

SUMMER 2024

Registration starts June 4, 2024.
Programs start July 15, 2024.



PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

**NESA OFFICE
TEMPORARY CLOSURE**
SEE PAGE 5 FOR MORE INFO!
PLEASE READ!

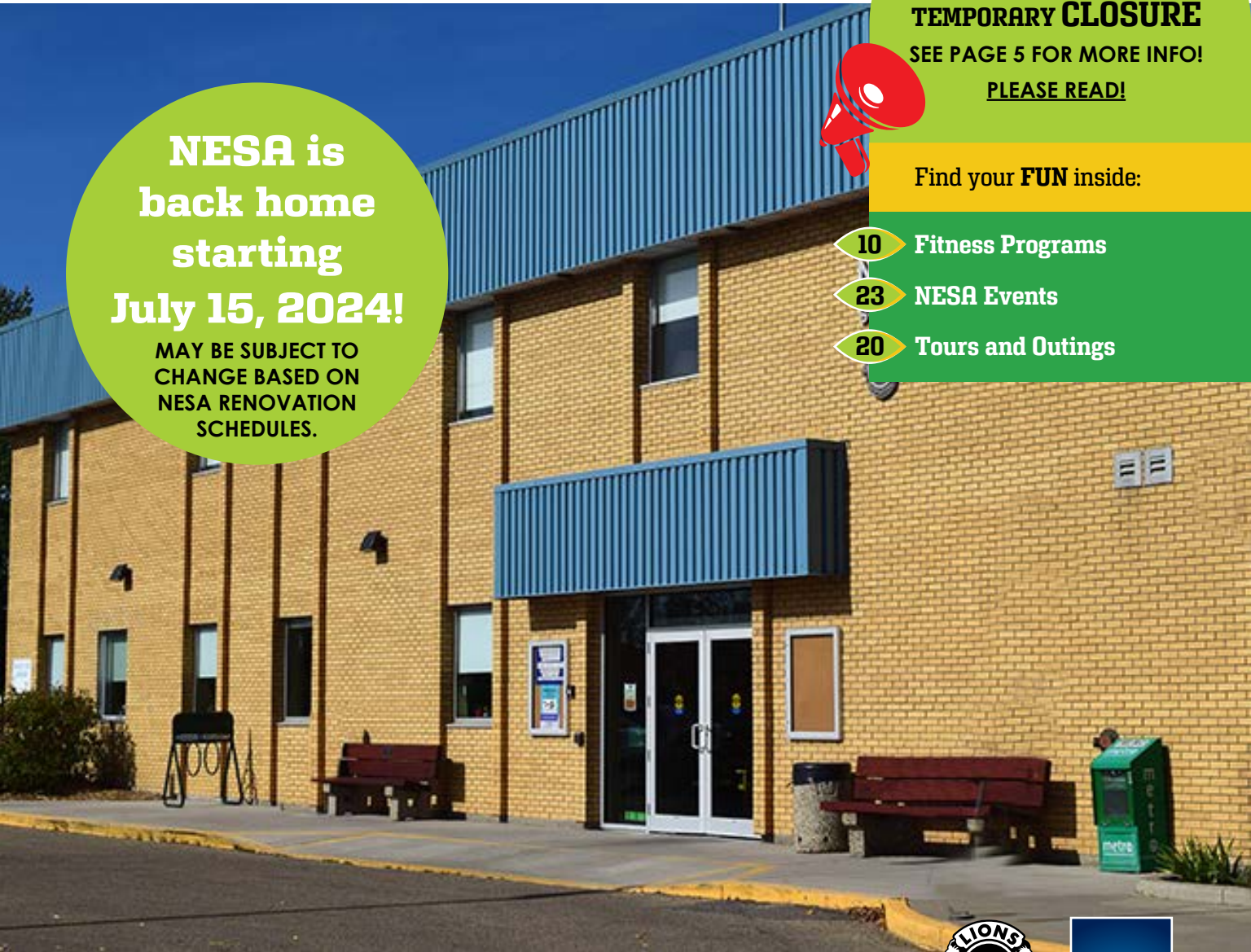


Find your **FUN** inside:

- 10** Fitness Programs
- 23** NESA Events
- 20** Tours and Outings

**NESA is
back home
starting
July 15, 2024!**

MAY BE SUBJECT TO
CHANGE BASED ON
NESA RENOVATION
SCHEDULES.



DON'T HAVE A COMPUTER? Or do you need some assistance
with registering online? Check out our options on pages 5-6.



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 Senior Centres in all of Canada was born and has continued to thrive.

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

NESA's success speaks for itself:

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

SUMMER 2024 CONTENTS

Cherrydale Café/Restaurant Updates	3
Fitness and Sports.	10
Fitness Class Schedule	18
Fitness Centre	19
Home Supports.	25
Landry Leisure Pass	24
Mail-In Registration	9
Membership Application	7
Membership Info	4
NESA Events	23
NESA Office & Registration Info	5
Outreach Services	27
Pickleball Programs.	16
Reopening NESA: Update	3
Summer Hours of Operation	5
Tours and Outings	20
Transportation Subsidy Program	27

MISSION STATEMENT

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

VISION STATEMENT

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

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

REOPENING NESAs: UPDATE



We are so excited to announce that NESAs is scheduled to be back in operation at the Northgate Lions Recreation Centre starting Monday, July 15, 2024 for select summer programs. After an extensive one-year infrastructural-rehabilitation project supported by the City of Edmonton and LORAC Construction Ltd., the 40+ year old building NESAs calls home has been restored and rejuvenated!

During the summer season, NESAs intends on completing some of its own building and space enhancements now that it is back home and has full access to the facility. Plans for painting, flooring replacement (in select areas), reorganizing spaces, select furniture and equipment replacement, along with a few additional upgrades are tasks on the list for the NESAs team to conquer over July and August.

While only select summer fitness programs will be offered in July and August (due to only specific spaces being available during the summer months), all remaining activities are scheduled to commence in the Fall of 2024. More details about the Fall 2024 Program Guide will be released in mid to late August.

OFFICE HOURS AND NORTHGATE BUILDING ACCESS

As moving preparations from the NESAs Temporary office will be underway at the end of June, please note that the NESAs office will be closed from Wednesday, June 26, 2024 until Friday, July 12, 2024. The Northgate Lions Recreation Facility will not be open to the public until Monday, July 15, 2024,

***with access to limited spaces, for fitness programs only.**

Summer 2024 program and outings registration can be done online, via telephone by calling 780.496.6969, or by visiting the McClure Office location until Tuesday, June 25, 2024.



Cherrydale Café/Restaurant Updates

While NESAs and the City of Edmonton have been actively seeking a new café and restaurant operator for the Cherrydale Café restaurant space in Northgate, at the time of compiling this program guide (May 2024), a partnership has not yet been confirmed.

Though there will not be any café or restaurant services available during NESAs's summer programs, it is expected that the new food services operator will be ready to serve the NESAs Community by the start of our Fall 2024 season. Stay tuned for more details!

MEMBERSHIP INFORMATION SUMMER 2024

Office Hours – See
page 5 for more details.

Registration starts June 4, 2024 at 8:30AM.
Summer session starts July 15, 2024.

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

How to Obtain:

Purchase online (www.nesa1.ca), by calling 780.496.6969, in person (see page 5 for office location details), or via mail.

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

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

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 24 for more information about NESAs's subsidy program.

RECIPROCAL MEMBERSHIP

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

How to Obtain: Purchase at participating Senior Recreation Centres. Please retain your proof of purchase for reciprocal membership verification.

NESAs's Relocation Update and Community League Memberships

To show our appreciation for the collaboration that we have made with the Steele Heights Community League and the Kilkenny Community League, NESAs has extended the reciprocal membership to those who have a current community league membership. Members of these community leagues will qualify to attend NESAs programs and activities at the membership rate, without the purchase of a NESAs membership. Please provide a receipt or membership card that clearly states the expiration date, for proof of community league membership.

NON-MEMBERS

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

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

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2024 MEMBERSHIP?

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

NESA OFFICE & REGISTRATION INFORMATION

register online

**SUMMER REGISTRATION BEGINS
JUNE 4, 2024 AT 8:30AM**

HOW TO REGISTER:

ONLINE REGISTRATION

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

Don't have an account? Please visit our website www.nesa1.ca and click on **'My Account'** and then select the 'Click here to create a New Account' option.

Need to register a spouse or friend online? Make sure we have received their permission for you to do this ahead of time and a NESA staff can make arrangements to add them to your account.

For Technical Support call: 780.496.6969

OFFICE HOURS AND NORTHGATE BUILDING ACCESS:

As moving preparations from the NESA Temporary office will be underway at the end of June, please note that the NESA office will be closed from Wednesday, June 26, 2024 until Friday, July 12, 2024. The Northgate Lions Recreation Facility will not be open to the public until Monday, July 15, 2024, ***with access to limited spaces, for fitness programs only.**

Summer 2024 program and outings registration can be done online, via telephone by calling 780.496.6969, or by visiting the McClure Office location until Tuesday, June 25, 2024.

NESA'S TEMPORARY OFFICE LOCATION OPEN UNTIL JUNE 25, 2024

McClure United Church
13708 74 Street

SUMMER 2024 HOURS OF OPERATION

This office location will be open from 9AM-3PM Mondays, Tuesdays, Thursdays, and Fridays until (and including) Tuesday, June 25, 2024.

NESA'S PERMANENT OFFICE LOCATION STARTING JULY 15, 2024

NESA'S OFFICE LOCATION
Northgate Lions Seniors Recreation Centre
7524 139 Avenue

SUMMER HOURS OF OPERATION

Starting Monday, July 15, 2024 until Friday, August 30, 2024, NESA's office will be open Monday to Friday from 8:15AM-3PM. Closed on weekends and statutory holidays.

REMINDER!

An active 2024 NESA Membership is required for most programs and activities at NESA. See Membership Application on pages 7-9.

NESA OFFICE & REGISTRATION INFORMATION

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

MAIL-IN REGISTRATION Please see page 9 for the mail-in registration form, upon its completion please mail it back to NESA (with a cheque payable to North Edmonton Seniors Association). Mail-in registrations will only be processed if full payment is provided. A receipt will be sent back via mail to members who have successfully been enrolled in their program(s).

IN-PERSON REGISTRATION (Please refer to office location hours and schedule listed on page 5)

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

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

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

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

LOW ENROLMENT POLICY Avoid disappointment and register early! The programming team assesses enrolment one week prior to the start date of 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 NESA or the Board of Directors. NESA is not responsible for any physical injuries incurred during any programs. All participants must sign a waiver form before being permitted to partake in NESA programs, clubs, and outings. All programs are organized and operated by NESA.

REMINDER!

An active 2024 NESA Membership is required for most programs and activities at NESA. See Membership Application on pages 7-9.



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

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

NESA Membership Application

Please **PRINT** Clearly

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

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

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

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

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

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

MALE FEMALE PREFER NOT TO DISCLOSE/UNSPECIFIED

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

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

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

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

SEE OTHER SIDE



North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

Terms of Service

[Last updated February 26th, 2021]

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

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

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

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

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

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

COVID-19 Compliance: NESAs 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 NESAs 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 NESAs Board of Directors and the Edmonton Police Service work together to prevent, monitor and react to any potential risk.

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

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

I have read and understand the above Terms of Service.

Signed: _____ Date: _____



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

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

Mail-In Registration Form

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

Important – Mail-in registrations:

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

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone(s): _____ Email: _____

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



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 18 for a class selection overview.

Active with Arthritis

Amy Petersen

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

A Tue, Jul 16-Aug 13 / 10:30-11:30AM / 5 Wks

\$33

B Thu, Jul 18-Aug 15 / 10:30-11:30AM / 5 Wks

\$33

Age Reversing Essentrics®

Meaghan Hipkin

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

Fri, Jul 19-Aug 16 / 10:30-11:30AM / 5 Wks

\$57

Barre Cardio

Falon Fleming

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

NEW Time!

Thu, Jul 18-Aug 15 / 9-10AM / 5 Wks

\$33

Bender Ball: Total Body Workout

Falon Fleming

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

NEW Time!

Tue, Jul 16-Aug 13 / 8:30-9:30AM / 5 Wks

\$33

DID YOU KNOW?

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

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. Classes held in the Auditorium.

NEW Time!

A Mon, Jul 15-Aug 19 / 8:30-9:30AM / 5 Wks

No class Aug 5

\$33

NEW Time!

B Wed, Jul 17-Aug 14 / 8:30-9:30AM / 5 Wks

\$33

Chair Total Body Workout

Falon Fleming

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.

NEW Time!

Mon, Jul 15-Aug 19 / 11AM-12PM / 5 Wks

No class Aug 5

\$33

NOTE The Thursday option of this class will return in the Fall of 2024.



Chair Yoga (Tuesdays AM)

Makaela Paynter

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.

Tue, Jul 16-Aug 13 / 10-11AM / 5 Wks

\$38

NOTE The Thursday option of this class will return in the Fall of 2024.

Chair Yoga (Tuesdays PM)

Beverley Moore

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.

Tue, Jul 16-Jul 30 / 12:15-1:15PM / 3 Wks

\$24

NOTE The Thursday option of this class will return in the Fall of 2024.



NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 24 for information about NESAs Landry Leisure Pass.



Cross Training

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

Falon Fleming

NEW Time!

A Tue, Jul 16-Aug 13 / 9:45-10:45AM / 5 Wks

\$33

Jollean Ferrari

NEW Time and Day!

B Fri, Jul 19-Aug 16 / 9:45-10:45AM / 5 Wks

\$33

Jollean Ferrari

NEW Time and Day!

C Fri, Jul 19-Aug 16 / 11AM-12PM / 5 Wks

\$33

Essentrics® for Seniors

Liz Olson

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

Thu, Jul 18-Aug 15 / 10:45-11:30AM / 5 Wks

\$51

**NEED HELP GETTING
TO YOUR NESA PROGRAM?**

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

Essentrics® for Stretch and Tone

Meaghan Hipkin

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

Fri, Jul 19-Aug 16 / 9:15-10:15AM / 5 Wks

\$57

NEW! Essentrics® for Stretch and Tone and Age Reversing

Meaghan Hipkin

This hybrid class will lead you through a dynamic combination of strengthening and stretching and help restore movement to your joints, improve flexibility and strengthen your muscles. Some floor work included but modifications can be provided.

Mon, Jul 15-Aug 19 / 9:30-10:30AM / 5 Wks

No class Aug 5

\$57



Fit For Your Life

Falon Fleming

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

NEW Time!

A Mon, Jul 15-Aug 19 / 9:45-10:45AM / 5 Wks

No class Aug 5

\$33

NEW Time!

B Wed, Jul 17-Aug 14 / 9:45-10:45AM / 5 Wks

\$33

Flexibility and Foam Rolling

Falon Fleming

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

Wed, Jul 17-Aug 14 / 1:30-2:30PM / 5 Wks

\$40



Fun and Fitness

Falon Fleming

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

NEW Time!

Mon, Jul 15-Aug 19 / 12:15-1:15PM / 5 Wks

No class Aug 5

\$33

NOTE *The Thursday option of this class will return in the Fall of 2024.*

Gentle Yoga Explorations

Christine Leach

Practice yoga in a way that completely honors your body. Gentle yoga can allow space to bring peace, balance, and harmony to our minds, bodies and hearts. We will start with a soft breathing practice or centering meditation, and explore various styles of gentle yoga, including comfortable hatha stretches, easy flows, some gentle yin and restorative postures, and at times, meditation. Every week, the class is different; the only constant is that the practice is gentle. This class addresses various needs and is particularly suitable for: beginners; people who have been away from yoga for a while; people with various injuries; seniors. Low intensity. Floor work is required so please bring your own mat if you have one.

NEW Time!

Wed, Jul 17-Aug 14 / 10:15-11:15AM / 5 Wks

\$38

NEW! Interval Training

Jollean Ferrari

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

NEW!

Wed, Jul 17-Aug 14 / 9:45-10:45AM / 5 Wks

\$33

Stretch 'n Tone Yoga: Beginner

Beverley Moore

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

Tue, Jul 16-Jul 30 / 1:30-3PM / 3 Wks

\$28

NOTE *The Thursday option of this class will return in the Fall of 2024.*

Strong and Stable

Amy Petersen

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

A Tue, Jul 16-Aug 13 / 9:15-10:15AM / 5 Wks

\$33

B Thu, Jul 18-Aug 15 / 9:15-10:15AM / 5 Wks

\$33

NEW! Suspension Training

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

Jollean Ferrari

NEW!

A Wed, Jul 17-Aug 14 / 8:30-9:30AM / 5 Wks

\$40

Jollean Ferrari

NEW!

B Thu, Jul 18-Aug 15 / 12:15-1:15PM / 5 Wks

\$40

Falon Fleming

NEW!

C Thu, Jul 18-Aug 15 / 1:30-2:30PM / 5 Wks

\$40

Jollean Ferrari

NEW!

D Fri, Jul 19-Aug 16 / 8:30-9:30AM / 5 Wks

\$40

Zumba®

Marguerite Critchley

Use of low-impact dance moves to Latin, American-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.

NEW Time!

A Tue, Jul 16-Jul 30 / 12:15-1:15PM / 3 Wks

\$20

NEW Time!

B Thu, Jul 18-Aug 1 / 12:15-1:15PM / 3 Wks

\$20



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!

NEW Time and Day!

Mon, Jul 15-Aug 19 / 12-1PM / 5 Wks

No class Aug 5

\$40

Zumba® Gold Chair

Bella Hanske

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

NEW Time and Day!

Mon, Jul 15-Aug 19 / 1:15-2:15PM / 5 Wks

No class Aug 5

\$40

PICKLEBALL PROGRAMS AT TWO LOCATIONS!



PLEASE NOTE

The following pickleball schedule is for the Summer of 2024 only – more details about the Fall 2024 session will be shared in the coming weeks – stay tuned for more information!

Pickleball Schedule Format

The format for this season's pickleball will remain the same as previous seasons. There will be a **15-member maximum** per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

Pickleball Rules, Scoring and Group Support

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

RUNDLE PARK (2909 113 AVENUE) SUMMER SESSION DETAILS

75-minutes / 15 people max **ROUND-ROBIN FORMAT**

MON 9:15AM: Mon, July 15-Aug 19 / 9:15-10:30AM / Wks 5

No session Aug 5

\$28

MON 10:35AM: Mon, July 15-Aug 19 / 10:35-11:50am / Wks 5

No session Aug 5

\$28

FRI 9:15AM: Fri, July 19-Aug 16 / 9:15-10:30AM / Wks 5

\$28

FRI 10:35AM: Fri, July 19-Aug 16 / 10:35-11:50am / Wks 5

\$28

NORTHGATE LIONS RECREATION CENTRE (7524 139 AVENUE) SUMMER SESSION DETAILS

75-minutes / 15 people max **ROUND-ROBIN FORMAT**

TUE 1:30PM: Tue, July 16-Aug 13 / 1:30-2:45PM / Wks 5

\$28

WED 1:30PM: Wed, July 17-Aug 14 / 1:30-2:45PM / Wks 5

\$28



Looking for NESAs Learn to Play Pickleball or Level Up your Pickleball workshops? NESAs does not currently have any scheduled for the Summer 2024 season but hopes to have more scheduled in the near future. Stay tuned for more information.

Credits/Refunds for Missed Pickleball Sessions

No refunds will be issued unless NESAs cancels this program. NESAs requires all registrants to pay in full for the entire 5-week session so we can ensure that the space will remain reserved and booked for NESAs. NESAs is unable to refund or credit any pickleball sessions you may be unable to attend. You are however encouraged to report any known absences to pickleball@nesa1.ca with as much notice as possible so the programming team can attempt to find a replacement for you. If a replacement player can be found during your absence(s), your NESAs account will be credited for the amount the missed session(s) are worth.

Waitlist Reminder

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

Interested in a single-session of pickleball?

On occasion there may be member absence from weekday Rundle or Northgate pickleball sessions. If you are interested in being contacted for a single session of pickleball, please add your name to the waitlist on the weekday and time frame of pickleball you would be interested in joining and you will be contacted should a space become available. Alternatively, please email pickleball@nesa1.ca to advise the programming team of your availability. (There is no cost to be on the waitlist).

Where else can I play pickleball?

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

Central Lions Recreation Centre

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

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

North West Edmonton Seniors Society

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

Southeast Edmonton Seniors Association

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

Westend Seniors Activity Centre

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

FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> • Age Reversing and Essentrics® for Stretch and Tone • Cardio Plus • Chair Total Body Workout • Fit For Your Life • Fun and Fitness 	<ul style="list-style-type: none"> • Active with Arthritis • Bender Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Zumba® 	<ul style="list-style-type: none"> • Cardio Plus • Fit For Your Life • Gentle Yoga • Interval Training • Suspension Training 	<ul style="list-style-type: none"> • Active with Arthritis • Barre Cardio • Essentrics® for Seniors • Strong and Stable • Zumba® 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cross Training • Essentrics® Stretch and Tone • Suspension Training
AFTERNOON	<ul style="list-style-type: none"> • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Yoga • Stretch 'n Tone Yoga (Beg). 	<ul style="list-style-type: none"> • Flexibility and Foam Rolling 	<ul style="list-style-type: none"> • Suspension Training 	

WHAT EXERCISE CLASS IS BEST FOR ME?

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

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

Classes include:

Active with Arthritis, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fit For Your Life, Interval Training, Strong and Stable, Suspension Training, Zumba® Gold and Zumba® Gold Chair.

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

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

Classes include:

Age Reversing Essentrics®, Barre Cardio, Bender Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Gentle Yoga Explorations, Stretch 'n Tone Yoga, and Zumba®.

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



Summer Hours Of Operation

Starting July 15, 2024 to August 30, 2024
Monday to Friday from 8:15AM-3PM.

May be subject to change based on NESAs renovation schedules

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

Closed on Weekends & Holidays

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

Fitness Centre Admission Fees

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

**Prices may be subject to change.*

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

INTERESTED IN VOLUNTEERING AT THE FITNESS CENTRE?

Call our Volunteer Coordinator today for more information at 780.496.6969.

What We Offer

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

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

Additional costs apply for these services.

HAVE A QUESTION ABOUT YOUR FITNESS CENTRE PASS VALIDITY?

Any fitness pass eligible for an extension due to the 12-month Northgate closure will be updated to reflect the new expiry date. Please note, an active 2024 NESAs Membership will still be required to access the fitness centre. Please visit the fitness centre for more information.





River Cree Casino

The River Cree Casino is the best casino in the Greater Edmonton Area.

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

Registration deadline: June 11, 2024

June 12, 2024

Bus departs from Northgate: 11 AM / Bus returns: 4 PM

\$5 (Includes travel, \$5 gambling voucher, and lunch voucher for Tap 25) **NMW**

NOTE All participants are asked to park at the Northgate Lions Recreation Centre.

Retro Rides and Diner Vibes



Join us for Fathers Day- a nostalgic journey through automotive history at Yesterdays Autogallery, where classic cars tell

tales of yesteryears. After immersing ourselves in the charm of vintage vehicles, we'll gather at Sylv's Retro Diner for a delightful lunch, savoring the flavors of the past in a setting that echoes the golden age of diners. Let's celebrate Father's Day with a blend of retro elegance and delicious memories!

Registration deadline: June 12, 2024

June 19, 2024

Bus departs from Northgate: 10:30AM / Bus returns: 2PM

\$35 (Please note your cost of lunch is not included, the menu will be provided at the time of registration) **NMW**

NOTE All participants are asked to park at the Northgate Lions Recreation Centre.



Paws on Patrol & Heritage Hooves

Our day begins departing to The Police Dog Training Centre near Innisfail! On our way, we will stop in Lacombe to pick up our delicious pre-ordered lunches from Eastside Eatery, ensuring everyone is well-nourished for the afternoon ahead. Our journey continues to the Police Dog Training Centre where we will witness an impressive demonstration of the incredible skills and dedication of these four-legged officers! After an exhilarating time with the pups, we will continue to Heritage Ranch in Red Deer, where we will explore the gorgeous trails of Heritage Ranch with a carriage ride until we gather for a scrumptious supper sharing stories and laughter over a hearty meal. Once we're filled with a wonderful meal and memories, we'll make our way back to Edmonton.

Registration deadline: July 3, 2024

July 10, 2024

Bus departs from Northgate: 10AM / Bus returns: 8PM

\$152 (Includes meals, travel and all planned activities) **NMW**

NOTE All participants are asked to park at the Northgate Lions Recreation Centre. Please note there will be stairs to board the bus.



Tranquil Trails: A Day at Peaceful Valley

Escape to Peaceful Valley for a day of relaxation and nature's beauty. Enjoy a delicious BBQ lunch, refreshing beverages, and a range of activities tailored for your perfect day out. Take a guided tour on a golf cart, enjoy a leisurely stroll, take part in a sing-a-long, play a game of ladder golf, indulge in birdwatching, or challenge friends to a game of cribbage!

Registration deadline: July 12, 2024

Outing Date: July 17, 2024

Bus departs from Northgate: 9:30AM / **Bus returns:** 4:30PM

\$58 (Includes bbq lunch, travel, all activities, and donation to the Peaceful Valley Day Lodge) **NMW**

NOTE All participants are asked to park at the Northgate Lions Recreation Centre. Please note there will be stairs to board the bus.

River Cree Casino



The River Cree Casino is the best casino in the Greater Edmonton Area. They offer the

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

Registration deadline: July 23, 2024

Outing Date: July 24, 2024

Bus departs from Northgate: 11AM / **Bus returns:** 4PM

\$5 (Includes travel, \$5 gambling voucher, and lunch voucher for Tap 25) **NMW**

NOTE All participants are asked to park at the Northgate Lions Recreation Centre.



Market Mingle: Callingwood Mini Market and Boxcar Coffee

Join us for a delightful outing to the Callingwood Mini Seniors Market, perfect for those who enjoy shopping local! Our day begins with a visit to Boxcar Coffee, where we can chat, reminisce, and enjoy a leisurely start to our day. After our coffee break, we'll head to the Callingwood Mini Market. This quaint outdoor market offers a variety of local vendors with fresh fruit, vegetables, meat, cheese, baking, home décor, gift items; if interested-check out the local stores (Safeway, Shoppers' Drug Mart, Dollarama, Muggnz' Family Restaurant, and more!) Enjoy live music, free giveaways, and more!

Registration deadline: August 6, 2024

Outing Date: August 7, 2024

Bus departs from Northgate: 10AM / **Bus returns:** 2:30PM

\$15 (Does not include any beverages, food, or general market purchases) **NMW**

NOTE All participants are asked to park at the Northgate Lions Recreation Centre.



Coffee and Connections: Vi's For Pies

Enjoy a relaxing afternoon out with Vi's for Pies! What goes better with coffee than connection! Make new friends and take time out of your day to savor flavors while really getting to know some of the incredible members of NESA! Sit back and chat or participate in our arranged Speed Friending event! Speed Friending offers a unique twist on the traditional concept of speed dating, focusing on creating meaningful platonic connections. Engage in brief, engaging conversations with a variety of participants and discover potential new friends who share your interests and passions. Don't miss out on this opportunity to expand your social circle and build new friendships in a relaxed and welcoming atmosphere.

Registration deadline: August 7, 2024

Outing Date: August 14, 2024

Bus departs from Northgate: 1:30PM / **Bus returns:** 4PM

\$35 (Please note this includes your choice of beverage, pie/cake, travel, and gratuities to Vi's!)

NMW

NOTE All participants are asked to park at the Northgate Lions Recreation Centre.



BONUS OUTINGS!

Keep an eye out for additional tours that may be added soon! As more summer dates are announced for various locations in and around Edmonton, we will be looking to book exciting new outings. Stay updated by checking your email, our website, Facebook, Instagram, and Twitter for the latest announcements and opportunities!

PLEASE NOTE

Event details including prices, dates and times are subject to change.

**ALL ARE WELCOME
TO OUR EVENTS!**

Jun 3	SUMMER REGISTRATION BEGINS
Jun 5	BOTTLE DRIVE 9AM-12PM Steele Heights Parking Lot (5825 140 Avenue)
Jun 26 - Jul 12	NESA OFFICE CLOSED
Jul 15	NORTHGATE AND THE NESA OFFICE IS OPEN TO THE PUBLIC
Jul 15	SUMMER 2024 PROGRAMS BEGIN (SELECT FITNESS PROGRAMS ONLY)
Aug 5	NESA CLOSED / CIVIC HOLIDAY
Aug 19	FALL 2024 PROGRAM GUIDE AVAILABLE
Aug 23	WELCOME BACK EVENT More details and information to follow!
Aug 23 - 25	BOOK, PUZZLE & JEWELRY SALE More details and information to follow!
Aug 27	FALL REGISTRATION BEGINS
Sep 2	NESA CLOSED / LABOUR DAY
Sep 4	BOTTLE DRIVE 9AM-12PM Northgate Lions Seniors Recreation Centre
Sep 9	FALL 2024 SEASON BEGINS

PROGRAM AND EVENT TIMELINES MAY BE SUBJECT TO CHANGE

Please stay tuned for more information and updates!

NESA's LANDRY LEISURE PASS



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

Things to Know

You can now register for the 2023/2024 LLP program.

How do I qualify?

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

1 Person Household: An income of **\$35,000 or less.**

2 Person Household: An income of **\$42,000 or less.**

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

NESA also welcomes and supports the following for one year, then individuals can reapply under the income qualification:

- You are a new Permanent Resident or a Refugee aged 55+ (To qualify you must have been in Canada less than one year and are not yet eligible to file a tax return).
- You are a Ukrainian National aged 55+ who arrived in Canada on or after *February 24, 2022.*



INTERESTED? HAVE QUESTIONS?

For more information or to register for the Landry Leisure Pass, contact the NESA Team at 780.496.6969 or via email at llp@nesa1.ca

How do I renew my current LLP pass?

- Ensure you have an active 2024 NESA Membership;
- Provide NESA with a copy of your 2023 Notice of Assessment. How?
 - Visit our office during business hours (see page 5 for schedule) or;
 - Email us a copy at llp@nesa1.ca
- If eligibility requirements met, your member account will be updated, and your subsidy will be in effect and available immediately for all eligible programs.

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

- Your LLP status will be in effect from January 1, 2024 to December 31, 2024 and you will be eligible for up to 10 program subsidies during this 12-month duration.
- Refer to pages 5-6 for registration information.

*NOT eligible for discount:

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



Home Supports

Services Provided

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

Referral Process

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

Contact Us

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

Southwest Contact: Barbara | 780.860.2931

Northwest Contact: Kathy | 780.995.2908

Northeast Contact: Amanda | 780.995.8072

Southeast Contact: Jenny | 587.594.7884

This map shows the geographical boundaries for each district and a list of postal codes for each district. View a version of the map on the next page.

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

Fort Saskatchewan: Northeast

Morinville & St. Albert: Northwest

Spruce Grove: Northwest

Stony Plain: Southwest

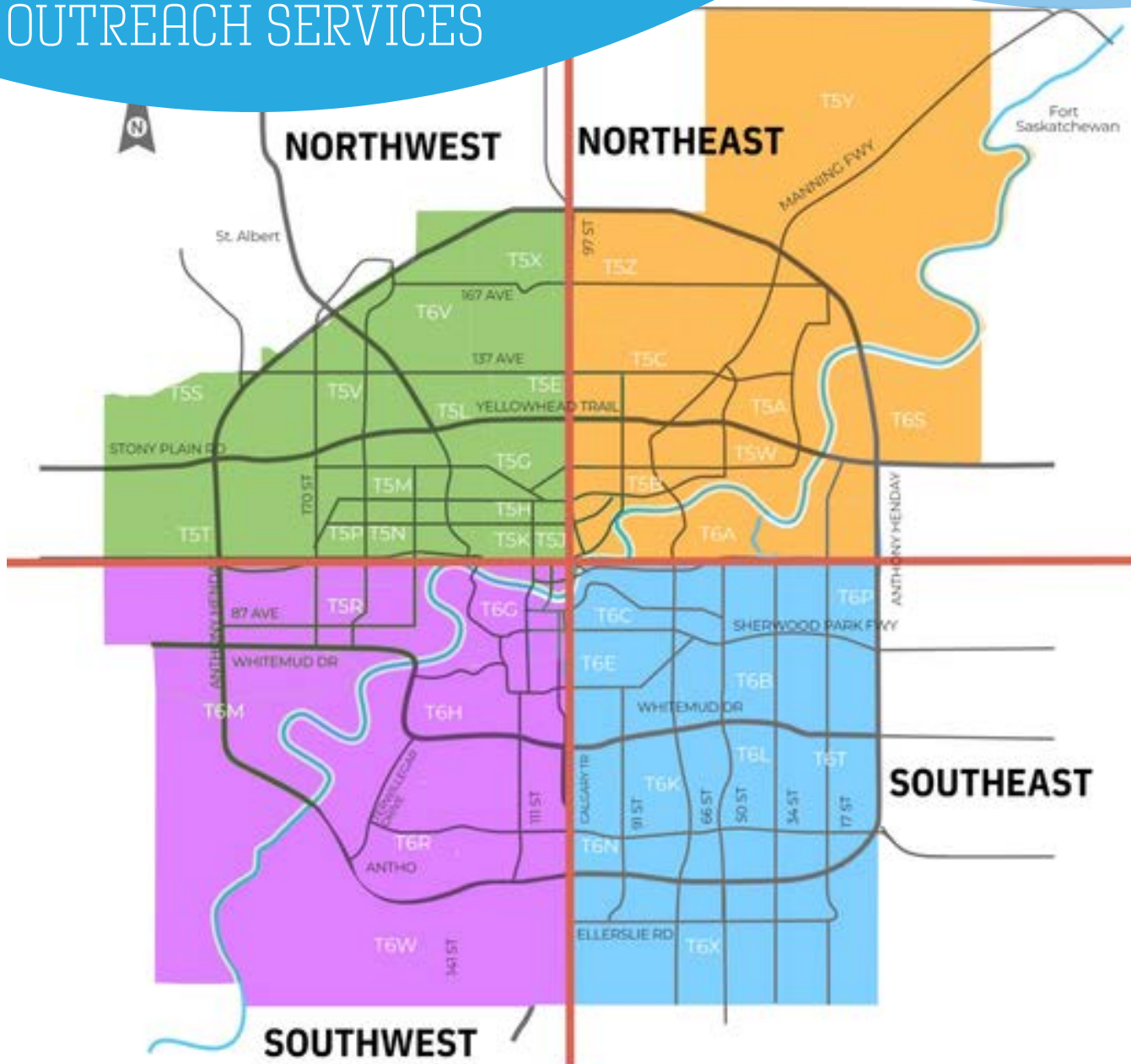
Devon: Southwest

Beaumont: Southeast

Sherwood Park: Northeast

Leduc: Southeast

HOME SUPPORTS & OUTREACH SERVICES



Southwest
 Contact: Barbara
 (780) 860-2931
homesupport3@jfse.org

Northwest
 Contact: Kathy
 (780) 995-2908
homesupport4@jfse.org

Northeast
 Contact: Amanda
 (780) 995-8072
homesupport2@jfse.org

Southeast
 Contact: Jenny
 (587) 594-7884
homesupport1@jfse.org

T6G T6H
 T6J T6R
 T6W T6X
 T5T T6M
 T5R

T5M T5E T6V
 T5N T5G T5X
 T5P T5H T5L
 T5S T5J T5T
 T5V T5K

T5A T5Z
 T5B T6S
 T5C T5Y
 T5W T6A

T6K T6L
 T6N T6T
 T6B T6C
 T6E T6P



Delivered by Jewish Family Services Edmonton



Outreach Services

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



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

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

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

FRIENDS



FESTIVITIES



FUN



Please recycle!

– And pass this program guide on to a friend