



WINTER 2022

Registration Begins Dec 13, 2021 at 8:30AM

PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE



Find your FUN inside:

- 16 Active with Arthritis
- 33 Finding Balance in Food
- 13 Speed Painting Workshop

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

WINTER 2022 CONTENTS

Clubs	40-43
Computers & Devices	9
Covid-19 and an Operations Update	8
Crafts & Hobbies	10-13
Dinners & Rentals	47
Drawing & Painting	14-15
Fitness & Sports	16-27
Fitness Centre	28
General Interest	29-32
Health & Wellness	33-34
Home Supports & Outreach Services	46
Landry Leisure Pass	45
Languages	35
Mail-In Registration	7
Membership Form	5-6
Membership Info	3
Music, Song & Dance	36-39
NESA Events	44
Program Registration Info	4

MEMBERSHIP INFORMATION

WINTER 2022

Office Hours
Mon to Fri 8:30AM - 4PM
Registration Begins:
DEC 13, 2021 @ 8:30 AM

NOTE: OFFICE CLOSED **DEC 15, 2021 1-4 PM**

Main office will be closed on Wednesday, December 15 from 1-4PM for a NESA Volunteer Appreciation Event.

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.



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 will be required in order to register online or in person for the Winter 2022 season!

HOW TO REGISTER:

ONLINE REGISTRATION

Already have your online account set up?

Please visit our website www.nesa1.ca and click on "My Account" to sign in and register as you did in the Fall of 2021.

Haven't set up your online account yet?

Don't delay and call NESAs before December 13, 2021 for assistance with getting your online account set up. For Account Support, call 780.496.6969 or visit www.nesa1.ca then click on "My Account" and review instructions provided about how to 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 December 13-23, 2021. 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*

*Please note that NESAs will not be hosting an official in-person registration event. 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.nesa1.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.nesa1.ca

Friendly Reminder!

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

Mail-In Registration Form

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

Important – Mail-in registrations:

- Will be processed **at the end of day** on the 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.nesa1.ca**, click 'Get Involved' and select 'Register'

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone(s): _____ Email: _____

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

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.

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.

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

Continuous Masking and Covid-19 Vaccinations

Restrictions Exemption Program: As NESA is a participant in this exemption program, all patrons of the facility are required to show their proof of covid-19 vaccination so the membership database records can be updated. For members who have not yet updated their vaccination status with NESA, please note that vaccine records with the Alberta-issued QR code are now required (a screenshot or print copy will be accepted, accompanied by your proof of identification).

To learn more about the exemptions program visit alberta.ca

To find out more about what NESA is doing to keep its community safe visit nesa1.ca

Mandatory Mask-Wearing at NESA: NESA continues to adhere to civic and provincial requirements regarding the wearing of face-masks. Please visit alberta.ca to learn more about what this public health order entails.

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. Just remember to bring your electronics' power adapters or cables to the session. No matter what the future holds, we will endeavor to answer your technical questions to the best of our ability and make sure you have fun while we do so!

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

4 SESSIONS/DAY

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

A Thursday, March 10

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

B Thursday, March 17

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

C Thursday, March 24

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

D Thursday, March 31

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.



NEW! Beading Workshop: Peyote Stitch Bracelet

Carole Legg

Carole has been beading for 15 years, and has taught various classes. Join her for this 2-day workshop where you will learn how to do the basic Peyote stitch, also known as Gourd stitch. This is an off-loom bead weaving technique. Beginners are welcome. All supplies are included.

Fri, Mar 11-18 / 12:30-3:30PM / Wks 2

\$40

NEW! Bird Carving: Red Breasted Nuthatch (A continuation)

Diane Sharkey

Diane Sharkey is a member and instructor at the Alberta Wildlife Carving Association. You may recognize her as her carving interest was initially peaked when she took her first class here at NESAs with Hugh Acheson! 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.

NOTE This project is a continuation course and will most likely last until June. Registration is only open to those members who participated in the Fall 2021 Bird Carving session. Additional costs for supplies payable to instructor (approximately \$20).

NEW Instructor! NEW Time!

Wed, Jan 12-Mar 30 / 1-4PM / Wks 12

\$162



PLEASE NOTE

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

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.

A Wed, Jan 12-Feb 16 / 12:30-3:30PM / Wks 6

\$60

B Wed, Feb 23-Mar 30 / 12:30-3:30PM / Wks 6

\$60

YOU ASKED AND WE DELIVERED!

Members asked for shorter and lower-cost workshop-style arts, crafts, and hobby activities; we are pleased to say we have made this happen! Take a look through the guide to see all that we have to offer!

DID YOU KNOW?

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

Creative Cards for All Occasions

Janelle Tameling

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

Fri, Jan 28 / 9AM-3PM / Wks 1

\$40

NEW! Creative Writing Workshop: Plotting a Short Story

Ann Marston

Have you ever wanted to write a story but weren't sure where to start? Or perhaps you've got a character running around in your head and haven't quite got a story to put them into. This course will teach you the framework for building a well-plotted short story in any genre. You will also get some inside tips for achieving publication of your stories from a professional writer and editor.

A Mon, Feb 28 / 12:30-3:30PM / Wks 1

\$31

B Mon, Mar 21 / 12:30-3:30PM / Wks 1

\$31

NEW! Creative Writing Workshop: What Are the Elements of a Story?

Ken Saik

In this workshop, Ken will cover how important it is to know the purpose of telling the story, the role that setting and effective time description plays in a story, the role that characters and character development play, the importance of plot, and how to develop it, how to work with dialogue, and the value of a good title and the first few sentences of a story.

Tue, Feb 8-22 / 10AM-12PM / Wks 3

\$25

Fluid Art Series: Acrylic Pouring

Janelle Tameling & Sharlene Wyness

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

A Fri, Feb 25 / 9AM-12PM / Wks 1

\$40

B Fri, Feb 25-12:30-3:30PM / Wks 1

\$40

NEW! Fluid Art Series: Alcohol Ink

Janelle Tameling & Sharlene Wyness

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

A Fri, Mar 25 / 9AM-12PM / Wks 1

\$40

B Fri, Mar 25 / 12:30-3:30PM / Wks 1

\$40



Needlecrafts: Crochet For All Levels

Ann Marston

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

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

A Tue, Jan 11-Feb 15 / 1:30-3:30PM / Wks 6

\$62

B Tue, Feb 22-Mar 29 / 1:30-3:30PM / Wks 6

\$62

Needlecrafts: Knitting For All Levels

Ann Marston

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

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

A Tue, Jan 11-Feb 15 / 11AM-1PM / Wks 6

\$62

B Tue, Feb 22-Mar 29 / 11AM-1PM / Wks 6

\$62

Northgate Writing Society

Northgate Writing Society

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

Fri, Jan 14-Apr 1 / 1-3PM / Wks 12

\$24

NEW! Soapstone Carving: Loon

Kay McCormack

Love sculpture? Love stone carvings? Here's your chance to create the iconic Loon. 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, Feb 17-Mar 3 / 12:30-3:30PM / Wks 3

\$145



NEW! Speed Painting Workshop For All Levels

Fain Chase

Let's inspire that inner artist! No experience is required. Fain will teach you a method of painting that is easy, fun and every participant leaves with a completed piece of art at the end of the workshop!



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

A Subject: Colorful Freestyle

Wed, Mar 16 / 12:30-3:30PM / Wks 1

\$25

B Subject: Fashionable Lady

Wed, Feb 16-12:30-3:30PM / Wks 1

\$25

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 can not 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 NESAs may have provided in the past. Thank you!

NEW! Coloured Pencil Workshop: Puppy

Susan Casault

This two week workshop is for drawing enthusiasts who have previous coloured pencil experience. Create a realistic drawing of a dog on black paper by working with textures and tone to render soft fur and puppy-dog eyes. Learn by demonstrations and individual guidance. Reference photo will be provided by the instructor.

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

Thu, Mar 10-Mar 17 / 9:30AM-12:30PM / Wks 2

\$55

NEW! Faux Stained Glass Pouring Workshop: Group of 7'ish

Debbie Olafson

Faux stained glass is a neat technique using acrylic paint and pouring medium on the glass to create either stained glass or frame-ready art. In this 6 hour, one-day workshop, Debbie will guide you through making a beautiful faux stained glass window of a group of 7'ish landscape involving a stormy sky, rocks, and spruce trees. No experience is required. All supplies are included. There will be a 30 minute lunch break.

Mon, Feb 14 / 9AM-3:30PM / Wks 1

\$89

NEW! Faux Stained Glass Pouring Workshop: Old Red Barn

Debbie Olafson

Faux stained glass is a neat technique using acrylic paint and pouring medium on the glass to create either stained glass or frame-ready art. In this 6 hour, one-day workshop, Debbie will guide you through making a beautiful faux stained glass window of a typical Alberta landscape with fields and a red barn. No experience is required. All supplies are included. There will be a 30 minute lunch break. All Supplies Included.

Mon, Mar 7 / 9AM-3:30PM / Wks 1

\$89

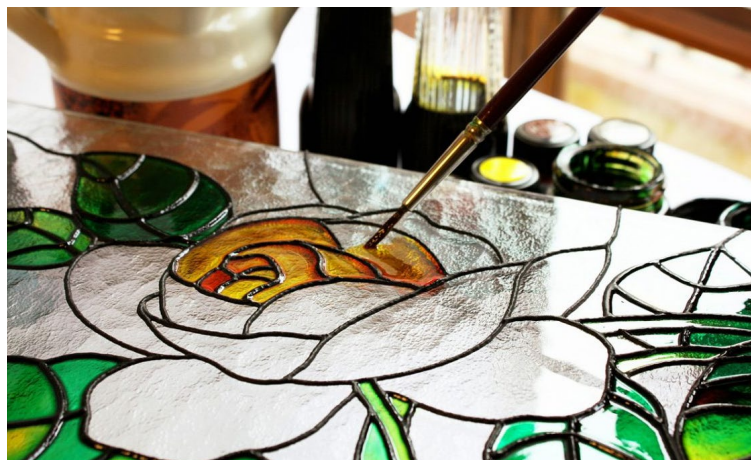
NEW! Faux Stained Glass Pouring Workshop: Orange Iris's

Debbie Olafson

Faux stained glass is a neat technique using acrylic paint and pouring medium on the glass to create either stained glass or frame-ready art. Debbie will get us excited for our spring gardening and will guide you through making a beautiful faux stained glass window of vibrant orange irises and blue-green foliage. No experience is required. All supplies are included. There will be a 30 minute lunch break. All Supplies Included.

Mon, Mar 28 / 9AM-3:30PM / Wks 1

\$89





NEW! 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.**

A Thu, Jan 13-Feb 17 / 12:30-3:30PM / Wks 6

\$124

B Thu, Feb 24-Mar 31 / 12:30-3:30PM / Wks 6

\$124

NEW! Pen & Ink: Flowers

Susan Casault

Whether you are new to the medium of pen & ink or if you have fallen in love with it already, join us in drawing a variety of flowers over a six-week session. You will explore line, textures and values using different drawing techniques, with the option of adding a bit of colour. 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, Jan 20-Feb 24 / 9:30AM-12:30PM / Wks 6

\$160

NEW! Water Mixable Oil Painting For All Levels

Muhammed Salayi

Water-based oils are odorless and can be used with water for diluting and cleaning up. They look and feel like traditional oil paints. Join Muhammed as he introduces you to this beautiful new medium.

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

A Tue, Jan 11-Feb 15 / 12:30-3:30PM / Wks 6

\$124

B Tue, Feb 22-Mar 29 / 12:30-3:30PM / Wks 6

\$124

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! *Supply recommendations provided in first class.*

A Wed, Jan 12-Feb 16 / 1-4PM / Wks 6

\$156

B Wed, Feb 23-Mar 30 / 1-4PM / Wks 6

\$156

DON'T FORGET

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



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 27 for a class selection overview.

NEW! 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.

A Tue, Jan 11-Feb 15 / 11AM-12PM / Wks 6

\$39

B Tue, Feb 22-Mar 22 / 11AM-12PM / Wks 5

\$33

YOU ASKED AND WE DELIVERED!

Members asked for more variety, shorter sessions, lower cost programs, and more offerings of our popular classes; we are pleased to say we have made this happen! Take a look through the guide to see all that we have to offer! **HELPFUL TIP:** Remember to double-check your course selection **before** registration to ensure you have selected the correct dates and times. Pay close attention to the **A**, **B**, **C**, etc., options in the title to ensure you select the correct program(s).

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, Jan 10-Feb 14 / 10:15-11:15AM / Wks 6

\$68

Meaghan Hipkin

B Fri, Jan 14-Feb 18 / 10-11AM / Wks 6

\$68

Samara Hipkin

C Mon, Feb 28-Apr 4 / 10:15-11:15AM / Wks 6

\$68

Meaghan Hipkin

D Fri, Feb 25-Apr 1 / 10-11AM / Wks 6

\$68

WHAT IS NESA DOING TO KEEP YOU SAFE?

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

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

GST Charitable #119060317 RR 0001

NEW!

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.

A Thu, Jan 13-Feb 10 / 9-10AM / Wks 5

\$33

B Thu, Mar 3-31 / 9-10AM / Wks 5

\$33

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.

A Mon, Jan 10-Feb 14 / 2-3:30PM / Wks 6

\$56

B Mon, Feb 28-Apr 4 / 2-3:30PM / Wks 6

\$56



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, Jan 10-Feb 7 / 8:30-9:30AM / Wks 5

\$33

B Wed, Jan 12-Feb 9 / 8:30-9:30AM / Wks 5

\$33

C Mon, Feb 28-Mar 28 / 8:30-9:30AM / Wks 5

\$33

D Wed, Mar 2-Mar 30 / 8:30-9:30AM / Wks 5

\$33

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. Also focusing on muscle strengthening and breathing techniques to increase lung capacity. No floor work but bringing your own yoga mat to stand on is recommended.

A Mon, Jan 10-Feb 14 / 12:45-1:45PM / Wks 6

\$39

B Mon, Feb 28-Apr 4 / 12:45-1:45PM / Wks 6

\$39

Chair Total Body Workout

(Formerly known as Limber and Laughter)

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 Nicol

A Mon, Jan 10-Feb 14 / 11:30AM-12:30PM / Wks 6

\$39

Kiersten van Leenen

B Tue, Jan 11-Feb 15 / 12:45-1:45PM / Wks 6

\$39

Kiersten van Leenen

C Thu, Jan 13-Feb 17 / 1:45-2:45PM / Wks 6

\$39

Maggie Nicol

D Mon, Feb 28-Apr 4 / 11:30AM-12:30PM / Wks 6

\$39

Kiersten van Leenen

E Tue, Feb 22-Mar 22 / 12:45-1:45PM / Wks 5

\$33

Kiersten van Leenen

F Thu, Feb 24-Mar 24 / 1:45-2:45PM / Wks 5

\$33



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, Jan 11-Feb 15 / 12:15-1:15PM / Wks 6

\$45

Beverley Moore

B Thu, Jan 13-Feb 17 / 12:15-1:15PM / Wks 6

\$45

Barb Deneka

C Tue, Feb 22-Mar 29 / 12:15-1:15PM / Wks 6

\$45

Barb Deneka

D Thu, Feb 24-Mar 31 / 12:15-1:15PM / Wks 6

\$45

NEW! 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 each 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, Jan 10-Feb 14 / 8:45-9:45AM / Wks 6

\$39

Kiersten van Leenen

B Wed, Jan 12-Feb 16 / 8:45-9:45AM / Wks 6

\$39

Falon Fleming

C Fri, Jan 14-Feb 11 / 8:30-9:30AM / Wks 5

\$33

Falon Fleming

D Fri, Jan 14-Feb 11 / 9:45-10:45AM / Wks 5

\$33

Kiersten van Leenen

E Mon, Feb 28-Mar 21 / 8:45-9:45AM / Wks 4

\$26

Kiersten van Leenen

F Wed, Feb 23-Mar 23 / 8:45-9:45AM / Wks 5

\$33

Falon Fleming

G Fri, Mar 4-Apr 1 / 8:30-9:30AM / Wks 5

\$33

Falon Fleming

H Fri, Mar 4-Apr 1 / 9:45-10:45AM / Wks 5

\$33



NEW! Essentrics® Release, Rebalance, and Restore

Liz Olson

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

NEW Time!

A Thu, Jan 13-Feb 17 / 12:30-1:30PM / Wks 6

\$68

B Thu, Feb 24-Mar 31 / 12:30-1:30PM / Wks 6

\$68

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!



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, Jan 10-Feb 14 / 11:30AM-12:15PM / Wks 6

\$61

Liz Olson **NEW Addition**

B Thu, Jan 13-Feb 17 / 11:30AM-12:15PM / Wks 6

\$61

Samara Hipkin

C Mon, Feb 28-Apr 4 / 11:30AM-12:15PM / Wks 6

\$61

Liz Olson **NEW Addition**

D Thu, Feb 24-Mar 31 / 11:30AM-12:15PM / Wks 6

\$61

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, Jan 10-Feb 14 / 9-10AM / Wks 6

\$68

Meaghan Hipkin

B Fri, Jan 14-Feb 18 / 8:45-9:45AM / Wks 6

\$68

Samara Hipkin

C Mon, Feb 28-Apr 4 / 9-10AM / Wks 6

\$68

Meaghan Hipkin

D Fri, Feb 25-Apr 1 / 8:45-9:45AM / Wks 6

\$68

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, Jan 10-Feb 7 / 9:45-10:45AM / Wks 5

\$33

B Wed, Jan 12-Feb 9 / 9:45-10:45AM / Wks 5

\$33

C Mon, Feb 28-Mar 28 / 9:45-10:45AM / Wks 5

\$33

D Wed, Mar 2-Mar 30 / 9:45-10:45AM / Wks 5

\$33

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.

A Mon, Jan 10-Feb 14 / 12:45-1:45PM / Wks 6

\$39

B Thu, Jan 13-Feb 17 / 1:30-2:30PM / Wks 6

\$39

C Mon, Feb 28-Apr 4 / 12:45-1:45PM / Wks 6

\$39

D Thu, Feb 24-Mar 31 / 1:30-2:30PM / Wks 6

\$39

NEW!

Gentle Hatha Yoga

Christine Leach

Practice yoga in a way that honours your body. Gentle Hatha can allow space to bring peace, balance, and harmony to our minds, bodies, and hearts. These classes will explore the gentler styles of Hatha 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.

A Fri, Jan 21-Feb 18 / 11:30AM-12:30PM / Wks 5

\$38

B Fri, Mar 4-Apr 1 / 11:30AM-12:30PM / Wks 5

\$38

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.

A Thu, Jan 13-Feb 17 / 10:30AM-12PM / Wks 6

\$56

B Thu, Feb 24-Mar 31 / 10:30AM-12PM / Wks 6

\$56





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.

A Mon, Jan 10-Feb 14 / 10-11AM / Wks 6

\$39

B Mon, Feb 28-Mar 21 / 10-11AM / Wks 4

\$26

Hatha/Yin Yang Yoga

Marguerite Critchley

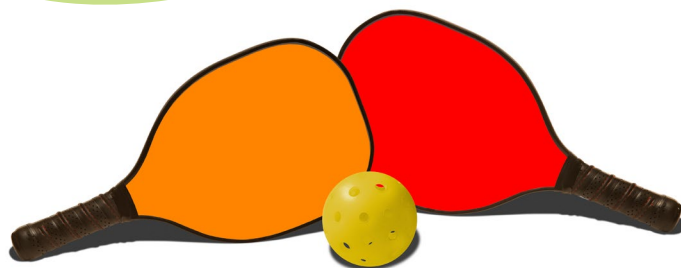
A slow-paced style of yoga with postures held for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. Yin poses target tight hips, knees, feet and shoulders. Yang poses activate muscles in the body after joints and connective tissue are opened. Yin Yang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

A Wed, Jan 12-Feb 16 / 2-3:30PM / Wks 6

\$56

B Wed, Feb 23-Mar 30 / 2-3:30PM / Wks 6

\$56



Introduction to Pickleball

Leslie Srogen

Learn to play the sport of Pickleball in three, 1.5 hr. weekly sessions lead by a qualified instructor who will give you the basics to play confidently with like skilled players. Afterwards enjoy playing round-robin style pickleball with members from both sessions for a nine-week period from February 1 to March 29 from 1:30-3:30PM.

A Tue, Jan 11-25 / 1:30-3PM / 3 Wks of lessons

Tue, Feb 1-Mar 29 / 1:30-3:30PM / 9 Wks of round-robin

\$56

B Tue, Jan 11-25 / 3-4:30PM / 3 Wks of lessons

Tue, Feb 1-Mar 29 / 1:30-3:30PM / 9 Wks of round-robin

\$56

Limber and Laughter

(Now called **Chair Total Body Workout**)

See page 18 / Maggie Nichol & Kiersten van Leenen

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.

A Mon, Jan 10-Feb 14 / 10-11AM / Wks 6

\$39

B Mon, Feb 28-Apr 4 / 10-11AM / Wks 6

\$39



FEATURED CLASS



Resistance Band Body Blast

Natasha Hilchie, ENPCN Exercise Specialist

Do YOU know what to do with resistance bands? Join an Exercise Specialist from the Edmonton North Primary Care Network for safe and effective total body exercise program, with easy-to-use resistance bands. Find out how to include some cardiovascular training in your strength training workout, and get a take-home program and resistance band to jumpstart your fitness routine.

Class in Auditorium

Fri, Mar 4 / 1-2:30PM / 1 date

\$5

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.

A Tue, Jan 11-Feb 15 / 10:30AM-12PM / Wks 6

\$56

B Tue, Feb 22-Mar 29 / 10:30AM-12PM / Wks 6

\$56

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, Jan 11-Feb 15 / 8:45-10:15AM / Wks 6

\$56

Barb Deneka

B Thu, Jan 13-Feb 17 / 8:45-10:15AM / Wks 6

\$56

Beverley Moore

C Tue, Feb 22-Mar 29 / 8:45-10:15AM / Wks 6

\$56

Barb Deneka

D Thu, Feb 24-Mar 31 / 8:45-10:15AM / Wks 6

\$56



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.

A Wed, Jan 12-Feb 16 / 10-11AM / Wks 6

\$39

B Wed, Feb 23-Mar 23 / 10-11AM / Wks 5

\$33



FITNESS & SPORTS ... continued



NEW! 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 Tue, Jan 11-Feb 15 / 2-3PM / Wks 6

\$39

Kiersten van Leenen

B Wed, Jan 12-Feb 16 / 11:15AM-12:15PM / Wks 6

\$39

Ruth Tagseth

C Wed, Jan 12-Feb 16 / 2:15-3:15PM / Wks 6

\$39

Kiersten van Leenen

D Thu, Jan 13-Feb 17 / 3-4PM / Wks 6

\$39

Kiersten van Leenen

E Tue, Feb 22-Mar 22 / 2-3PM / Wks 5

\$33

Kiersten van Leenen

F Wed, Feb 23-Mar 23 / 11:15AM-12:15PM / Wks 5

\$33

Ruth Tagseth

G Wed, Feb 23-Mar 30 / 2:15-3:15PM / Wks 6

\$39

Kiersten van Leenen

H Thu, Feb 24-Mar 24 / 3-4PM / Wks 5

\$33

Tai Chi (Yang Style) - Level I

Leslie Sarabin

Invite discipline and grace into your life. Use fluid and yielding motions to strengthen and quiet the soul. No floor work.

Mon, Jan 17-Mar 28 / 11:15AM-12:15PM / Wks 10

\$72

NEW! The Big Three

Ruth Tagseth

Looking for a workout that focuses on your upper body, core strength and the glutes? Join Ruth for 'The Big Three' where you will explore different exercises aimed at improving your strength, posture, and flexibility, all using portable equipment and body weight. All levels of fitness are welcome but note that floor work will be incorporated. Please bring your own yoga mat.

A Wed, Jan 12-Feb 16 / 1-2PM / Wks 6

\$39

B Wed, Feb 23-Mar 30 / 1-2PM / Wks 6

\$39



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, Jan 11-Mar 29 / 9:45-10:45AM / Wks 12

\$78

Jollean Ferrari

B Thu, Jan 13-Mar 31 / 9:45-10:45AM / Wks 12

\$78

Triple S - Suspension Training: Intermediate

Kiersten van Leenen

NOTE Pre-requisite Triple S - Beginner

A Tue, Jan 11-Mar 29 / 8:30-9:30AM / Wks 12

\$78

Jollean Ferrari

NOTE Pre-requisite Triple S - Beginner

B Thu, Jan 13-Mar 31 / 8:30-9:30AM / Wks 12

\$78

NEW! Winter Walkers

Maggie Nichol

Continue your walking program in a safe indoor environment. We'll do up to 50 minutes of progressive low impact cardio, strength training and stretches to keep you ship-shape until outdoor walking again resumes. Tips and tricks to energize and enhance your walking will be presented.

A Thu, Jan 13-Feb 17 / 2:45-3:45PM / Wks 6

\$39

B Thu, Feb 24-Mar 31 / 2:45-3:45PM / Wks 6

\$39

FITNESS & SPORTS . . . continued



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, Jan 11-Feb 15 / 12:15-1:15PM / Wks 6

\$39

B Thu, Jan 13-Feb 17 / 12:15-1:15PM / Wks 6

\$39

C Tue, Feb 22-Mar 29 / 12:15-1:15PM / Wks 6

\$39

D Thu, Feb 24-Mar 31 / 12:15-1:15PM / Wks 6

\$39

NEW! 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!

A Mon, Jan 17-Feb 14 / 12-1PM / Wks 5

\$33

B Mon, Feb 28-Mar 28 / 12-1PM / Wks 5

\$33

NEW! Zumba® Gold Chair

Bella Hanske

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

A Mon, Jan 17-Feb 14 / 1:15-2:15PM / Wks 5

\$33


B Mon, Feb 28-Mar 28 / 1:15-2:15PM / 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 • Intro to Pickleball • Suspension Training for Beginners • Zumba® 	<ul style="list-style-type: none"> • Hatha/Yin Yang Yoga • The Big Three • 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® 	 <p>SPECIAL FITNESS EVENT Resistance Band Body Blast Mar 4 / 1-2:30PM See page 23 & 34</p>

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, Happy Hips, Cardio Plus, Gentle Hatha Yoga, Gentle Yoga, Introduction to Pickleball, Cross Training, Essentrics® Stretch and Tone, Hatha Yin Yang Yoga, Stretch 'n Tone Yoga, The Big Three, 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 REQUIRED.

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

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.

PERSONAL FITNESS TRAINING SERVICES AVAILABLE.

Please call or visit the centre to learn more.



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!



NEW! Advanced Care Planning: An overview of the AHS Green Sleeve

Gina Vliet, Change Specialist, Charon Consulting

A Green Sleeve is your Medical Passport. It holds important legal forms and information about your health and well-being wishes and your goals of care. In this workshop we will review why a green sleeve is important, explore what goes in it, and discuss how to use it effectively as an end of life/quality of life planning tool.

Fri, Jan 28 / 1-3PM / Wks 1

\$36 **NMW**

NEW! Annual 2021 Global Financial Market Review and 2022 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 in 2021, and look at forward guidance on what to expect for 2022.

Mon, Jan 24 / 10-11:30AM / Wks 1

\$2 **NMW**

NEW! Another Visit with Bob Layton

Bob Layton

NESA was so nice to him last Fall, Bob is coming back again with a different round of stories from his books along with some saved especially just for his presentation here! Join Bob for another enlightening afternoon filled with laughter, life lessons and more of his unique stories. Presentation will be held in the Auditorium.

Fri, Jan 14 / 1-2:30PM / Wks 1

\$2 **NMW**

NEW! Color: Because You're Worth It

Susanne Urbina, Professional Beauty and Wardrobe Consultant

Take the color cues from this beauty expert to learn about color psychology to create mood and to choose the colors to wear that suit your personal coloring. Not all clothing pieces follow the "winter, summer, spring, fall" rules and you may have mistakes in your wardrobe. Learn how to make those items suit you to make it flattering because "You're worth it!"

Fri, Apr 1 / 10AM-12PM / Wks 1

\$24 **NMW**

GENERAL INTEREST ... continued



NEW!

Easy Photo Books

Ann Ozdoba

For this session each participant will need 90 – 350 pictures on a theme (holiday, birthday, special event) to make their photo book. The first week will be on how to upload, edit, and organize your pictures. The second week would be how to use the Autobook program. Third week would be to make final edits on your photo book and learn how to use the Design and Print feature for future books or projects. Participants can bring their own laptops or have their pictures on a USB stick and use the lab's. This is an online based program. **NOTE** (The cost of publishing a photo book is not included). Don't forget to bring your USB with your photos on it!

Tue, Jan 18-Feb 1 / 10:30-11:30AM / Wks 3

\$15

Funeral Home Myth Busters & FAQ's

Brandy Rollins from Trinity Funeral Home

Have a question you've always wanted to ask of a funeral home? Would you like to better understand Funeral Home processes to be better prepared? Join us for this hour of debunking common myths, learn how to avoid paying much more than necessary and become familiar with terminology and requirements that will empower you to make the best decisions for yourself and your loved ones.

Tue, Mar 1 / 1-2:30PM / Wks 1

\$2 NMW

NEW!

Funeral Services and Making Pre-Arrangements

Brandy Rollins from Trinity Funeral Home

Have you experienced the gift of pre-arranged funeral services from a loved one? Have you been thinking about adding Pre-arrangements to your estate planning? Join Brandy Rollins with Trinity Funeral home to learn all about Pre-arrangements, what's involved, the how to's, the risks and what to avoid.

Wed, Feb 9 / 1-2:30PM / Wks 1

\$2 NMW

Green Burials

Brandy Rollins from Trinity Funeral Home

Green burial is designed to have a minimal environmental impact and conserve natural resources. Also called natural burial or eco-friendly burial, green burial emphasizes simplicity and sustainability. Attend this informative session and learn about how your end of life options have expanded to include the true traditional methods of burial.

Tue, Mar 22 / 1-2:30PM / Wks 1

\$2 NMW

DID YOU KNOW?

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

ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

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

NEW! Investing in a socially responsible and ethical way

Weichun Woo, Mackie Research Financial Advisor

The fastest growing investment trend among both millennials and seniors is responsible and environmental investing. It is an approach to investing that targets environmental, social and ethical corporate governance into investment selections, to generate sustainable, long term returns. Investors are more aware than ever of when a company does questionable activities that is unethical, and will stay away from investing in the stock on the grounds of their principles and values. People want to feel good about the type of companies they invest in, while still potentially generating decent investment returns. Come join Wei Woo as we discuss this theme.

Tue, Feb 22 / 1-2:30PM / Wks 1

\$2 **NMW**

NEW! Optimizing the Retirement Benefits of a Tax Free Savings Account

Weichun Woo, Mackie Research Financial Advisor

An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly with their retirement accounts, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee based accounts that the financial industry is moving towards with their investment clients, and if they are truly beneficial to your situation

Mon, Mar 28 / 1-2:30PM / Wks 1

\$2 **NMW**



NESA IS PROUD AND GRATEFUL

To have approx. 250 Volunteers that help with registration, administration, fundraising, social events, committees, CARE programs, our Board of Directors, and much more!

NEW! Organize Your Pictures **Ann Ozdoba**

Do you want to get your pictures organized but don't know where to start? In this class, the participants will learn how to set photo goals as well as learn the steps to get their photos organized. The first week would cover where you store your photos, setting goals and information about Cloud Storage. Second week is the process of going through old photos and digital conversion. Third week is how to gather up your pictures from other devices, backing them up and organizing them. The fourth week is how to get the stories with the pictures, sharing them with family, and enjoying them with projects. There will be lots of time to ask questions and presentation will be geared to the needs of the participants in the class.

Tue, Jan 18-Feb 8 / 12:30-1:30PM / Wks 4

\$20

NEW! Put It On **Susanne Urbina, Professional Beauty and Wardrobe Consultant**

Start with a clean face and a clear canvass and then what? Learn from 2 beauty experts how to apply make-up that suits your coloring, your face shape, lifestyle and budget; from shaping eyebrows to a hairstyle that gives you a polished look.

Fri, Mar 4 / 1-3PM / Wks 1

\$24 **NMW**



NEW! 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 Skiba 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.

Tue, Feb 15 / 1-2:30PM / Wks 1

\$2 NMW

NEW! Style: Because You're Worth It

Susanne Urbina, Professional Beauty and Wardrobe Consultant

Learn your figure type and the tips to dress it. Are you short waisted? Petite? Use design and line, collars, bodices, tops and bottoms to dress your concerns, express your personality, create mood, and combine for your own unique look because "You're worth it!"

Fri, Apr 1 / 1-3PM / Wks 1

\$24 NMW

NEW! Take It Off

Susanne Urbina, Professional Beauty and Wardrobe Consultant

Take the day off.....be it pollution, makeup or sweat from a workout. Cleanse, tone and moisturize but is that all? Learn from 2 beauty experts about procedures and products that refresh and revitalize the skin to give you a more youthful appearance. Come with no/minimal make-up and give yourself a facial with the products provided.

Fri, Mar 4 / 10AM-12PM / Wks 1

\$24 NMW

NEW! What It Means to Be an Executor

Gina Vliet, Change Specialist, Charon Consulting

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

Fri, Mar 25 / 1-3PM / Wks 1

\$36 NMW

NEW! Your Life Legacy Checklist

Gina Vliet, Change Specialist, Charon Consulting

Did you know a good end of life plan contains more than a Will and a Funeral Plan? Did you also know that being prepared for aging, illness, and injury is just as important as estate planning? In this session we'll be taking a look at what it takes to be fully prepared for family emergencies. It's one of the kindest things you can do for those you love.

Fri, Feb 11 / 10AM-12PM / Wks 1

\$36 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!



WHAT IS NESA DOING TO KEEP YOU SAFE?

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

NEW! Arthritis and Managing Chronic Pain

Brenda Sparkes, Registered Nurse, Edmonton North Primary Care Network

This session will be presented by the Edmonton North Primary Care Network and will explain what chronic pain is and the different conditions that contribute to chronic pain including arthritis. We will discuss factors that influence pain and introduce pain management strategies such as planning activities to improve stamina and energy while preventing flare-up and exploring the relationship between anxiety and stress and pain levels.

Fri, Feb 4 / 1-2:30PM / Wks 1

\$2 **NMW**

Connections

Carole Furgala

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

A Mon, Jan 10-Apr 4 / 10AM-12PM / Wks 12

No class Feb 21

\$24

B Fri, Jan 14-Apr 8 / 1-3PM / Wks 12

No class Feb 25

\$24

NEW! 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.

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

A Thu, Jan 20-Feb 10 / 10:30-11:30AM / Wks 4

\$38

B Thu, Mar 10-Mar 31 / 10:30-11:30AM / Wks 4

\$38

NEW! Guided Meditation Christine Leach

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

A Wed, Jan 19-Feb 16 / 12:30-1:30PM / Wks 5

\$38

B Wed, Mar 2-Mar 30 / 12:30-1:30PM / Wks 5

\$38

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.

NEW!

Heart Health

Carrie Doucette, Pharmasave Manager and Educator

Pharmasave Westmount has put together a two-part presentation focusing on High Blood Pressure and High Cholesterol. Keeping a healthy heart involves a healthy lifestyle. These healthy habits include not smoking, eating right, exercising regularly, staying at a healthy weight, and getting the screening tests you need. A heart-healthy lifestyle is important for everyone, not just for people with existing health problems. It can help you keep your heart and blood vessels healthy.

Wed, Jan 19 / 1-2:30PM / Wks 1

\$2 **NMW**

NEW!

How to Keep Your Pelvic Floor Healthy

Meaghan Clarke, Leading Edge Physio, Physiotherapist

Do you pee when you laugh, sneeze or cough? Have you been diagnosed with a pelvic organ prolapse? Do you experience pelvic pain or pain with intercourse? If you answered yes to any of these questions, join Pelvic Physiotherapist Meaghan Clarke to find out how you can fix these common pelvic health concerns!

Wed, Feb 9 / 10-11:30AM / Wks 1

\$2 **NMW**

NEW!

Multilevel Stress Reduction Program for Seniors

Dr Viktor Yakymovych

Join Dr. Yakymovych from the Stress Disorder Clinic for an informative afternoon about a Stress Reduction program available to seniors in Edmonton. In this session you will learn more about stress and what effects it has on you along with what supports, approaches and tools are available to help you become more resistant to it.

Wed, Feb 16 / 1-2:30PM / Wks 1

\$2 **NMW**

Resistance Band Body Blast

Natasha Hilchie, ENPCN Exercise Specialist

Do YOU know what to do with resistance bands? Join an Exercise Specialist from the Edmonton North Primary Care Network for safe and effective total body exercise program, with easy-to-use resistance bands. Find out how to include some cardiovascular training in your strength training workout, and get a take-home program and resistance band to jumpstart your fitness routine.

Fri, Mar 4 / 1-2:30PM / Wks 1

\$5 **NMW**

NEW!

Understanding Hearing Loss and Loops

Cindy Gordon, Canadian Hard of Hearing Association, Program Director

This presentation takes participants on a path recognizing unrealistic expectations they may have of hearing aids and accepting their reality of hearing loss. It will also review what LOOP systems are and help one develop an understanding of what they need to do to reconnect with loved ones and learn to laugh at the foibles of hearing loss. The presenter of this program is a Program Director of The Canadian Hard of Hearing Association-Edmonton Branch.

Thu, Feb 24 / 1-2:30PM / Wks 1

\$2 **NMW**

OUR CENTRE IS A SCENT FREE ZONE

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

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!

A Wed, Jan 19-Feb 16 / 12:30-2:30PM / Wks 5

\$67

B Wed, Mar 2-Mar 30 / 12:30-2:30PM / 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.

A Wed, Jan 19-Feb 16 / 10AM-12PM / Wks 5

\$67

B Wed, Mar 2-Mar 30 / 10AM-12PM / Wks 5

\$67

Spanish - Beginner

Tania Oyarzun

To develop the student's skills to talk, read, write and listen in Spanish. Textbook required: Spanish Vocabulary by Dorothy Richmond (ISBN 978-1-260-02622-1)

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

A Tue, Jan 11-Feb 15 / 10AM-12PM / Wks 6

\$87

B Tue, Feb 22-Mar 29 / 10AM-12PM / Wks 6

\$87

Spanish - Intermediate

Jorge Oyarzun

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.

A Tue, Jan 11-Feb 15 / 10AM-12PM / Wks 6

\$87

B Tue, Feb 22-Mar 29 / 10AM-12PM / Wks 6

\$87

LEARN
A NEW LANGUAGE





WHAT IS NESA DOING TO KEEP YOU SAFE?

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

Clogging for Beginners

Adele Brewer

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

A Mon, Jan 10-Feb 14 / 1-2PM / Wks 6

\$41

B Mon, Feb 28-Apr 4 / 1-2PM / Wks 6

\$41

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!

A Wed, Jan 12-Feb 16 / 1:30-2:30PM / Wks 6

\$41

B Wed, Feb 23-Mar 30 / 1:30-2:30PM / Wks 6

\$41

Clogging: EZ Intermediate

Adele Brewer

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

A Wed, Jan 12-Feb 16 / 2:45-3:45PM / Wks 6

\$41

B Wed, Feb 23-Mar 30 / 2:45-3:45PM / Wks 6

\$41

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!

A Mon, Jan 10-Feb 14 / 2:15-3:15PM / Wks 6

\$41

B Mon, Feb 28-Apr 4 / 2:15-3:15PM / Wks 6

\$41

YOU ASKED AND WE DELIVERED!

Members asked for more variety, shorter sessions, lower cost programs, and more offerings of our popular classes; we are pleased to say we have made this happen! Take a look through the guide to see all that we have to offer! **HELPFUL TIP:** Remember to double-check your course selection **before** registration to ensure you have selected the correct dates and times. Pay close attention to the **A**, **B**, etc., options in the title to ensure you select the correct program(s).

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.

A Wed, Jan 12-Feb 16 / 11:45AM-12:45PM / Wks 5

No class Feb 9

\$30

B Wed, Feb 23-Mar 23 / 11:45AM-12:45PM / Wks 5

\$30

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.

A Wed, Jan 12-Feb 16 / 1-2:30PM / Wks 5

No class Feb 9

\$40

B Wed, Feb 23-Mar 23 / 1-2:30PM / Wks 5

\$40

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.

A Fri, Jan 14-Feb 18 / 1-2PM / Wks 6

\$37

B Fri, Feb 25-Apr 1 / 1-2PM / Wks 6

\$37

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.

A Fri, Jan 14-Feb 18 / 10-11AM / Wks 6

\$37

B Fri, Feb 25-Apr 1 / 10-11AM / Wks 6

\$37

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.

A Fri, Jan 14-Feb 18 / 11:15AM-12:45PM / Wks 6

\$53

B Fri, Feb 25-Apr 1 / 11:15AM-12:45PM / Wks 6

\$53



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.

A Thu, Jan 13-Feb 17 / 10-11:30AM / Wks 6

\$35

B Thu, Feb 24-Mar 31 / 10-11:30AM / Wks 6

\$35

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!

A Fri, Jan 21-Feb 18 / 1:45-2:45PM / Wks 5

\$30

B Fri, Feb 25-Apr 1 / 1:45-2:45PM / Wks 6

\$36

NEW! Latin Dance: Solo

Emily Soriano

Let's Latin it up with Emily! This class includes dances like the salsa, cumbia, cha-cha, merengue and bachata! No partner needed.

A Fri, Jan 21-Feb 18 / 12:30-1:30PM / Wks 5

\$30

B Fri, Feb 25-Apr 1 / 12:30-1:30PM / Wks 6

\$36

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.

A Tue, Jan 11-Feb 15 / 8:45-10:15AM / Wks 6

\$41

B Tue, Feb 22-Mar 29 / 8:45-10:15AM / Wks 6

\$41

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, Jan 13-Feb 17 / 9AM-12PM / Wks 6

\$144

B Thu, Feb 24-Mar 31 / 9AM-12PM / Wks 6

\$144

NEW! 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.

A Fri, Jan 21-Feb 18 / 11:15AM-12:15PM / Wks 5

\$30

B Fri, Feb 25-Apr 1 / 11:15AM-12:15PM / Wks 6

\$36



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 8:30-11AM Pickleball Fun B 11:15AM-1:15PM Washi Chigiri-e 9AM-12PM Wizards of Odds 'n Ends 11:30AM-2:30PM	Carpet Bowling 10:30AM-12PM Wildlife Carving 9AM-12PM	Badminton 8:30-11AM Book Lover's Club 10:30AM - 12PM (See schedule) Cribbage (A) 9:45AM-12PM Pins and Needles Quilting 9:30AM -12:30PM Termites Chip Carvers 9AM-12PM
P M C L U B S	Art 1-4PM Pickleball Fun A 2-4PM Stained Glass 9:30AM-4PM	Jammers 1-4PM Silversmithing/Jewelry 9AM-4PM Weavers 10AM-4PM	Pickleball Fun B 11:15AM-1:15PM 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

Monday, December 13 @ 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, Jan 10-Apr 4 / 1-4PM / Wks 12

No class Feb 21

\$24

Badminton Club

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

Wed & Fri, Jan 12-Apr 1 / 8:30-11AM / 24 dates

\$48

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 Our meeting schedule has changed.

Fri, Jan 21, Feb 18, & Mar 18 / 10:30AM-12PM / 3 dates

\$6

Bridge Duplicate Club

Join fellow bridge players for an afternoon of fun!

Thu, Jan 13-Mar 31 / 12-3:45PM / Wks 12

\$24

Canasta Club

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

Thu, Jan 13-Mar 31 / 1-4PM / Wks 12

\$24

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.

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, Jan 11-Mar 31 / 10:30AM-12PM / 24 dates

\$48

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, Jan 11-Mar 29 / 9AM-12PM / Wks 12

\$24

Cribbage Club

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

A Fri, Jan 14-Apr 1 / 9:45AM-12PM / Wks 12

\$24

B Fri, Jan 14-Apr 1 / 12:45PM-3PM / Wks 12

\$24

NESA CLUBS . . . continued

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, Jan 13-Mar 31 / 1-4PM / Wks 12

\$24

Garden Club

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

Golf Club

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

Guitar Jam Club

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

Thu, Jan 13-Mar 31 / 12:30-3:30PM / Wks 12

\$24

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!

WHAT IS NESA DOING TO KEEP YOU SAFE?

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

Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Jan 11-Mar 29 / 1-4PM / Wks 12

\$24

Just For The Company

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

Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Jan 11-Mar 29 / 9:30AM-12:30PM / Wks 12

\$24

Pickleball Fun Club

A combination of ping-pong, tennis, and badminton that has been enjoyed for over 20 years by people of all ages. Bring your own paddles and balls or rent from the office. **NOTE** Members are limited to **only one** offering at this time. If more space becomes available the club will be notified.

NEW Start and end time!

A Mon, Jan 10-Apr 4 / 2-4PM / Wks 12

No class Feb 21

\$24

or

B Wed, Jan 12-Mar 30 / 11:15AM-1:15PM / Wks 12

\$24

Pins and Needles Quilting Club

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

Fri, Jan 14-Apr 1 / 9:30AM-12:30PM / Wks 12

\$24

Silversmithing Club

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

Tue, Jan 11-Mar 29 / 9AM-4PM / Wks 12

\$48

Stained Glass Club

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

Mon, Jan 10-Apr 4 / 9:30AM-4PM / Wks 12

No class Feb 21

\$48

Termites 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!

Fri, Jan 14-Apr 1 / 9AM-12PM / Wks 12

\$24

Travel Club

This club will not be meeting this season – please check back in the Spring 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, Jan 12-Mar 30 / 9AM-12PM / Wks 12

\$24

Weavers Club

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

Tue, Jan 11-Mar 29 / 10AM-4PM / Wks 12

\$48

Wildlife Carving Club

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

Thu, Jan 13-Mar 31 / 9AM-12PM / Wks 12

\$24

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, Jan 12-Mar 30 / 11:30AM-2:30PM / Wks 12

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.



NESA Events

December 13

WINTER REGISTRATION BEGINS
8:30 AM / ONLINE & IN-PERSON

**December 15
OFFICE CLOSED**

Main office will be closed on Wednesday, December 15 from 1-4PM for a NESA Volunteer Appreciation Event.

January 3

NESA CLOSED / STAT HOLIDAY / NEW YEARS DAY (IN LIEU)

January 5 - 8

BOOK SALE
9-3 PM / FREE PARKING / CAFÉ OPEN

January 14

A VISIT WITH BOB LAYTON
1-2:30 / \$2 each (Registration begins December 13)

February 11

VALENTINE'S DAY TEA: FEATURING COLLEEN FRANCES LAZORUK
2-4 PM / Tickets: \$10 each (On sale Jan 17 – Feb 4)

February 21

NESA CLOSED / STAT HOLIDAY / FAMILY DAY

March 4

ENPCN FITNESS - RESISTANCE BAND BODY BLAST
1-2:30 PM / \$5 each (Registration begins December 13)

March 12

A TRIBUTE TO ELVIS DINNER THEATRE MATINEE
12:30 – 3:30 PM / Tickets: \$50 each (On sale Feb 15 – March 6)

April 5

SPRING REGISTRATION BEGINS
8:30 AM / ONLINE & IN-PERSON

April 11-14

BOOK SALE
TBD/ FREE PARKING / CAFÉ OPEN

April 15

NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY

April 18

NESA CLOSED / STAT HOLIDAY / EASTER MONDAY

STAY IN THE KNOW

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

LANDRY LEISURE PASS @ NESAs

The Landry Leisure pass (LLP) is a income-based subsidy program that allows NESAs 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 NESAs 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 NESAs:

- Ensure to have your LLP status updated/active with Outreach **PRIOR** to registering so your member account can be updated.
- Complete the NESAs 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 NESAs's Fitness Centre's Annual, Monthly, 10-visit, or single admission passes. Arrangements for Fitness Centre cost reduction, must be completed during NESAs's hours of operation [8:30AM-4PM]).



*NOT eligible for discount:

- NESAs membership fee
- Club fees
- Additional supplies needed for some programs
- Tours and Outings
- Cherrydale Café
- Personal Training
- NESAs Social or Fundraising Events
- NESAs 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

ETS: DONATE A RIDE



Who The Program Serves

DONATE A RIDE is a City of Edmonton initiated charity led by Councillor Andrew Knack and Councillor Aaron Paquette. Since its inception in 1996, DONATE A RIDE has grown tremendously and now helps thousands of Edmontonians every year through local social service agencies. The agencies provide the transit tickets to low-income individuals and families that are in need of basic transportation to get to employment, educational and social services, helping to improve their quality of life.

NESA is grateful to be able to offer DONATE A RIDE transit tickets to individuals who are struggling to find affordable transportation options. (Adult and Seniors Passes are available).

If you need more information or want to know if you qualify, please contact our Outreach Workers at 780.414.8790





Cherrydale Cafe

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 Winter 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.

SOCIALIZING



CREATING



HEALTHY
LIVING



Please recycle!

– And pass this program guide on to a friend