



SPRING 2022

Registration Begins April 5, 2022 at 8:30AM

PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your **FUN** inside:

- 18 Fitness Centre: Small Group Training
- 28 Out of Our Caves
- Silk Scarf: Water Marbling Workshop
- 11



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



Edmonton



7524 - 139 Avenue

our history

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

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

NESA's success speaks for itself:

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

Join us for Laughter,
Learning, and Living!

Fun Keeps You Young

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MEMBERSHIP INFORMATION SPRING 2022

Office Hours
Mon to Fri 8:30AM - 4PM
Registration Begins:
April 5, 2022 @ 8:30 AM

ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$30/person

Under 55 MEMBERSHIP: \$60/person

- Valid January 1 (or date of purchase) to December 31.
- Full voting privileges at Annual General Meeting.
- Access to Fitness Centre with purchase of Fitness Pass.
- Access to NESA programs, and club enrollment at membership rates. (Not required for special events, and various one-day lectures or presentations).

How to Obtain:

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

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

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

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

How to Obtain:

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

Renewing Members - Automatically updated internally.

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 45 for more information about NESA's subsidy program.



RECIPROCAL MEMBERSHIP

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

How to Obtain:

Purchase at participating Senior Recreation Centres.

NON-MEMBERS

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

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

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

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

PROGRAM REGISTRATION INFORMATION & FORMS

register online

REMINDER!

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

HOW TO REGISTER:

ONLINE REGISTRATION

Already have your online account set up?

Please visit our website www.nesal.ca and click on **"My Account"** to sign in and register as you did in the Winter of 2022.

Haven't set up your online account yet?

Don't delay and call NESAs before Tuesday, April 5, 2022 for assistance with getting your online account set up. For Account Support, call 780.496.6969 or visit www.nesal.ca then click on **"My Account"** and review instructions provided about how to get started.

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

Need access to a computer? The NESAs computer lab will be open during office hours (8:30AM-4PM) on April 5 - 14, 2022. Please note this is self-serve only. Staff will not be available to assist you.

For Technical Support
call: 780.496.6969

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

To ensure patron safety, to prevent overcrowding and excessive lineups, and to provide a more efficient registration experience, it is *strongly encouraged* that members register for their activities and programs **online**. If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration and cheque payment.

While the NESAs team will endeavour to provide members who choose in-person registration with a positive and successful experience, please be aware that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider **online** registration if possible as it proves to be the safest, most efficient, and fastest option.

IN-PERSON

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

MAIL-IN

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

TELEPHONE

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

CANCELLATIONS AND REFUNDS

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

LOW ENROLMENT POLICY

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

DISCLAIMERS

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



North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY

- Regular Membership ☐
Non senior Membership ☐
Gold Membership ☐
Reciprocal Membership ☐

NESA Membership Application

Please **PRINT** Clearly

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

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

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

SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

PHONE NUMBER: _____ EMAIL ADDRESS: _____

Email Address required for online registration access.

BIRTH DATE (MM/DD/YYYY): _____

Full birth date required for Membership Type criteria.

☐ MALE ☐ FEMALE ☐ PREFER NOT TO DISCLOSE/UNSPECIFIED

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: _____ EMERGENCY RELATIONSHIP: _____

OFFICE USE ONLY:

- ☐ MEMBERSHIP INFORMATION INPUT INTO BOOKING ON _____ (DATE) BY _____ (INITIALS)
☐ TERMS OF SERVICE ELECTRONICALLY SUBMITTED ON BOOKING
☐ 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





North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesal.ca

Terms of Service

[Last updated February 26th, 2021]

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

I, the participant, recognize that the activities of the club/program I will be participating in may have some inherent risks. I knowingly and voluntarily assume the risks of engaging in this activity.

I acknowledge that it is my responsibility to be aware of the risks associated with the activity and to safeguard my person by ensuring:

1. that I am physically able/capable of the activity;
2. that I exercise safety measures appropriate to the activity and,
3. that I do not participate beyond my capabilities.

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

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

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

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

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

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

I have read and understand the above Terms of Service.

Signed: _____ Date: _____



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

Friendly Reminder!

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

Mail-In Registration Form

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

Important – Mail-in registrations:

- Will be processed **at the end of day** on the first day of online registration and as received thereafter;
- Are accepted on a space availability basis and a space in class is not guaranteed; **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.nesal.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

COVID-19 and an Operations Update



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

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



Mask-Wearing at NESA/The Northgate Facility

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

NOTE Operational guidelines and protocols may be subject to change.

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



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

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

What you can do to keep yourself and others safe:

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



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

NEW!

NESA Tech Tutorial Thursdays

Shawn Gramiak

Do you need to: Learn how to use your phone, tablet or computer? Get your email under control? Learn some tips and tricks for making Word, Excel or other Microsoft stuff easier to use? What about how to figure out how to use the Google Drive, Docs, Sheets, Slides or other apps? Well wait no longer, we have some tutorials for you! On Thursdays, computer/device-tutor Shawn will offer hour-long tech tutorials. Book one or book a bunch! Closer to the start date of your session the instructor will contact you to review what your tutorial needs and goals are and will prepare for your time together accordingly.

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

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

4 SESSIONS/DAY

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

A Thursday, June 2

1 10:30-11:30AM **2** 12-1PM **3** 1:30-2:30PM **4** 3-4PM

B Thursday, June 9

1 10:30-11:30AM **2** 12-1PM **3** 1:30-2:30PM **4** 3-4PM

C Thursday, June 16

1 10:30-11:30AM **2** 12-1PM **3** 1:30-2:30PM **4** 3-4PM

D Thursday, June 23

1 10:30-11:30AM **2** 12-1PM **3** 1:30-2:30PM **4** 3-4PM

\$50 Per One-Hour Tutorial

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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

Bird Carving: Red Breasted Nuthatch (A continuation)

Diane Sharkey

Diane Sharkey is a member and instructor at the Alberta Wildlife Carving Association. In the past 7 years, she has taken numerous carving courses from world champion carvers and is very excited to share what she has learned. This project is a continuation from the past few seasons. Additional costs for supplies payable to instructor (approximately \$20).

Wed, Apr 20-May 25 / 1-4 PM / Wks 6

\$81

Ceramics

Jackie Garrant

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

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

Wed, Apr 20-Jun 22 / 12:30-3:30 PM / Wks 9

No class June 8

\$93

PLEASE NOTE

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

Creative Cards: Christmas in June

Janelle Tameling

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

Fri, Jun 24 / 9 AM-3 PM / Wks 1

\$40

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 45 for information about NESAs Landry Leisure Pass.

Needlecrafts: Crochet and Knitting

Ann Marston

NESA's wonderful instructor and crochet and knitter extraordinaire is taking the spring season off but looks forward to returning to work with you in the Fall of 2022!

Northgate Writing Society

Do you have a story? We would love to hear it! Come have some fun and laughter with us as we all share in a respectful environment along with encouraging feedback. We offer tips from members and special guests to improve your writing and critiquing skills. You may check out our stories at nglswordweavers.blogspot.com.

Fri, Apr 22-Jun 24 / 1-3 PM / Wks 9

No class June 10

\$18

NEW! Silk Scarf: Water Marbling Workshop

Karen Selinger



The art of water marbling is floating paints on a thickened water solution, patterning a colorful design, and making a contact print. In this workshop, you will be making a 14"x73" scarf made out of 100% silk. There are no

special skills required, only the willingness to experiment and have fun!

All supplies are provided for this workshop.

A Fri, May 27 / 12:30-2 PM / Wks 1

\$42

B Fri, May 27 / 2:15-3:45 PM / Wks 1

\$42

NEW!

Sculpting Workshop

Naji Matta, Arabic Club for Culture and Arts (ACCA)

Come and unleash your inner artist! Join this 3-hour instructor-led sculpting class, and leave with your very own masterpiece! All materials are included, and no sculpting experience is required. More details will be available in April.

Tue, May 31 / 12:30-3:30PM / Wks 1

\$55

Soapstone Carving: Owl

Kay McCormack



Love sculpture? Love stone carvings? Here's your chance to create the iconic Owl. Beginner and intermediate carvers are welcome to spend a 3-day workshop with local soapstone artist Kay McCormack. In this workshop, you will

learn the planning portion for your carving, the correct and safe use of hand tools and with Kay's guidance see your sculpture emerge. All supplies included.

Thu, May 12-26 / 12:30-3:30 PM / Wks 3

\$145

NESA IS A NON-PROFIT ORGANIZATION

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



MATERIALS

Please refer to class supply lists provided in the links below. Registering by mail-in? A copy of the list will be sent to you by mail. *In light of the COVID-19 situation, please help us keep one another safe and ensure to bring your own drop-cloths, art easels, or any other supplies that NESA may have provided in the past. Thank you!

Acrylics with Cindy

Cindy Barratt

Cindy will take you through various aspects of painting with Acrylics from colour theory, various painting techniques, brush strokes, handling the medium, composition, etc. There will be some exercises, discussion, demos, and lots of hands-on painting with individual assistance. Students will have the opportunity to select a "theme" each week and can then work from Cindy's painting reference projects or bring in their own references. For beginner to intermediate levels. Click **here** for supply list.

Tue, May 3-Jun 21 / 12:30-3:30 PM / Wks 7

No class June 7

\$180

Gouache Painting

Muhammed Salayi

It is never too late to discover another painting medium. Muhammed will be teaching about a centuries-old type of paint called gouache (goo-wash). Gouache is a water-based medium that is easy to handle, and washable with no odor. Gouache has a lovely, heavy, and velvety texture that absorbs light rather than reflecting it, creating a very smooth appearance. Join Muhammed as he explains why this medium is so magical. He will teach you how to use it to create vibrant, luminous works of art. The course is for every level.



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

Thu, Apr 21-Jun 23 / 12:30-3:30 PM / Wks 9

Acrylic Paint Pouring: Chain Pull Techniques

Janelle Tameling

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

Fri, May 6 / 10 AM-12 PM / Wks 1

\$40

Acrylic Paint Pouring: Dip Techniques

Janelle Tameling

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

Fri, May 6 / 1-3 PM / Wks 1

\$



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

9



Painting with Pastel Pencils

Debbie Olafson

Pastels pencils produce beautiful blendable paintings without the dust and mess of traditional soft pastels. We'll start with a beautiful autumn scene with buildings and trees. Our second piece will capture the long rays of light in spring. Join us to explore this friendly and forgiving medium.

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

Mon, Apr 25-Jul 4 / 1-4 PM / Wks 7

No class May 23, May 30, June 6, June 20

\$126

NEW! Painting Workshop

Naji Matta, Arabic Club for Culture and Arts (ACCA)

Come and unleash your inner artist! Join this 3-hour instructor-led painting class, and leave with your very own masterpiece! All materials are included, and no painting experience is required. More details will be available in April.

Tue, May 17 / 12:30-3:30PM / Wks 1

\$55

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 45 for information about NESAs Landry Leisure Pass.

NEW! Pen & Ink: Buildings and Street Scenes

Susan Casault

Join us in drawing a variety of buildings and street scenes in pen & ink over a five-week session. No rulers required! Our drawings will be done in a loose, whimsical style. You will explore line, textures and values using different drawing techniques. Students will have the option of completing the drawings in graphite pencil if they prefer. Several small drawings will be completed. Photo reference will be provided by the instructor.

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

Thu, May 26-Jun 30 / 9:30 AM-12:30 PM / Wks 5

No class June 9

\$132

Watercolor with Willie For All Levels

Willie Wong

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

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

Wed, Apr 20-Jun 15 / 1-4 PM / Wks 8

No class June 8

\$207



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 25 for a class selection overview.

Active with Arthritis

Kiersten van Leenen

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

Tue, Apr 19-Jun 21 / 11 AM-12 PM / Wks 9

No class June 7

\$59

Age Reversing Essentrics®

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.

Samara Hipkin

A Mon, Apr 25-Jul 4 / 10:15-11:15 AM / Wks 9

No class May 23, June 6

\$102

Meaghan Hipkin **NEW Time**

B Fri, Apr 22-Jun 24 / 10:15-11:15 AM / Wks 9

No class June 10

\$102

Barre Cardio

Falon Fleming

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

Thu, Apr 21-Jun 23 / 9-10 AM / Wks 9

No class June 9

\$59

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 25-Jul 4 / 2-3:30 PM / Wks 9

No class May 23, June 6

\$84

DID YOU KNOW?

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

GST Charitable #119060317 RR 0001

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 45 for information about NESA's Landry Leisure Pass.

Cardio Plus

Falon Fleming

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

A Mon, Apr 25-Jul 4 / 8:30-9:30 AM / Wks 9

No class May 23, June 6

\$59

B Wed, Apr 20-Jun 22 / 8:30-9:30 AM / Wks 9

No class June 8

\$59

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 25-Jul 4 / 12:45-1:45 PM / Wks 9

No class May 23, June 6

\$59



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.

Maggie Nichol **NEW Time**

A Mon, Apr 25-Jul 4 / 11:15 AM-12:15 PM / Wks 9

No class May 23, June 6

\$59

Kiersten van Leenen

B Tue, Apr 19-Jun 21 / 12:45-1:45 PM / Wks 9

No class June 7

\$59

Kiersten van Leenen

C Thu, Apr 21-Jun 23 / 1:45-2:45 PM / Wks 9

No class June 9

\$59

Chair Yoga

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

Beverley Moore

A Tue, Apr 19-Jun 21 / 12:15-1:15 PM / Wks 9

No class June 7

\$68

Barb Deneka

B Thu, Apr 21-Jun 23 / 12:15-1:15 PM / Wks 9

No class June 9

\$68

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

Kiersten van Leenen

A Mon, May 2-Jun 27 / 8:45-9:45 AM / Wks 9

No class May 23, June 6

\$46

Kiersten van Leenen

B Wed, Apr 20-Jun 22 / 8:45-9:45 AM / Wks 9

No class June 8

\$59

Falon Fleming

C Fri, Apr 22-Jun 24 / 8:30-9:30 AM / Wks 9

No class June 10

\$59

Falon Fleming

D Fri, Apr 22-Jun 24 / 9:45-10:45 AM / Wks 9

No class June 10

\$59



Essentrics® Release, Rebalance, and Restore

Liz Olson

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

Thu, Apr 21-Jun 23 / 12:30-1:30 PM / Wks 9

No class June 9

\$102

Essentrics® for Seniors

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

Samara Hipkin

A Mon, Apr 25-Jul 4 / 11:30 AM-12:15 PM / Wks 9

No class May 23, June 6

\$92

Liz Olson

B Thu, Apr 21-Jun 23 / 11:30 AM-12:15 PM / Wks 9

No class June 9

\$92



Essentrics® for Stretch and Tone

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

Samara Hipkin

A Mon, Apr 25-Jul 4 / 9-10 AM / Wks 9

No class May 23, June 6

\$102

Meaghan Hipkin **NEW Time**

B Fri, Apr 22-Jun 24 / 9-10 AM / Wks 9

No class June 10

\$102

DON'T MISS OUT!

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



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 and enjoy this well-rounded fitness class. No floor work.

A Mon, Apr 25-Jul 4 / 9:45-10:45 AM / Wks 9

No class May 23, June 6

\$59

B Wed, Apr 20-Jun 22 / 9:45-10:45 AM / Wks 9

No class June 8

\$59

NEW! Fitness Centre - Tuesday Small Group Training

Kiersten van Leenen

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

A Tue, Apr 26-May 17 / 2-3 PM / Wks 4

\$50

B Tue, May 24-Jun 14 / 2-3 PM / Wks 4

\$50

NEW! Fitness Centre - Thursday Small Group Training

Kiersten van Leenen

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

A Thu, Apr 28-May 19 / 3-4 PM / Wks 4

\$50

B Thu, May 26-Jun 16 / 3-4 PM / Wks 4

\$50

NEW! Flexibility and Foam Rolling **Falon Fleming**

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

Wed, Apr 20-Jun 22 / 1:45-2:45 PM / Wks 9

No class June 8

\$59

Fun and Fitness

Maggie Nichol

An hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous, low impact cardio, weights/resistance bands to improve overall strength, and activities that improve posture, balance and flexibility.

NEW Time

A Mon, Apr 25-Jul 4 / 12:30-1:30 PM / Wks 9

No class May 23, June 6

\$59

B Thu, Apr 21-Jun 23 / 1:30-2:30 PM / Wks 9

No class June 9

\$59

Gentle Yoga

Barb Deneka

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

Thu, Apr 21-Jun 23 / 10:30 AM-12 PM / Wks 9

No class June 9

\$84

Happy Hips

Kiersten van Leenen

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

Mon, May 2-Jun 27 / 10-11 AM / Wks 7

No class May 23, June 6

\$46

Hatha/Yin Yang Yoga

Marguerite Critchley

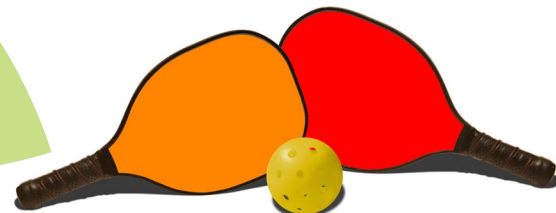
A slow-paced style of yoga with postures held for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. Yin poses target tight hips, knees, feet and shoulders. Yang poses activate muscles in the body after joints and connective tissue are opened. Yin Yang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

Wed, Apr 20-Jun 22 / 2-3:30 PM / Wks 9

No class June 8

\$84





Pickleball Programs at NESA

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

Pickleball Matches and Schedule - New Format!

Moving forward, the pickleball programs will have reduced enrollment capacities to allow each member more time to play. There will be a **15-member maximum** per group. Timed round-robin matches 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, Pickleball Instructors will be scheduled on the first* day of the season's pickleball program to provide support and guidance to all members. (*The April 25 program start date will be offered their pickleball support on May 2).

Pickleball Paddles

Members are required to bring their own paddle to their program but if you do not have one, NESA can provide a rental paddle to you for \$1/session. Alternatively you will have the opportunity to learn more about what paddles and pickleball equipment is available for purchase during your time with the instructors.

Program Offerings

NESA is pleased to be able to offer seven different pickleball program options for members – with an array of options available it is hoped that those who are currently playing and for those wait-listed in the past, there will be a space available for everyone.

NOTE Registration is open to members who have taken an introduction to pickleball program in the past or have some experience playing the game. Learn to play clinics and pickleball lessons are not available at this time.

A Mon, Apr 25-Jul 4 / 1:45-3PM / Wks 9

No class May 23 & June 6

\$45

B Mon, Apr 25-Jul 4 / 3-4:15PM / Wks 9

No class May 23 & June 6

\$45

C Tue, Apr 19-Jun 21 / 1:30-2:45PM / Wks 9

No class June 7

\$45

D Tue, Apr 19-Jun 21 / 2:45-4PM / Wks 9

No class June 7

\$45

E Wed, Apr 20-Jun 22 / 10:45AM-12PM / Wks 9

No class June 8

\$45

F Wed, Apr 20-Jun 22 / 12-1:15PM / Wks 9

No class June 8

\$45

G Thu, Apr 21-Jun 23 / 2:45-4PM / Wks 9

No class June 9

\$45

PICKLEBALL PROGRAM REGISTRATION LIMITED TO ONE PROGRAM PER MEMBER

To ensure that as many NESA members as possible are provided the opportunity to play pickleball and to ensure that it is a fair and equitable process to register, we kindly ask that you sign up for only one of the provided options. If you are interested in signing up for more than one offering please email pickleball@nesa1.ca and request that your name be put on the specific date and timeframe you are interested in signing up for and you will be contacted if a space becomes available.

REGISTRATION FOR PICKLEBALL IS LIMITED TO ONE PROGRAM PER MEMBER TO ENSURE OTHERS HAVE AN OPPORTUNITY TO PLAY.

If you are interested in signing up for more than one offering please email pickleball@nesa1.ca and request that your name be put on the specific date and timeframe you are interested in signing up for and you will be contacted if a space becomes available.

FAQ

about
Pickleball

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

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

Why have the fees for pickleball programs increased?

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

If I want to play pickleball more than once a week where else can I play?

NESA encourages you to visit the various seniors centre throughout the city, numerous City of Edmonton recreation facilities, the Edmonton Volleyball and Pickleball Centre, and the many other venues available that host this sport. Later this spring there will be a number of outdoor courts also available to host pickleball programs so be sure to check online for what venues are open.

Why doesn't NESA offer different levels of pickleball?

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

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

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

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 45 for information about NESA's Landry Leisure Pass.

Recover and Rebuild - Back and Shoulder

Maggie Nichol

This class is designed for those recovering from injuries or living with chronic pain. It will consist of gentle progressive exercises focusing on the upper body, core, and lower back.

Mon, Apr 25-Jul 4 / 10-11 AM / Wks 9

No class May 23, June 6

\$59

Stretch 'n Tone Yoga: Beginner

Beverley Moore

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

Tue, Apr 19-Jun 21 / 10:30 AM-12 PM / Wks 9

No class June 7

\$84

Stretch 'n Tone Yoga: Intermediate

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

Beverley Moore

A Tue, Apr 19-Jun 21 / 8:45-10:15 AM / Wks 9

No class June 7

\$84

Barb Deneka

B Thu, Apr 21-Jun 23 / 8:45-10:15 AM / Wks 9

No class June 9

\$84

Strong and Stable

Kiersten van Leenen

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

Wed, Apr 20-Jun 22 / 10-11 AM / Wks 9

No class June 8

\$59



Suspension Training for Beginners

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Take this class to learn the basics of how to use this equipment with just your body weight to help improve your strength, balance, flexibility and coordination. All fitness levels are welcome! No floor work.

Kiersten van Leenen

A Wed, Apr 20-Jun 22 / 11:15 AM-12:15 PM / Wks 9

No class June 8

\$59

Falon Fleming

B Wed, Apr 20-Jun 22 / 12:30-1:30 PM / Wks 9

No class June 8

\$59

Tai Chi (Yang Style) - Level II

Leslie Sarabin

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

Mon, Apr 25-Jun 27 / 11:15 AM-12:15 PM / Wks 9

No class May 23

\$68

Triple S - Suspension Training: Beginner

Stretch, Strengthen, and Suspend! Join us for a total body workout that includes stretching overactive muscles and strengthening those less active using weights, resistance bands, and suspension trainers. Some floor work. Please bring your own yoga mat.

Kiersten van Leenen

A Tue, Apr 19-Jun 21 / 9:45-10:45 AM / Wks 9

No class June 7

\$59

Jollean Ferrari

B Thu, Apr 21-Jun 23 / 9:45-10:45 AM / Wks 9

No class June 9

\$59

Triple S - Suspension Training: Intermediate

Kiersten van Leenen

NOTE Pre-requisite Triple S - Beginner

A Tue, Apr 19-Jun 21 / 8:30-9:30 AM / Wks 9

No class June 7

\$59

Jollean Ferrari

NOTE Pre-requisite Triple S - Beginner

B Thu, Apr 21-Jun 23 / 8:30-9:30 AM / Wks 9

No class June 9

\$59



Yoga Explorations

Christine Leach

Explore yoga in a way that honours your body. The simple practices of yoga can allow space to encourage peace, balance, and harmony to our minds, bodies, and hearts. These classes will explore the gentler styles of yoga including soft breathing practices, various comfortable, gentle stretching with longer holds and calming, centering meditations. Every week, the class may be slightly different, the only constant is that the practice is gentle. This class is suitable for: beginners; people who have been away from yoga for a while; people with various injuries; seniors. Low intensity. Suitable for all levels but must be comfortable with floor work. Please bring your own yoga mat.

Fri, Apr 22-Jun 24 / 11:30 AM-12:30 PM / Wks 9

No class June 10

\$68

Zumba®

Marguerite Critchley

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

A Tue, Apr 19-Jun 21 / 12:15-1:15 PM / Wks 9

No class June 7

\$59

B Thu, Apr 21-Jun 23 / 12:15-1:15 PM / Wks 9

No class June 9

\$59

Zumba® Gold

Bella Hanske

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

Mon, May 30-Jun 27 / 12-1 PM / Wks 5

\$33

Zumba® Gold Chair

Bella Hanske

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

Mon, May 30-Jun 27 / 1:15-2:15 PM / Wks 5

\$33



FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cardio Plus • Cross Training • Essentrics® Stretch and Tone • Fit For Your Life • Happy Hips • Recover and Rebuild - Back and Shoulder • Tai Chi 	<ul style="list-style-type: none"> • Active with Arthritis • Chair Total Body Workout • Stretch 'n Tone Yoga (Beg.) • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Cardio Plus • Cross Training • Fit for Your Life • Strong and Stable • Suspension Training for Beginners 	<ul style="list-style-type: none"> • Barre Cardio • Gentle Yoga • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cross Training • Essentrics® Stretch and Tone • Gentle Hatha Yoga
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Chair Total Body Workout • Essentrics® For Seniors • Fun 'n Fitness • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Total Body Workout • Chair Yoga • Suspension Training for Beginners • Zumba® 	<ul style="list-style-type: none"> • Flexibility and Foam Rolling • Hatha/Yin Yang Yoga • Suspension Training for Beginners 	<ul style="list-style-type: none"> • Chair Total Body Workout • Chair Yoga • Essentrics® For Seniors • Essentrics® Release, Rebalance, and Restore • Fun 'n Fitness • Suspension Training for Beginners • Zumba® 	

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

Classes include:

Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Flexibility and Foam Rolling, Happy Hips, Cardio Plus, Gentle Hatha Yoga, Gentle Yoga, Cross Training, Essentrics® Stretch and Tone, Hatha Yin Yang Yoga, Stretch 'n Tone Yoga, Triple S, and Zumba®.

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

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

Classes include:

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

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

OUR FITNESS CENTRE



register online

Hours Of Operation

Monday to Friday / 8:30AM - 2:15PM

RESERVATIONS ARE CURRENTLY REQUIRED*, HOWEVER THIS MAY BE SUBJECT TO CHANGE.

Visit our website at www.nesa1.ca

- Look for the “What We Do” tab
- Find the section called “Fitness Centre”
- Click on the “Book Your Visit Here” button

***IF RESERVATIONS ARE NO LONGER REQUIRED WE WILL UPDATE THIS INFORMATION ONLINE.**

NEED HELP? Call us at
780.944.7442 or 780.496.4915

Closed on Weekends & Holidays

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

Fitness Centre Admission Fees

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

**Prices may be subject to change.*

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

What We Offer

A welcoming, friendly, inclusive and fun exercise environment; Cardio and resistance training machines, free weights, portable equipment; machine basic-operation orientations for members*.

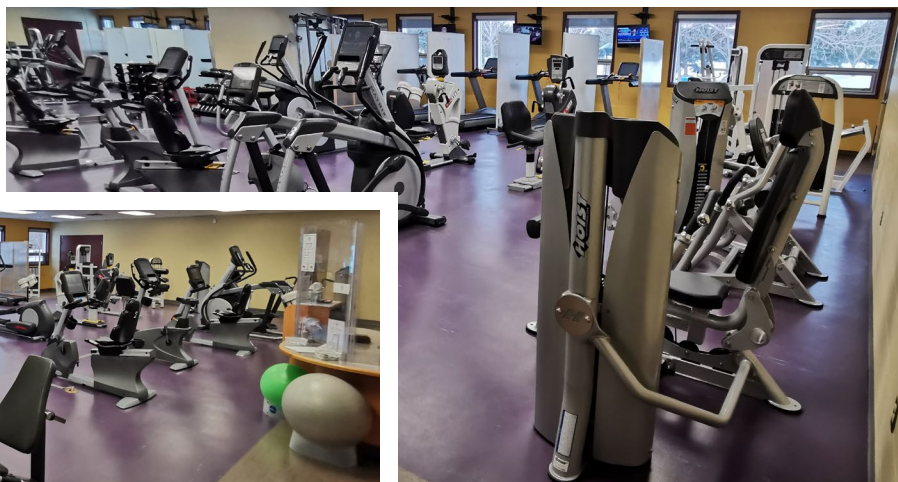
**Must be scheduled in advance with a fitness centre volunteer.*

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

Additional costs apply for these services.

NESA MERCHANDISE FOR SALE

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





Story Telling

DIRECTOR :

NEW! An Introduction to Storytelling

Dorothy Lowrie, CEO of Human Learning Architecture

In this 2.5 hour session you will not only learn the basics of oral storytelling but also have the chance to create and present (if you would like to) the story you create. The session includes a 30 min. "muffin, coffee and sharing" session where you will have the chance to share and refine your story with a 'partner' from the group. In the session we will also discuss how to convert a written story to an oral story. This is a fun and interactive session that will provide you with tools to continue to develop as an oral storyteller.

Thu, May 12 / 1-3:30 PM / Wks 1

\$30

NEW! DNA Tests - Issues and Outcomes

Barb Neil

Curious about DNA and what it can tell you? As we have learned, the use of DNA in genealogical research has grown rapidly. Learn more about what can be explained by different types of tests, the ethical concerns and possible outcomes of tests in this informative session.

Thu, Apr 28 / 2-3:30 PM / Wks 1

\$10

NEW! Fundamental Principles of Retirement Living

Weichun Woo, Mackie Research Financial Advisor

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

Mon, Apr 25 / 10-11:30 AM / Wks 1

\$2 NMW

NEW! House History

Barb Neil

Join Barb for an informative session where you learn more about House History documents specific to who occupied and/or owned a property through time. This type of historical research explores the purpose, of a building, its architectural style and the story of the occupiers and surrounding community. Record types include land titles, census records, directories, tax and business records, photographs and maps. An Edmonton property and a London Mews property will be explored during the talk.

Thu, May 5 / 2-3:30 PM / Wks 1

\$10

GENERAL INTEREST ... continued



NESA IS PROUD AND GRATEFUL

to have approx. 250 Volunteers that help with registration, administration, fundraising, social events, committees, Outreach Initiatives, our Board of Directors, and much more!

NEW!

Impaired and Distracted Driving

Alberta Health Services

Learn how to improve safety while on the road. This workshop will use interactive activities and discussion to demonstrate the dangers of distracted driving and impaired driving in practical, easy to understand ways.

Tue, May 10 / 1:30-2:45 PM / Wks 1

\$2 NMW

NEW!

Older Adults and Fall Prevention

Alberta Health Services

This interactive workshop will explore the risks of falling, provide strategies for reducing falls, and instruct on easy physical activities that anyone can use to reduce future falls.

Tue, Apr 26 / 1:30-2:45 PM / Wks 1

\$2 NMW

ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

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

NEW!

Out of Our Caves

Dorothy Lowrie, CEO of Human Learning Architecture

Getting Back to Face to Face Communicating: Everyone agrees tools like ZOOM and Facetime have been great in ensuring you could continue to connect during COVID-19 if you were lucky enough to have the technology and the skills to use it! This 2 hour session will refresh the basics of human communication and how to deal with the stress that can occur when meeting in person after so long being 'virtual' or in distance situations. We will explore how to set your own boundaries and respect those of others and the 'art' of communicating in different life situations. Since this is a class about communicating, we are also incorporating a 30 min. "muffin and coffee" break to practice some new skills.

Tue, May 10 / 10 AM-12 PM / Wks 1

\$30

Recreating the Lifestyle you Desire

Nicole Skiba, Professional Organizer

What is your plan for downsizing your home? Not sure? Don't have one? Recreating the lifestyle you desire begins with a vision and a plan. Join Nicole from Eazy Peazy Downsizing as she takes you through the steps needed to create your plan for your home and ways to make it happen. As well, learn some fun organizing tricks and tips to make your home easy to maintain and an enjoyable place to be.

Thu, Apr 21 / 1-2:30 PM / Wks 1

\$2 NMW



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

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

NEW! Retirement Income Blueprint Weichun Woo, Mackie Research Financial Advisor

Feeling the burden of less money and high taxes? The Retirement Income Blueprint Program is designed to show retirees how to address special issues and draw out retirement income in the most tax efficient manner. Topics covered include the key differences between the accumulation and the "income" market, tax-efficient disassembly of RRSPs, and more. Take home practical tools and strategies all reflecting a proven process.

Mon, May 30 / 10-11:30 AM / Wks 1

\$2 **NMW**

NEW! Semi – Annual 2022 Global Financial Market Review and Outlook

Weichun Woo, Mackie Research Financial Advisor

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far 6 months into 2022, and look at forward guidance on what to expect for the remaining coming year.

Mon, Jun 27 / 10-11:30 AM / Wks 1

\$2 **NMW**

NEW! Suicide Prevention: Recognizing the Signs

Alberta Health Services

Learn to identify the warning signs of suicide and how to support someone you suspect is experiencing suicidal thoughts.

Tue, May 31 / 1:30-2:45 PM / Wks 1

FREE, registration is still required. **NMW**



DON'T FORGET

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

Connections

Carole Furgala

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

Mon, Apr 25-Jul 4 / 10 AM-12 PM / Wks 10

\$20

Dementia Education Series: Communication Tips & Tricks

Paige Blaney BSc, MPH, Revera Health Educator and Elzaan Beukes, LPN.

Struggling to communicate with your loved one with dementia? Join us to learn tips and tricks on how to create better communication channels between you and your loved one with dementia.

Wed, May 4 / 1:30-2:30PM / Wks 1

\$2 

Dementia Education Series: Navigating Events and Outings

Paige Blaney BSc, MPH, Revera Health Educator and Elzaan Beukes, LPN.

Wondering how to make the best of special events, such as holidays, and outings with your loved one with dementia? Join us to learn tips and tricks on how, with the right planning, the events and outings can still be a joyful experience despite dementia.

Tue, May 24 / 1:30-2:30PM / Wks 1

\$2 

Dementia Education Series: Rummaging, Stashing & Repetitive Behaviors

Paige Blaney BSc, MPH, Revera Health Educator and Elzaan Beukes, LPN.

Does your loved one with dementia collect and hide items? Are they repeating tasks, questions, or conversations? Join us to learn tips and tricks on how to manage rummaging, stashing, and repetitive behaviors that your loved one with dementia may be demonstrating.

Wed, Apr 27 / 1:30-2:30PM / Wks 1

\$2 

DID YOU KNOW?

You can purchase gift certificates for NESa membership and/or programs at the front desk!

Finding Balance in Food

Falon Fleming

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

Part One

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

Thu, Apr 28-May 19 / 10:30-11:30 AM / Wks 4

\$38

Part Two

W E E K	1	Elimination & Rotation Regimes
	2	Intuitive Eating- Learning to Trust Your body
	3	How to Meal Prep
	4	Anti-Diet: Why dieting doesn't work

NOTE Part One is not a requirement to register in Part Two of this workshop series.

Thu, Jun 16-Jul 7 / 10:30-11:30 AM / Wks 4

\$38

WHAT IS NESa DOING TO KEEP YOU SAFE?

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



Happiness Basics Workshop

Edmonton North Primary Care Network

Join us for a four-week program grounded in positive psychology. This four part session will focus on positive emotions, engagement and finding a deeper sense of purpose and meaning in life.

Wed, May 4-May 25 / 10-11:30 AM / Wks 4

\$10

mind

Body

soul

NEW! Introduction to Meditation Christine Leach

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

Wed, Apr 20-Jun 22 / 12:30-1:30 PM / Wks 9

No class June 8

\$68

NEW! Mind and Body Workshop - For Advanced

Helga Stadelmann

Join us for an extension of the popular Breathe and Relaxation workshops, as we continue our journey to "remember who we are". While sitting (in a chair), you will take part in 9 one-hour sessions of breathing, relaxation and visualization exercises with new topics being introduced weekly. Mindful breathing keeps the energy flowing and moving with in the body, mind and spirit; it is the mystery which can connect and heal the various parts of ourselves.

Thu, Apr 21-Jun 23 / 2:45-3:45 PM / Wks 9

No class June 9

\$59

NEW! Mind and Body Workshop - For Beginners

Helga Stadelmann

Mindful breathing keeps the energy flowing within the body, mind and spirit. While sitting (in a chair) you will take part in these 9 one-hour sessions of breathing, relaxation and visualization exercises with new topics being introduced weekly. No experience necessary.

Thu, Apr 21-Jun 23 / 1:30-2:30 PM / Wks 9

No class June 9

\$59



NEW! **Sangha Meditation**
Christine Leach

What is Sangha Meditation?

One simple definition of Sangha Meditation is to think of it as our like-minded friends or a community gathering, sitting, practicing, and growing our loving kindness. It's sometimes difficult to practice meditation or mindfulness all by yourself, and there's no reason you must do it alone. Sangha is one of the universal jewels that when we gather to create peace within ourselves it helps to build a more mindful community. Come learn the benefits of Sangha Meditation (community meditation) and ways to assist in practicing and building our mindfulness muscles. Suitable for: beginners with some meditation experience; people who have been away from their meditation practice for a while; people who have a strong meditation practice. Low intensity. All levels welcome. Some meditation experiences are beneficial. Must be comfortable with sitting either in a chair, on the floor or meditation pillow for up to 30 minutes. Please bring whatever props make your meditation practice most comfortable.

Wed, Apr 20-Jun 22 / 11:45 AM-12:15 PM / Wks 9

No class June 8

\$35

NEW! **Sleep Management**
Edmonton North Primary Care Network

Are you having any challenges with sleep? Whether you have trouble falling or staying asleep, or you just want to learn more about sleep management, then join us for a presentation on "Sleep Management". Topics covered include: sleep restrictions, sleep hygiene, sleep and relaxation, and more!

Fri, Apr 29 / 1-2:30 PM / Wks 1

\$2 NMW

**WHAT IS NESA DOING
TO KEEP YOU SAFE?**

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

OUR CENTRE IS A SCENT FREE ZONE

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

NEW! French Conversation Basics Cindie Thompson

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

A Mon, Apr 25-May 16 / 1:30-3 PM / Wks 4

\$30

B Mon, Jun 6-Jun 27 / 1:30-3 PM / Wks 4

\$30

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

Brenda Hansler

Interested in learning how to converse in sign language? Join Brenda for a fun and interactive 5-week class where you will be introduced to the basics of this unique language including how to sign the alphabet, numbers, and for different categories including people, places, food, and much more!

Wed, May 4-Jun 1 / 12:30-2:30 PM / Wks 5

\$67

Sign Language in the Community: A Continuing Learning Class

Brenda Hansler

Join Brenda for a 5-week interactive sign session where you will put your skills to practice through drills and group exercises. In this class you will enhance your current vocabulary development, finger-spelled words, and basic ASL conversation skills. To participate in this class, it is recommended that the participant already knows how to sign the alphabet, numbers one through 10, and a few basic signs.

Wed, May 4-Jun 1 / 10 AM-12 PM / Wks 5

\$67

LEARN
A NEW LANGUAGE



Spanish - Beginner

Tania Oyarzun

Join in on this beginner's class to develop your skills to talk, read, write and listen in Spanish. Please note that the following textbook is required: Spanish Vocabulary by Dorothy Richmond (ISBN 978-1-260-02622-1).

NOTE If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Tue, Apr 19-Jun 21 / 10 AM-12 PM / Wks 10

\$146

Spanish - Intermediate

Jorge Oyarzun

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

NOTE If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Tue, Apr 19-Jun 21 / 10 AM-12 PM / Wks 10

\$146





WHAT IS NESA DOING TO KEEP YOU SAFE?

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

Chorales

Director: Sandi Ollenberger, Pianist: Vicki McClelland

Raise your voice in song and join this fun-loving mixed chorus. You will have the opportunity to learn about choral singing and to share your special talents at "sing outs" in the community. New singers are always welcome! Classes will be held at McClure Church.

NOTE Classes will be held at McClure Church.

Tue, Apr 19-Jun 21 / 1-2:30* PM / Wks 10

\$56 Price changed from \$75, *Note new end time.

Clogging for Beginners (A continuation)

Adele Brewer

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

Mon, Apr 25-Jul 4 / 1-2 PM / Wks 9

No class May 23, June 6

\$62

Clogging: Beginner Level 2 and 3

Adele Brewer

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

Wed, Apr 20-Jun 22 / 1:30-2:30 PM / Wks 9

No class June 8

\$62

Clogging: EZ Intermediate

Adele Brewer

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

Wed, Apr 20-Jun 22 / 2:45-3:45 PM / Wks 9

No class June 8

\$62

Clogging: Intermediate

Adele Brewer

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

Mon, Apr 25-Jul 4 / 2:15-3:15 PM / Wks 9

No class May 23, June 6

\$62



Clogging: Intermediate (Advanced Steps Add-on)

Adele Brewer

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

Mon, Apr 25-Jul 4 / 3:15-3:45 PM / Wks 9

No class May 23, June 6

\$22

Guitar with Gilles: Level 1

Gilles Benoiton

No musical experience necessary – just a desire to have some fun! This class is designed for the absolute beginner. You will learn how to play simple one and two-finger chords such as G, C, A, and E, which can be found in songs we can sing along to. In order to adhere to the proper protocols and guidelines set by AHS, participants must supply their own guitars as the instructor can no longer provide them. Thank you for understanding.

Wed, Apr 20-Jun 22 / 11:30 AM-12:30 PM / Wks 9

No class June 8

\$44

Guitar with Gilles: Level 2

Gilles Benoiton

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

Wed, Apr 20-Jun 22 / 12:45-2:15 PM / Wks 9

No class June 8

\$64

Guitar: Blues Level I

Brett Hansen

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

Fri, Apr 22-Jun 24 / 1-2 PM / Wks 9

No class June 10

\$53

Guitar: Finger Pickin' 201

Brett Hansen

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

Fri, Apr 22-Jun 24 / 10-11 AM / Wks 9

No class June 10

\$53

Guitar: Level III

Brett Hansen

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

Fri, Apr 22-Jun 24 / 11:15 AM-12:45 PM / Wks 9

No class June 10

\$78

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 45 for information about NESAs Landry Leisure Pass.

STAY IN THE KNOW ABOUT ALL THINGS NESA!

Sign up to be on our email list!

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

Handbells

Wendy Hoskin

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

Thu, Apr 21-Jun 16 / 10-11:30 AM / Wks 8

No class June 9

\$45

Hawaiian Dance

Emily Soriano

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

Fri, Apr 22-Jun 24 / 1:45-2:45 PM / Wks 9

No class June 10

\$54

Latin Dance: Solo

Emily Soriano

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

Fri, Apr 22-Jun 24 / 12:30-1:30 PM / Wks 9

No class June 10

\$54

Line Dancing: Back to the Grassroots

Dwayne Tulik

Kick up your heels and join us for some fun while toning muscles, stimulating our brain and strengthening your heart! Learn the basic steps to a variety of popular line dances. Bring comfortable or low-heeled indoor shoes.

Tue, Apr 19-Jun 21 / 8:45-10:15 AM / Wks 9

No class June 7

\$61

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

Reinhard Kroller

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

A Thu, Apr 21-Jun 23 / 9-9:30 AM / Wks 9

No class June 9

\$216

B Thu, Apr 21-Jun 23 / 9:30-10 AM / Wks 9

No class June 9

\$216

C Thu, Apr 21-Jun 23 / 10-10:30 AM / Wks 9

No class June 9

\$216

D Thu, Apr 21-Jun 23 / 10:30-11 AM / Wks 9

No class June 9

\$216

E Thu, Apr 21-Jun 23 / 11-11:30 AM / Wks 9

No class June 9

\$216

F Thu, Apr 21-Jun 23 / 11:30-12 PM / Wks 9

No class June 9

\$216

G Thu, Apr 21-Jun 23 / 12-12:30 PM / Wks 9

No class June 9

\$216

H Thu, Apr 21-Jun 23 / 12:30-1 PM / Wks 9

No class June 9

\$216



NESA Dance Team: Basic Choreography

Emily Soriano

Love to dance? Participants will learn basic choreography moves and dance routines. Join Emily as she guides us through dance numbers in the genres of Jazz, Musical Theatre, Hip Hop, etc. No experience is required.

Fri, Apr 22-Jun 24 / 11:15 AM-12:15 PM / Wks 9

No class June 10

\$54

NEW! Piano Lessons (Group)

Susan Bawol

Come tickle your ivories with Susan! Learn to play the piano in a friendly group setting. Susan uses a simple technique that uses both a mock keyboard and and the acoustic piano. The class is great for abstract reasoning and motor skills. No piano experience required. Additional costs for your lesson books is payable to instructor the first day of class. Click **here** for supply list.

Wed, Apr 20-Jun 22 / 1-2 PM / Wks 9

No class June 8

\$72

NESA CLUBS AT A GLANCE



COME AND CHECK US OUT. STOP BY AT
OUR SCHEDULED TIME **FOR A CHAT**

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

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

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

NESA CLUBS



REGISTRATION STARTS

Tuesday, April 5 @ 8:30AM

Art Club

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

Mon, Apr 25-Jul 4 / 1-4PM / Wks 10

No class May 23

\$20

Badminton Club

Join fellow badminton players for some fun on the court! **NOTE** No drop-ins permitted.

NEW end time for both dates!

Wed, Apr 20-Jun 22 / 8:30-10:30AM / Wks 9

No class June 8

Fri, Apr 22-Jun 24 / 8:30-11:30AM / Wks 8

No class April 29, June 10

\$34 (for all 17 dates)

Book Lover's Club

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

NOTE There is no meeting scheduled for June 2022.

Fri, Apr 22 & May 27 / 10:30AM-12PM / 2 dates

\$4

Bridge Duplicate Club

Join fellow bridge players for an afternoon of fun!

Thu, Apr 21-Jun 23 / 12-3:45PM / Wks 10

\$20

CLUBS ARE FOR NESA MEMBERS ONLY

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

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

NOTE NESA Club fees must be paid prior to the start date of your club. **THERE IS NO PRORATING FOR CLUBS.** If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available.

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

Canasta Club

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

Thu, Apr 21-Jun 23 / 1-4PM / Wks 10

\$20

Carpet Bowling

A year-round, indoor sport that resembles lawn bowling. All are welcome! **NOTE** Teams were established in the Fall 2021 season but new members are still welcome to join as substitutes. New members can play every Tuesday and on Thursdays if a spare is needed. Regular team play is on Thursdays and ad hoc team play is on Tuesdays.

Tue & Thu, Apr 19-Jun 23 / 10:30AM-12PM / 18 dates

No class June 7, June 9

\$36

Chip Carvers Club

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

Fri, Apr 22-May 27 / 9AM-12PM / Wks 6

\$12

NESA CLUBS ... continued

WHAT IS NESA DOING TO KEEP YOU SAFE?

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

Creative Greeting Cards Club

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

Tue, Apr 19-Jun 21 / 9AM-12PM / Wks 10

\$20

Cribbage Club

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

A Fri, Apr 22-Jun 24 / 9:45AM-12PM / Wks 10

\$20

B Fri, Apr 22-Jun 24 / 12:45PM-3PM / Wks 10

\$20

Fiber Arts Club

Fiber art is a style of fine art which uses textiles such as fabric, yarn and natural and synthetic fibers, often by using multiple techniques for weaving or knotting the materials. Join the club of like-minded artists to work on various fiber art projects! All are welcome but some experience with needlework is recommended.

Thu, Apr 21-Jun 23 / 1-4PM / Wks 10

\$20

Garden Club

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

Wed, Apr 20 / 12:30-2PM

Wed, May 18 / 12:30-2PM

Wed, Jun 15 / 12:30-2PM

\$6 (for all 3 dates)

Golf Club

Join fellow NESA Golf Club Members for their Annual General Meeting.

Thu, Apr 7 / 1-3PM / 1 date

\$2

Guitar Jam Club

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

Thu, Apr 21-Jun 23 / 12:30-3:30PM / Wks 10

\$20

Hardanger Embroidery Club

As of 2022, this club is no longer active – thank you to everyone who was a part of this community over the years. Please check out NESA's other thread and needlework clubs if you are looking for an activity to keep your hands busy with!

Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Apr 19-Jun 21 / 1-4PM / Wks 10

\$20

Just For The Company

This club will not be meeting this season – please check back in the Fall of 2022 for more updates.

Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Apr 19-Jun 21 / 9:30AM-12:30PM / Wks 10

\$20

Pickleball Fun Club

Please see pages 20 and 21 for information about NESA's new Pickleball Programs.

Pins and Needles Quilting Club

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

Fri, Apr 22-Jun 24 / 9:30AM-12:30PM / Wks 10

\$20

Silversmithing Club

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

Tue, Apr 19-Jun 21 / 9AM-4PM / Wks 10

\$40

Stained Glass Club

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

Mon, Apr 25-Jun 27 / 9:30AM-4PM / Wks 9

No class May 23

\$36

Travel Club

This club will not be meeting this season – please check back in the Fall of 2022 for more updates.

Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing paper from Japan and gluing the paper onto a canvas to make a picture. The paper is handmade or machine made in various colors, weaves, textures and weight.

Wed, April 20-Jun 22 / 9AM-12PM / Wks 10

\$20

Weavers Club

We are fun, friendly, and love to weave! No formal instruction, experience required.

Tue, Apr 19-Jun 21 / 10AM-4PM / Wks 10

\$40

Wildlife Carving Club

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

Thu, Apr 21-Jun 23 / 9AM-12PM / Wks 10

\$20

Wizards of Odds 'n Ends Club

The Wizards are a fundraising group. We socialize and have fun while we sew, knit, crochet, etc., The items we make are sold with all funds donated to NESA!

Wed, Apr 20-Jun 22 / 11:30AM-2:30PM / Wks 10

Free

Woodworking

This club is not currently active at this time – please stay tuned for future updates and club status. Looking for an alternative wood working club? Contact the Edmonton Garrison Wood Hobby Club at 780.973.4011, extension 4227.

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

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



NESA Events

April 5	SPRING REGISTRATION BEGINS 8:30 AM / Online & In-Person
April 11-13	BOOK SALE 9 AM – 3 PM / Free Parking / Café Open
April 11	WIZARDS LOBBY SALE 9 AM – 3 PM
April 15	NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY
April 18	NESA CLOSED / STAT HOLIDAY / EASTER MONDAY
April 19	SPRING SESSION STARTS
May 13	ANNUAL GENERAL MEETING 1:30 PM / More information will be provided in April
June 4	SENIORS WEEK KICK-OFF - SATURDAY OPEN HOUSE - CRIB TOURNAMENT
June 4-10	SENIORS WEEK - FREE TRIAL PROGRAMS Stay tuned for more information
June 7	SENIORS WEEK - HEALTH AND WELLNESS FAIR 10 AM – 2 PM / Free Admission and Parking / Café open
June 7 & 8	SENIORS WEEK - CLUB ARTS & CRAFTS MARKET 10 AM – 2 PM / Free Admission and Parking / Café open
June 9	SENIORS WEEK - NESA'S GOT TALENT Stay tuned for more information
June 10	SENIORS WEEK - GOLDIES & OLDIES TRIVIA AND SING-A-LONG TEA Stay tuned for more information
June 20	SUMMER PROGRAM INFORMATION AVAILABLE
June 28	SUMMER REGISTRATION BEGINS 8:30 AM / Online & In-Person
June 28-30	BOOK SALE 9 AM – 3 PM / Free Parking / Café Open
July 1	NESA CLOSED / STAT HOLIDAY / CANADA DAY
July 11	SUMMER SESSION STARTS
August 1	NESA CLOSED / STAT HOLIDAY / CIVIC HOLIDAY
August 15	FALL PROGRAM GUIDE AVAILABLE
August 26	PICNIC IN THE PARK 1-4 PM / Tickets: \$15 each (Sale details available in July)
August 29	FALL REGISTRATION BEGINS 8:30 AM / Online & In-Person
Aug 30-Sept 3	BOOK SALE 9 AM-3 PM / Free Parking / Café Open
September 12	FALL SESSION STARTS

SENIORS WEEK

SENIORS WEEK

LANDRY LEISURE PASS @ NESA

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

Things to Know

You can now register for the 2021/2022 LLP program.

How do I qualify?

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

1 Person Household: An income of **\$29,282 or less.**

2 Person Household: An income of **\$36,455 or less.**

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

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

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



*NOT eligible for discount:

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

INTERESTED? HAVE QUESTIONS?

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

HOME SUPPORTS & OUTREACH SERVICES



Home Supports Services

For more information, please call 780.944.7470

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

Snow Removal - includes roof snow removal

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

Housekeeping - includes light housekeeping or bigger jobs

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

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

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

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

Postal Codes:

T5A, T5B, T5C, T5W, T5Z, T5Y, T6S



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

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



Outreach Services

For more information, please call 780.414.8790

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

We provide assistance with:

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



Cherrydale Café

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

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

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

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

While we don't currently have a weekly dance schedule, be sure to check the NESA Events Page (p. 44) for information about upcoming special events, dances and dinners.



Banquet Hall & Meeting Rooms

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

Hall Rentals
780.496.4928

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



EMMA Catering
780.406.0840

**Superb home cooked meals
@ Excellent prices!**

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

FITNESS



KNOWLEDGE



GAMES



Please recycle!

– And pass this program guide on to a friend