMW

NEW!

FINANCIAL SAFETY: PROTECT YOURSELF FROM SCAMS AND FRAUDS

Sheena Drummond, Money Mentors

Learn to spot common scams, phishing attempts, and identity theft schemes before they happen. This session provides practical tips to protect your personal and financial information and take action if you're targeted.

Mon, Apr 27, 2026 | 9:30 AM-11:30 AM

\$2

NMW



GENERAL INTEREST

NEW!

FRAUD IN 2026 - COULD YOU BE NEXT?

James MacDonald, from Servus Credit Union

Fraud is ever evolving. Everyone in today's world needs to understand how the fraudsters exploit their victims. Join Servus Credit Union Ltd. for an interactive Fraud awareness presentation. Without understanding the red flags it is difficult to Recognize, Reject, and Report fraud. Knowledge about how the scams work allows you to recognize the red flags and ultimately how to prevent yourself from falling victim!

Mon, Jun 1, 2026 | 1:30 PM-3:30 PM

FREE DURING SENIORS WEEK!

NMW

Registration still required.

NEW!

HOW TO PREPARE TO MOVE

Doranna Owerko, Homes for Sale Edmonton

Thinking of doing the big move? Join Doranna, a Realtor Specialist as she dives into the questions we all have when planning to move. She will provide valuable guidance over the essential preparations required before a move, including necessary documentation, scheduling, and contact information. The stuff you've been keeping in the basement... we all have it, but do we actually need it? Doranna will offer strategies for decluttering non-essential items. As the moving process commences and contracts are signed, she will share expert advice on how to minimize costs and maximize value, such as securing moving services and assistance with heavy lifting. Doranna's expertise will be invaluable in answering these questions, so plan to attend.

Thu, May 7, 2026 | 1:30 PM-3:30 PM

\$2

NMW

NEW!

INTRODUCTION TO EDMONTON TRANSIT SERVICE (ETS) & BUS TOUR

Michelle, ETS Educator

Want to start using transit but not sure how to start? Join ETS staff for an orientation to transit! Learn more about:

- Bus and light rail transit (LRT) service
- Accessibility and safety features
- Fare payment (Arc, tap to pay)
- Accessing customer service

Try a bus: After the presentation, we will take a field trip on our very own bus to visit nearby transit centres and put what we've learned into practice!

Thu, Jun 18, 2026 | 1:30 PM-3:30 PM

FREE Registration still required.

NMW

NEW!

MAKING FACES: MAKEUP 101

Susanne Urbina, Beauty Expert

Lifestyles change and how we make up our faces change too but a more casual way of living doesn't mean we should go without make-up. It's a fact that when we look good, we feel good! Follow along while make-up is applied to a participant addressing maturing skin while looking at the value of high- and low-end products.

This session is an excellent follow up if you joined the Face the Facts: Skin Care 101 program.

Fri, Apr 24, 2026 | 1:30 PM-3:30 PM

\$20

NMW



NEW!

MAKING SENSE OF YOUR MONEY: INVESTING WITH CONFIDENCE IN RETIREMENT

Jonathan Lesyk from Allied Asset Management

With so much financial information and so many investment options available, planning for retirement can feel overwhelming. From CPP and OAS to workplace pensions and personal savings, just how do you make smart decisions that support your goals? Join Jonathan Lesyk, Financial Advisor with Raymond James, for a practical and informative session. With over 10 years of industry experience, Jonathan will share key strategies for drawing income in retirement, building a balanced portfolio, and understanding today's investment choices.

Topics include:

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

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

Mon, Jun 1, 2026 | 9:30 AM-11:30 AM

FREE DURING SENIORS WEEK!

NMW

Registration still required.

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, May 26, 2026 | 1:30 PM-3:00 PM

FREE Registration still required.

B Tue, June 16, 2026 | 1:30 PM-3:00 PM

FREE Registration still required.

NESA'S 2025 ANNUAL GENERAL MEETING

Join us for our Annual General Meeting as we review 2025 and look forward to the future by meeting the new Board candidates and meet other members at a post-meeting social gathering. Refreshments will be provided; advanced registration is required. Register in person, over the phone or online.

Please note that an active 2026 NESA Membership is required in order to attend and participate in this meeting.

Fri, Apr 17, 2026 | 1:00 PM-3:00 PM

FREE Registration still required.

NEW!

RETIRE LIKE A PRO: MAKING THE MOST OF YOUR RETIREMENT PAYCHECK

Jonathan Lesyk from Allied Asset Management

You've clocked out for the last time, now let's make sure your money clocks in! Retirement should be about freedom, fun, and doing what you love, not stressing over where your income is coming from. From CPP, OAS, and GIS to pensions, RRSPs, TFSAs, and everything in between, how do you bring all these puzzle pieces together into one smooth financial picture? Join Jonathan Lesyk, Financial Advisor with Raymond James, for a light, lively, and practical session on how to turn your retirement savings into steady, reliable income. With over a decade of experience, Jonathan will share tips on:

- Combining your income sources in a tax-smart way
 - Getting the most out of your savings and benefits
 - Avoiding common retirement money pitfalls
 - Keeping more of your money working for you
- This isn't just a talk about finances—it's about making the most of your retirement, your way.

Mon, May 25, 2026 | 1:30 PM-3:30 PM

\$2 NMW



GENERAL INTEREST

NEW!

SEMI-ANNUAL 2026 GLOBAL FINANCIAL MARKET REVIEW AND 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 are currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2026, and look at forward guidance on what to expect for the second half of 2026. With Trump now in his second year of presidency after a very volatile 1st year, we will dive into what it will mean for the financial markets and the implications for the world.

Mon, Jun 29, 2026 | 10:00 AM-11:30 AM

\$2 **NMW**

NEW!

SPRING WARDROBE UPDATE FOR MEN

Susanne Urbina, Beauty Expert

Join us for a relaxed, practical workshop designed to help men look sharp and feel confident at any age. Learn what colours look best on you to bring out your personal colouring. Knowing which colour palette to choose from will make all your clothing selections easier. We'll also cover easy ways to choose comfortable, wellfitting clothes, and refresh your wardrobe, to make a strong first impression for any activity or event. It's a friendly, no pressure session that makes dressing well simple, enjoyable, and completely doable.

Fri, Jun 19, 2026 | 10:00 AM-12:00 PM

\$20 **NMW**

NEW!

STYLED DAYS FOR SPRING

Susanne Urbina, Beauty Expert

We come in all shapes and sizes and knowing how to dress our shape will give us more confidence that we are putting our best selves forward. Are you a pear or an apple shape? Should I wear a V-neck? How can I dress slimmer? These questions will be answered when participants discover their body type with wardrobe choices that enhance their personal style. This session is an excellent follow up if you joined the Colourful Days for Spring program.

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

\$20 **NMW**

NEW!

SUPPORTING YOUR CHARITIES OF CHOICE – THE FINANCIALS OF CHARITABLE GIVING

Jonathan Lesyk from Allied Asset Management

Supporting your favorite charities feels great for the soul. But did you know it can also feel great for your finances? Join Jonathan Lesyk, Wealth Advisor with Raymond James, for an interactive discussion on how supporting your favorite charities can both your personal fulfillment and your finances. This session is an excellent follow-up for those who attended the Estate Planning Session on March 24th.

Mon, Apr 20, 2026 | 1:30 PM-3:30 PM

\$2 **NMW**

HAVE ANY BOARD GAMES YOU'RE NO LONGER USING?

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



GENERAL INTEREST

NEW!

VOICES OF SENIORS IN ALBERTA

Debra, Seniors United Now Society (SUN)

Seniors United Now Society (SUN) is a non partisan, non profit that provides a venue for discussion and united actions on the needs, concerns and challenges that affect all Alberta Seniors, SUN is dedicated to the equitable treatment for seniors in the community by making our collective voices heard and contributing to the changes necessary to meet the dynamics of a growing and changing senior population.

Thu, May 21, 2026 | 1:30 PM-3:30 PM

\$2

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!

NEW!

WASTE IN EDMONTON

Akewak Gobosho, Diverse Communities Education Coordinator

This session offers a comprehensive look at Edmonton's waste management system, covering topics such as garbage disposal, recycling protocols, food scraps collection, the function of eco stations, and the handling of hazardous household waste. Emphasis will also be placed on waste reduction and reuse strategies, providing attendees with practical knowledge to enhance their role in environmental stewardship. Dedicated time for Q&A and discussion to foster active participation and learning.

Thu, Apr 23, 2026 | 9:30 AM-11:30 AM

FREE Registration still required.

NMW

NEW!

WHAT HAPPENS WHEN YOU DIE WITHOUT A WILL

Gina Vliet of Charon Consulting

Learn how estates are handled when there is no Will in place and how that can affect loved ones. This workshop helps you identify risks, compare outcomes, and evaluate whether your current planning provides the clarity you intend.

Thu, May 14, 2026 | 1:30 PM-3:30 PM

\$15

NMW



HEALTH & WELLNESS

NEW!

ACTIVE WITH ARTHRITIS: HEALTH AND GENTLE MOVEMENT WORKSHOP

Amy Petersen, NESAs 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, May 27, 2026 | 11:15 AM-12:15 PM

\$10 **NMW**

NEW!

BALANCE AND CORE FOUNDATIONS WORKSHOP

Amy Petersen, NESAs Personal Trainer

Join us for a workshop that will help you strengthen the muscles that keep you steady and upright. Movements include standing and seated balance drills, gentle core activation, and fun light-intensity coordination challenges. All exercises are done in either the chair or standing, there is no floor work.

Wed, May 13, 2026 | 11:15 AM-12:15 PM

\$10 **NMW**

BALANCING AND BELONGING: REBUILDING TRUST IN THE BODY

Brittany Uchach, NESAs Personal Trainer

This workshop isn't really about balance. It's about trust. As people age, the fear of falling quietly reshapes how they move. The body braces. Steps shorten. Breath holds. Confidence shrinks, not because the body is incapable, but because it's unsure. Here we will guide you back into a felt sense of safety

A Wed, May 6, 2026 | 1:30 PM-3:00 PM

\$15 **NMW**

B Wed, Jun 24, 2026 | 1:30 PM-3:00 PM

\$15 **NMW**

CONNECTIONS

Carole Furgala, Program Facilitator

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

A Mon, Apr 13-Jun 29, 2026 | 10:00 AM-12:00 PM

No Class May 18

\$22 | 11 Weeks

B Mon, Apr 13-Jun 29, 2026 | 1:00 PM-3:00 PM

No Class May 18

\$22 | 11 Weeks





NEW!

FOOT & LOWER LEG HEALTH

Erin Hay, Program Manager

Join Advanced Foot Care LPNs from the Edmonton O-day'min Primary Care Network for a 90-minute informative and practical presentation on basic foot care. This session will cover everyday foot hygiene, nail care, skin health, proper footwear selection, and how to recognize early warning signs of common foot problems. Participants will learn simple, safe strategies to help prevent complications and maintain comfort, balance, and mobility. The presentation will also highlight when it is important to seek professional foot care. This engaging and easy-to-follow session empowers you to take confident steps toward better foot health.

Mon, May 11, 2026 | 10:00 AM-11:30 AM

\$2 **NMW**

NEW!

HEARING HEALTH

Brynn Nykyforuk, from Ears To You

Learn how the ear works! We will discuss the effects on untreated hearing loss, the social impacts of hearing loss. We will be sharing the history of hearing technology advancements. Hearing clinics through the ages, and learning how Ears To You fits in.

Thu, Jun 4, 2026 | 2:00 PM-3:30 PM

FREE DURING SENIORS WEEK!

Registration still required.

NMW

NEW!

HIP FIT: MOVE BETTER, FEEL STRONGER WORKSHOP

Amy Petersen, NESAs Personal Trainer

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

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

\$10 **NMW**

INTRO TO BREATHWORK AND MEDITATION WORKSHOP

Makaela Paynter, NESAs Instructor

This interactive workshop offers an introduction to breathwork and meditation, exploring what they are, how they work, and how they can support physical and mental well-being. Participants will learn about the effects of breathing and meditation through discussion, visual examples, and guided practice of accessible breathing techniques and meditation. Space is woven throughout the workshop for reflection and questions in a relaxed and supportive setting.

Fri, Jun 5, 2026 | 2:00 PM-3:30 PM

FREE DURING SENIORS WEEK!

Registration still required.

NMW



NEW!

MAID 101

Carl, from Dying with Dignity

Dying With Dignity Canada, a national human-rights charity, is dedicated to improving the quality of dying, protecting end-of-life rights, and helping Canadians avoid unwanted suffering. Our presentation addresses Medical Assistance in Dying (MAID), covering its legalization in Canada, eligibility criteria, and the challenges the country currently faces. We defend human rights by advocating for assisted dying rules that uphold the Canadian Constitution and the Charter of Rights and Freedoms. We also support adults with grievous and irremediable medical conditions who wish to die on their own terms, and we educate the public on legal end-of-life options, including Advanced Care Planning and MAID.

Fri, May 8, 2026 | 1:30 PM-3:30 PM

\$2 **NMW**

NEW!

PAIN, POSTURE, AND THE WISDOM OF FASCIA

Brittany Uchach, NESAs Personal Trainer

Join Personal Fitness Trainer Britt for a workshop that will focus on relieving the pain you may be experiencing due to the mechanical stress of altered posture and movement patterns.

A **Wed, Apr 29, 2026 | 1:30 PM-3:00 PM**

\$15 **NMW**

B **Wed, Jun 3, 2026 | 1:30 PM-3:00 PM**

\$15 **NMW**

NEW!

POSTURE AND BACK CARE WORKSHOP

Amy Petersen, NESAs Personal Trainer

Attend this session to learn exercises to strengthen the back, open the chest, and improve everyday posture. This workshop will include gentle stretches to reduce upper back and neck tension. There is no floor work.

Wed, Apr 29, 2026 | 11:15 AM-12:15 PM

\$10 **NMW**

NEW!

STAYING STRONG & HEALTHY WITH NUTRITION

Melissa Sheehan, RD, Public Health Dietitian

Interested in learning more about nutrition for healthy aging? Join Melissa Sheehan, a Registered Dietitian from Alberta Health Services to talk about key nutrients, strategies to stay strong, and tips for cooking quick and easy meals for 1 or 2 people. You'll also receive helpful resources and learn how to find quality nutrition information from home.

Tue, May 5, 2026 | 1:30 PM-3:30 PM

FREE **Registration still required.** **NMW**

NESA'S SHREDDING PROGRAM

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



NEW!

STRONG AND STABLE BACK AND SHOULDERS WORKSHOP

Amy Petersen, NESAs Personal Trainer

Come by for a morning workout where Amy will lead you through a gentle workout targeting range of motion improvement and the strengthening of muscles in your shoulders and back. Learn gentle and safe movements that will allow you to feel stronger, improve your posture, and improve your flexibility. A takeaway sample program will also be provided. No floor work.

Wed, Jun 10, 2026 | 11:15 AM-12:15 PM

\$10 **NMW**

NEW!

STRONG FOUNDATIONS: BEGINNER WEIGHT TRAINING WORKSHOP

Amy Petersen, NESAs Personal Trainer

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

Wed, Jun 24, 2026 | 11:15 AM-12:15 PM

\$10 **NMW**

NEW!

THREE KEYS TO VIBRANT AGING: MEDICATION, NUTRITION AND HABITS

Honguen Lee, RPh, APA, CDE

In this engaging session, we will explore the three essential pillars of preventing and managing chronic conditions: medication optimization, tailored nutrition, and sustainable lifestyle habits. As a prescribing pharmacist, I will share professional insights on how to ensure your medications are working for you, rather than against you. We will also dive into the world of practitioner-grade supplements and how "small wins" in your daily routine can lead to significant long-term health benefits. This presentation is designed to empower seniors to take an active, informed role in their own wellness journey. Our goal is to move beyond just "managing" symptoms to truly thriving in the golden years.

Wed, Jun 3, 2026 | 1:30 PM-3:30 PM

FREE DURING SENIORS WEEK!

NMW

Registration still required.

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!

STAY ACTIVE. STAY CREATIVE. STAY CONNECTED.

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

ARTS & CRAFTS:

ACRYLIC PAINT WORKSHOP: BUMBLEBEES AND DAISIES

More information on page 17.

ACRYLIC PAINT WORKSHOP: RAINY DAY BLUES IN SHADES OF GREEN

More information on page 17.

CAKE DECORATING WORKSHOP: SPRINGTIME

More information on page 14.

CREATIVE CARDS WORKSHOP: ALL OCCASIONS

More information on page 14.

CREATIVE CARDS WORKSHOP: CHRISTMAS IN JUNE

More information on page 14.

DOTABLE MANDALA WORKSHOP

More information on page 18.

ENCAUSTIC ART WORKSHOP: GREETING CARDS

More information on page 15.

MIXED MEDIA WORKSHOP: BLUE JAY

More information on page 19.

MIXED MEDIA WORKSHOP: THE ART OF ABUNDANCE

More information on page 19.

OIL PAINTING WORKSHOP: SKYWARD BIRCH

More information on page 20.

STAINED GLASS WORKSHOPS

More information on page 16.

FITNESS & WELLNESS:

ACTIVE WITH ARTHRITIS: HEALTH AND GENTLE MOVEMENT WORKSHOP

More information on page 48.

BALANCE AND CORE FOUNDATIONS WORKSHOP

More information on page 48.

BALANCING AND BELONGING: REBUILDING TRUST IN THE BODY

More information on page 48.

HIP FIT: MOVE BETTER, FEEL STRONGER WORKSHOP

More information on page 49.

INTRO TO BREATHWORK AND MEDITATION WORKSHOP

More information on page 49.

PAIN, POSTURE, AND THE WISDOM OF FASCIA

More information on page 50.

POSTURE AND BACK CARE WORKSHOP

More information on page 50.

STRONG AND STABLE BACK AND SHOULDERS WORKSHOP

More information on page 51.

STRONG FOUNDATIONS: BEGINNER WEIGHT TRAINING WORKSHOP

More information on page 51.

SUSPENSION TRAINING WORKSHOP

More information on page 31.



LANGUAGES



SPANISH - BEGINNER

Tania Oyarzun

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

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

Wed, Apr 15-Jun 24, 2026 | 9:30 AM-11:30 AM

\$160 | 11 Weeks

SPANISH - INTERMEDIATE

Jorge Oyarzun

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

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

Wed, Apr 15-Jun 24, 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.

NEW Time!

Wed, Apr 22-Jun 24, 2026 | 3:00 PM-4:30 PM

No Class June 3

\$135 | 9 Weeks **NMW**

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, Apr 13-Jun 29, 2026 | 2:45 PM-3:45 PM

No Class May 18

\$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, Apr 15-Jun 24, 2026 | 1:30 PM-2:30 PM

\$72 | 11 Weeks

CLOGGING: LEVEL 5

Adele Brewer

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

Mon, Apr 13-Jun 29, 2026 | 1:30 PM-2:30 PM

No Class May 18

\$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, Apr 13-Jun 29, 2026 | 1:00 PM-1:30 PM

No Class May 18

\$36 | 11 Weeks



PERFORMING ARTS

DRAMA

Bernadette Alseth

Welcome to an engaging 9-week drama course where stories come to life through voice and imagination. You will explore the world of live theatre, bringing scripts to life without memorization! While learning script theory, primary emphasis will be on casted character development. Each session includes 90 minutes of focused work followed by a relaxed 30 minute, optional coffee time to chat and connect with your fellow actors. This is not a drop in class, attendance and commitment is very important to building an ensemble. Please bring a pencil and notebook to class and an anthology of one -act plays will be provided for your use.

Tue, Apr 28-Jun 23, 2026 | 1:00 PM-3:00 PM

\$30 | 9 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, Apr 22-Jun 10, 2026 | 10:00 AM-11:00 AM

\$50 | 8 Weeks

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, Apr 17-Jun 12, 2026 | 11:45 AM-12:45 PM

No Class May 15

\$50 | 8 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, Apr 17-Jun 12, 2026 | 9:00 AM-10:00 AM

No Class May 15

\$50 | 8 Weeks



PERFORMING ARTS

GUITAR: LEVEL 2

Gilles Benoiton

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

Wed, Apr 22-Jun 10, 2026 | 1:00 PM-2:15 PM

\$61 | 8 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, Apr 22-Jun 10, 2026 | 11:15 AM-12:45 PM

\$72 | 8 Weeks

GUITAR: LEVEL 3

Gilles Benoiton

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

Fri, Apr 17-Jun 12, 2026 | 10:15 AM-11:30 AM

No Class May 15

\$61 | 8 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, Apr 17-Jun 12, 2026 | 1:00 PM-2:15 PM

No Class May 15

\$61 | 8 Weeks





PERFORMING ARTS



HANDBELLS

Wendy Hoskin

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

Thu, Apr 16-Jun 25, 2026 | 10:00 AM-11:30 AM

\$58 | 11 Weeks

NEW! LATIN CARDIO Emily Soriano

Latin Cardio with Emily is a high-energy fitness dance class set to upbeat Latin music, including salsa, reggaeton, merengue, and Latin pop. This heart-pumping workout blends easy-to-follow choreography with cardio intervals designed to improve endurance, coordination, and overall fitness. Emily creates a fun, supportive atmosphere that feels more like a dance party than a workout. Suitable for all levels, the class offers modifications for beginners and intensity options for more advanced participants. Come ready to sweat, move, and feel the rhythm.

TRIAL CLASS

NMW

A Fri, Apr 10, 2026 | 2:45 PM-3:45 PM

FREE Registration still required. | 1 Week

5 WEEK PROGRAM

A Fri, Apr 17-May 15, 2026 | 2:45 PM-3:45 PM

\$45 | 5 Weeks

TRIAL CLASS

NMW

B Fri, May 22, 2026 | 2:45 PM-3:45 PM

FREE Registration still required. | 1 Week

5 WEEK PROGRAM

B Fri, May 29-Jun 26, 2026 | 2:45 PM-3:45 PM

\$45 | 5 Weeks

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



A welcoming space to relax, connect with others, and enjoy board games, card games, and puzzles in a laid-back, inclusive environment. Drop in to unwind, play, and make yourself at home. Room 207, open Monday, Tuesday, Thursday & Friday, 9:00am-3:30pm



PERFORMING ARTS

LEARN TO MAINTAIN AND RESTRING YOUR GUITAR

Mike Chenoweth

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

Mon, May 4, 2026 | 9:30 AM-11:30 AM

\$25 | 1 Week 



LINE DANCING: LEVEL 1

Dwayne Tulik

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

Tue, Apr 14-Jun 23, 2026 | 8:45 AM-10:15 AM

No Class Jun 2

\$62 | 10 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, Apr 14-Jun 23, 2026 | 1:30 PM-2:30 PM

No Class Jun 2

\$48 | 10 Weeks



PERFORMING ARTS

MUSIC LESSONS (1:1) GUITAR UKULELE HARMONICA

Mike Chenoweth

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

A Tue, Apr 21-Jun 23, 2026 | 8:45 AM-9:15 AM
\$230 | 10 Weeks

B Tue, Apr 21-Jun 23, 2026 | 9:15 AM-9:45 AM
\$230 | 10 Weeks

C Tue, Apr 21-Jun 23, 2026 | 9:45 AM-10:15 AM
\$230 | 10 Weeks

D Tue, Apr 21-Jun 23, 2026 | 10:15 AM-10:45 AM
\$230 | 10 Weeks

UKE N' PLAY TODAY: BEGINNER UKULELE

Mike Chenoweth

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

Tue, Apr 14-Jun 23, 2026 | 11:00 AM-12:00 PM
\$98 | 11 Weeks

NESA'S MINI WORD SEARCH

GUITAR
FITNESS

DRAMA
MUSIC

UKULELE
ARTS

SPANISH
DANCE

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



TOURS & OUTINGS

NEW!

RIVER CREE CASINO TRIP



Feeling Lucky? Join Us at River Cree Casino! Enjoy the buzz of the games, tasty food, and plenty of laughs along the way. Whether you're a seasoned card shark, a slot-machine superstar, or just in it for the good company, this trip promises fun, excitement, and a great excuse to get out and play. Come roll the dice with us—you might just hit the jackpot in good times!

Registration deadline: April 15, 2026 by 4 PM

Thu, Apr 23, 2026 | 11:00 AM-3:30 PM

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

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

Cost: \$5

Includes Bus Fee, \$5 Free Play Voucher, Complimentary Lunch at Tap 25 Restaurant

NEW!

SALISBURY ENJOY CENTRE + LUNCH

It's time to get your thumbs green! Indulge your passion for gardening with an inspiring trip to the renowned Salisbury Enjoy Centre.



Browse the vast selection of healthy, vibrant plants, including annuals, perennials, herbs, and unique houseplants. After filling your bags with green treasures, enjoy a leisurely lunch at the charming café (at your own cost). Relax and reflect before we head back. Hop on board and secure your spot for a trip filled with inspiration, natural beauty, and the chance to bring home something special for your own personal oasis.

Registration deadline: May 1, 2026 by 4 PM

Wed, May 13, 2026 | 10:00 AM-2:00 PM

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

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

Early Bird Rate: \$30 (Until Apr 20 by 4:00 PM)

Regular Rate: \$40 (Until May 1 by 4:00 PM)



TOURS & OUTINGS

NEW!

ROYAL ALBERTA MUSEUM

Embark on an educational adventure to the Royal Alberta Museum, where a vast array of state-of-the-art exhibits awaits. This self-guided trip allows you to tailor your experience and focus on the displays that interest you most, promising a personalized and inspiring visit. Discover Alberta's prehistoric past in the spectacular paleontology hall, home to impressive dinosaur skeletons and fossils. Journey through time with interactive displays detailing Indigenous cultures, early settler life, and the development of modern communities. For a truly unique experience, don't miss the captivating live Bug Gallery, showcasing insects and arachnids from across the globe. Join us for a trip full of knowledge!



Registration deadline: May 29, 2026 by 4 PM

Fri, Jun 12, 2026 | 10:00 AM-2:15 PM

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

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

Early Bird Rate: \$40 (Until May 4 by 4:00 PM)

Regular Rate: \$50 (Until May 29 by 4:00 PM)

NEW!

U OF A BOTANIC GARDENS

Escape the everyday hustle and immerse yourself in a peaceful and picturesque environment with our bus trip to the renowned University of Alberta Botanic Garden. Upon arrival, enjoy a leisurely visit through the beautiful gardens, featuring seasonal flowers, peaceful walking paths, and plenty of spots to sit and take in the scenery. The garden is a vibrant tapestry that changes with the season, ensuring a unique and breathtaking view no matter when you visit.



This gentle, well-paced outing is ideal for those looking to connect with nature and enjoy a pleasant day with friends. Join us for a restorative day surrounded by nature's beauty.

Lunch at the onsite café is included in the program cost. Menu details will be shared closer to the outing by NESAs staff once they become available.

Registration deadline: June 12, 2026 by 4 PM

Thu, Jun 25, 2026 | 9:30 AM-2:15 PM

Bus Departs: 9:30 AM | Bus Returns: 2:15 PM

Please arrive at NESAs between 9:15 AM-9:20 AM to check in before departure.

Early Bird Rate: \$70 (Until May 26 by 4:00 PM)

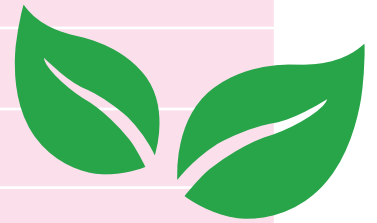
Regular Rate: \$80 (Until Jun 12 by 4:00 PM)



NESA

EVENTS AT A GLANCE

MARCH 31	SPRING PROGRAM REGISTRATION BEGINS 8:30 AM
APRIL 1	SPRING PICKLEBALL PROGRAM REGISTRATION BEGINS 8:30 AM
APRIL 1	BOTTLE DRIVE 9 AM - 12 PM
APRIL 3	NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY
APRIL 6	NESA CLOSED / STAT HOLIDAY / EASTER MONDAY
APRIL 8-10	BOOK, PUZZLE, AND JEWELRY SALE 9 AM - 3 PM (Open till 7 pm on Wed & Thurs) Free Admission Free Parking
APRIL 13	SPRING PROGRAMS BEGIN Must have a valid 2026 NESA Membership
APRIL 17	ANNUAL GENERAL MEETING 1 PM - 3 PM Light refreshments Must RSVP Must have a valid 2026 NESA Membership
MAY 6	BOTTLE DRIVE 9 AM - 12 PM
MAY 8	CINCO DE MAYO CELEBRATION 1:30 PM - 3:30 PM Tickets: \$25 pp (Deadline: May 1 by 4 pm)
MAY 18	NESA CLOSED / STAT HOLIDAY / VICTORIA DAY
MAY 23	GARDEN AND PLANT SALE 9 AM - 3 PM Free Parking
MAY 23	GARAGE SALE 9 AM - 3 PM Free Parking
MAY 23	DANCE NIGHT - EDMONTON SWING BAND 7 PM - 10 PM Tickets: \$15pp in advance, \$20pp at the door
JUNE 1	SENIORS' WEEK - BOB LAYTON AND SHANE BLAKELY 1 PM - 3 PM Tickets: \$10pp (Deadline: May 25 by 4PM)
JUNE 2	SENIORS' WEEK - HEALTH AND WELLNESS FAIR 10 AM - 3 PM Free Admission Free Parking
JUNE 2	SENIORS' WEEK - HANDMADE WITH HEART CLUB CRAFT SALE 10 AM - 3 PM Free Admission Free Parking
JUNE 3	BOTTLE DRIVE 9 AM - 12 PM
JUNE 4	SENIORS' WEEK - CRIBBAGE TOURNAMENT 9:30 AM - 4 PM \$60 per team (includes 10 games and lunch)
JUNE 5	SENIORS' WEEK - FASHION SHOW AND SHOPPING EVENT 12:30 PM - 3:30 PM Tickets: \$15pp (Deadline: May 29 by 4PM)
JUNE 26	PUB NIGHT - MUSIC BINGO 7 PM - 10 PM Tickets: \$15pp in advance, \$20pp at the door



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

SENIORS WEEK EVENTS & PROGRAMS

MONDAY, JUNE 1

- 9:30 AM-11:30 AM **Making Sense of Your Money: Investing with Confidence in Retirement**
Jonathan Lesyk from Allied Asset Management
See page 45 for details.
-
- 1:00 PM-3:00 PM **Celebrate Seniors' Week with Bob Layton and Shane Blakely**
See page 41 for details | Tickets: \$10 each
-
- 1:30 PM-3:30 PM **Fraud in 2026 - Could you be Next?**
James MacDonald, from Servus Credit Union
See page 44 for details.

TUESDAY, JUNE 2

- 10:00 AM-3:00 PM **Health and Wellness Fair**
-
- 10:00 AM-3:00 PM **Handmade with Heart Club Craft Sale**

WEDNESDAY, JUNE 3

- 9:30 AM-11:30 AM **EPS Cybercrime Awareness**
Ben Wilson, Detective
See page 43 for details.
-
- 1:30 PM-3:30 PM **Three Keys to Vibrant Aging: Medication, Nutrition and Habits**
Honguen Lee, RPh, APA, CDE
See page 51 for details.

THURSDAY, JUNE 4

- 9:30 AM-4:00 PM **Cribbage Tournament**
\$60 per team (includes 10 games and lunch)
-
- 9:30 AM-11:30 AM **Edmonton Fire Rescue Services: Fire Safety 101**
Caryn Levert, Fire Prevention Officer
See page 43 for details.
-
- 2:00 PM-3:30 PM **Hearing Health**
Brynn Nykyforuk, from Ears To You
See page 49 for details.

FRIDAY, JUNE 5

- 9:30 AM-11:30 AM **Caregiving 101**
Carole Alves-Cornell of Caregivers Alberta
See page 41 for details.
-
- 12:30 PM-3:30 PM **Fashion Show and Shopping Event**
-
- 2:00 PM-3:30 PM **Intro to Breathwork and Meditation Workshop**
NESA Instructor, Makaela Paynter
See page 49 for details.

NESA'S LANDRY LEISURE PASS



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

THINGS TO KNOW

Registration is open for the 2026 LLP PROGRAM.

HOW DO I QUALIFY?

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

1. Annual Income Eligibility

One Person Household:

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

Two Person Household:

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

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

2. Current Address Eligibility

One of the following NE Edmonton postal codes:

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

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

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

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

HOW DO I RENEW MY CURRENT LLP PASS?

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

REGISTERING FOR PROGRAMS AND ACTIVITIES WITH YOUR LANDRY LEISURE PASS:

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

THE FOLLOWING ARE ELIGIBLE FOR LLP SUBSIDY:

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

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

HOME SUPPORTS & OUTREACH SERVICES

WHY HAVE OUTREACH AND HOME SUPPORT SERVICES CHANGED?

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

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

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

WHERE CAN I ACCESS OUTREACH OR HOME SUPPORT SERVICES NOW?

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

COMMUNITY RESOURCES

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

Alberta Programs and Services

<https://ab.211.ca>

City of Edmonton Information

<https://www.edmonton.ca>

City of Edmonton Service Requests

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

Hello Seniors Support Program

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

Seniors Home Supports

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

Support Services for Seniors

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

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

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

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



ENGAGE



INSPIRE



CREATE



Please Recycle!

And pass this program guide on to a friend