

# FEBRUARY / MARCH 2020 EDITION



## NORTH EDMONTON SENIORS NEWS

**@ NORTHGATE LIONS SENIORS RECREATION CENTRE**

7524-139 Avenue, Edmonton, Alberta, T5C 3H7

Phone: 780-496-6969 Fax: 780-496-4707

Website: [www.nesa1.ca](http://www.nesa1.ca) / Email: [info@nesa1.ca](mailto:info@nesa1.ca)

Facebook: [www.facebook.com/northedmontonseniors/](http://www.facebook.com/northedmontonseniors/)

Twitter: @nesayeg / Instagram: @nesayeg



### Dates to Remember

Feb 5	Jewelry Sale
Feb 12	Puzzle Sale
Feb 14	Valentines Day Tea & Wizards Sale
Feb 19	Pins & Needles Sale
Feb 28	Leap Year Luau Dinner Theatre
Mar 4	Creative Greeting Cards Sale
Mar 13	St. Patrick's Day Tea
Mar 31-Apr 4	Book Sale
Apr 4	NESA Annual Garage Sale & Bake Sale



Let your **SMILE**  
Change the  
**WORLD**,  
But don't let  
the **WORLD**  
change your  
**SMILE!**

### Index

### Page

Msg fm NESA Board	2
Msg fm Executive Director	3
Compliments Corner	3
Getting to Know the Board	4
Fundraisers	5
Social Events	6
Program News	7
Fitness Centre News	8
Volunteer News/Highlights	9,10
Other Interesting Stuff	11
Care Update	12
NESA Handbell Choir	13
Just for the Fun of It	14
Club News	15
Wed Dinners & Dances	16

Next newsletter will be  
April 2020

Cut-off for submissions is  
Wednesday, 18 March 2020

## Join us for Laughter, Learning & Living!

## **Message from the NESA Board of Directors:**

At the Annual General Meeting (AGM) scheduled for Thursday, April 16, new Board members will be elected to replace those retiring. We have now started the process of recruiting for new Board members. The following is some basic information on the role of a Board member that is taken from our bylaws and policies:

- The management of the business affairs of the Association shall be vested with the Board of Directors.
- Day to day management and administration of NESA shall be delegated to the Executive Director who reports to the Board and is responsible to the Board.
- As a member of the Board, a Director is involved in such matters as:
  - Approving policy and other recommendations of the Board, committees and staff;
  - Monitoring and ensuring implementation of Board policies;
  - Reviewing bylaws and policies and preparing and recommending bylaw changes to the membership;
  - Participating in the development of business plans and budgets;
  - Developing and maintaining positive relations among the Board, committees, staff members and the community to enhance NESA's mission.
- Each elected member of the Board of Directors shall hold office for a term of 2 years.
- A member of the Board having served as Director for 2 consecutive terms (4 years) shall not be eligible for re-election until one (1) year has elapsed.
- The Board meets on a monthly basis except during the summer.
- All members of the Board of Directors have a duty to act in good faith, adhere to the Code of Conduct and in the best interests of the Association.

Over the next few months you will see more information designed to inform and encourage you to consider involvement with the Board of Directors.

If you are interested in learning more, please let us know.

Randy Tomin,  
President

## Message from the NESA Executive Director (ED):

As this newsletter is being put together it is at a time when we are in the -30° week. At least it gives us something to talk about! There are so many factors to worry about when it is this cold, from keeping your car tires inflated to changing your furnace filter, to thinking about your neighbors. Here's hoping when this newsletter is in print we are not facing this harsh weather again!

It would be great if you could ensure your Emergency Contact information is current. We hate to have to call someone but when we do it is critical the name and phone number is correct.

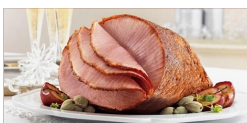
The new programs being offered seem to be popular and we are always looking for new ideas for what members would like to try.

You'll see a new section in the newsletter called Compliments Corner. We want to share the positive comments from the membership and will keep this going. If you want to thank someone or something, email or drop it in the comments box.

Nancy Melnychuk  
Executive Director

## COMPLIMENTS CORNER

- “Kudos to all those who were involved in this year's Remembrance Day service. It was the best ever. We enjoy the soldiers' accounts of their work and also hearing of Jackie's family history. Well done!”
- “I just wanted to write a note congratulating the team that organized registration this year. I was not here in September but was very impressed with how well everything went. It was a good idea to have what table you registered at before you got into the gym. It was well organized and the line ups were short and quick. I enjoyed the free coffee and goodies while I waited for my number to be called which certainly did not take long. Computers may be a wave of the future but humans were a lot faster. Thank you again for the efficiency that Registration was handled”  
PS – Excellent Christmas Concert. Thank you. Good apple cider and tasty treats.
- “The hair dryer in the ladies change room is awesome!! Thank you!!”
- Because our neighbour passed away just before Christmas, it was a rather somber time this year, so we joined together with their family and ordered turkey dinners from Cherrydale Café. That turned out to be an excellent plan – the food was delicious, there was lots of it – and the best part: We didn't have to cook it! Thank you to Dragana for offering this service!



## GETTING TO KNOW THE BOARD

**Name:** Bruce Zack

**Original hometown?** Peace River, Alberta

**What was your first paid job?** Grocery Clerk

**Your last?** Systems Analyst, City of Edmonton

**How many years on the Board?** 4 years

**What first brought you to NESA?** I retired—needed somewhere to go to socialize!

**How do you describe NESA to others?** A friendly organization that provides social opportunities and a range of clubs and activities for seniors.

**If you could magically make three things happen at NESA, what would they be?**

- Programming and activities would expand to be more multi-culturally appealing.
- The exercise room would be renovated/expanded.
- The facility would be renovated/expanded to accommodate a growing membership.



**Name:** Barbara Fratesi

**Original hometown?** North Bay, ON

**What was your first paid job?** Playground Supervisor, Sault Ste. Marie, ON

**Your last?** Program Manager, Alberta Parenting for the Future, Stony Plain, AB

**How many years on the Board?** 2 years

**What first brought you to NESA?** I was initially looking for exercise programs and was amazed at the variety that NESA offered.

**How do you describe NESA to others?** A place offering something for everyone. Describing it brings a smile to my face, while thinking of what a very friendly, inviting place it is.

**If you could magically make three things happen at NESA, what would they be?**

- To have sufficient sustainable funding to continue operating.
- To have expansion capabilities to meet program demands and parking availability.
- To have all members know the staff and Board and the commitment they bring.



# FUNDRAISERS



Thank you for your continued support of NESA fundraising endeavours. Your ongoing contributions to NESA fundraisers goes a long way in supporting NESA. The money is used to help produce our newsletter, program guides and maintain our fitness equipment. The money raised also helps Supporting Our Seniors; because of the generosity of NESA members, money from fundraising helps Outreach in filling their emergency food pantry to bridge vulnerable seniors until a permanent food security solution is found. Money raised also funds Supporting Our Seniors at Christmas, purchasing emergency personal hygiene products and adult bus tickets. From the bottom of our hearts we thank you for your support.

Also a big thank you to the Pins and Needles Club for their \$2,500.00 donation to NESA. Thanks ladies for your hard work and generosity.

## Upcoming Fundraisers

Wednesday, February 5<sup>th</sup>. Jewelry Sale (lobby), 9 am to 1 pm.

Wednesday, February 12<sup>th</sup> Puzzle Sale, 9 am to noon.

Friday, February 14<sup>th</sup> Wizards (lobby), 12 pm to 4 pm.

Wednesday February 19<sup>th</sup> Pins & Needles (lobby), 9 am to 1 pm.

Wednesday, March 4<sup>th</sup> Creative Greeting Cards Sale (lobby), 9 am to 1 pm.

Saturday, April 4<sup>th</sup> NESA's Annual Garage Sale 9 am to 3 pm.

March 31 to April 4<sup>th</sup> Book Sale, 9 am to 3 pm.

Saturday April 4<sup>th</sup> Bake Sale, 9 am to noon.

Are you cleaning and de-cluttering? NESA graciously accepts your unwanted jewelry which we sell at our jewelry sales.

## New Fundraiser

PSSST...we wanted to let you know our new **M & M Fundraiser** is under way. Pick up an order form from the front desk and choose the items you wish to purchase. Return your completed form by the cut off date to the front desk and we will call you when your order is ready to be picked up at NESA. It's that easy!! The best part is that NESA receives 15% on all orders!!



## SOCIAL EVENTS

### Leap Year Luau

**Friday, February 28th, 2020**

DOORS OPEN: 5:00 PM

DINNER: 5:30 PM

ENTERTAINMENT: 6:30-7:30 PM

**Tickets: \$50 pp**

**(Tickets available until February 21)**

*Purchase in-person at the front desk*

Aloha

Are you tired of winter? Grab your t-shirts, sun hats and sun glasses and join us for some tropical fun!

Special Entertainment includes Hawaiian Music and Dancing!

### St Patrick's Day Tea

**Friday, March 13, 2020**

DOORS OPEN: 1:45 pm

EVENT: 2-4 pm

**Tickets: \$5 pp**

**(Tickets available February 3 - March 6)**

*Purchase in-person at the front desk*

Calling all Lads & Lasses to join us for a wee snack and some exciting entertainment from the very talented dancers of the "Knock School of Irish dance"



### Randy & Rai Concert

(Country music Duo)

**Tuesday, April 14, 2020**

DOORS OPEN: 1:45 pm

EVENT: 2-4 pm

**Tickets: \$7 pp**

**(Tickets available March 9 - April 9)**

*Purchase in-person at the front desk*



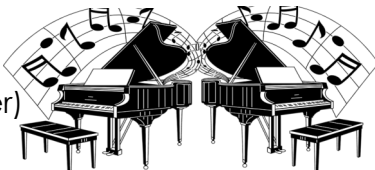
### Dinner Theatre - Dueling Pianos

**Friday, April 17th, 2020**

DOORS OPEN: 5:00 pm

DINNER: 5:30 pm (Turkey Dinner)

ENTERTAINMENT 7-9:00 pm



**Tickets: \$50 pp**  
**(Tickets available March 2 - April 10)**

*Purchase in-person at the front desk*

### Mothers Day Tea

**Friday, May 8, 2020**

DOORS OPEN: 12:45 pm

FUN & GAMES: 1-1:45 pm

DESSERT: 2 pm

My Mother always said - "It's always fun & games until someone *blah blah blah*"  
Join some grade 6'ers from St, Dominic School for an afternoon of fun activities and dessert!

**Tickets: \$5 pp**  
**(Tickets available March 30 - May 1)**  
*Purchase in-person at the front desk*

## PROGRAM NEWS

### Robo-calls from NESA - What are they used for?



Did you receive an automated/robo call from NESA during our week of cancelled programs? [The week of January 13, 2020].

When mass program cancellations or updates have to be communicated, NESA's new software from MySeniorCentre helps us promptly reach hundreds of our members at the same time by sending an automated telephone message.

Please note that there is up to a *five second* delay before this message will play on your phone, so, if you ever get a phone call from NESA's phone number and you don't hear anything, please just wait a few seconds for the important message to send through. Thank you for your patience with our software!

### Have an idea for a class, program or presentation you would like to see offered here at NESA?

Please leave a message for one of the Programmers, or contact us on the website with your ideas!



**Browse through NESA's program guide online at**  
[www.nesa1.ca](http://www.nesa1.ca)

### Additional programs that didn't make the guide this season; register today for a spot!



#### **Pain Management and Opioids**

Tuesday, February 11/20 - 1:30pm-2:30pm  
Presented by Shoppers Drug Mart Pharmacy  
Cost: \$2.00

#### **How to Buy and Sell Real Estate in Today's Market**

Wednesday, February 19/20 - 1:00pm-2:00pm  
Presented by Rod Phillips  
Cost: \$2.00

#### **Watercolour for All Levels**

Mondays, March 2-30/20 [Note new start date]  
Instructed by Willie Wong  
Cost: \$100.00

**Remember to check our website and social media accounts for last-minute additions!**

### NESA is a non-profit organization.

This means that program fees collected are used to pay for the instructor and the space. When programs have low enrollment we may have to cancel the program because we can not afford to offer it. If able to, we use other program's fees to supplement a new offering so we can get it up and running. By doing this, it helps us reduce the number of programs we are having to cancel!

This means that we have a **NO REFUND** policy, unless cancelled by NESA.

**Thank you for your understanding!**

### **Fun Fact!**

We have over *forty* amazing instructors and educators who provide NESA members with several programs each season! Thank you everyone, we couldn't be this amazing without you!

# FITNESS CENTRE



## Hours Of Operation

Monday through Thursday 8:30am-7:00pm

Friday 8:30am-4:30pm

Closed on Weekends and Holidays

**\*Hours may be subject to change during the holidays, please see fitness centre for updates!**



## Fitness Centre Admission Fees



\*Prices may be subject to change

Drop-In \$4.00 / 10-Visit Pass \$30.00 / Monthly Pass \$35.00

Annual Pass \$325.00

**\*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
- Free 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

Contact our personal trainer today to get started on your fitness journey!



**Billy Yu 780-708-1626**

*(As Jollean and Falon are fully booked these days, stay tuned for more information about the additional trainers NESAs will be enlisting in the coming months!)*

## 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!



# VOLUNTEER OPPORTUNITIES

*If you are interested and would like more information, please ask at the front desk for our Volunteer Coordinator, Marley, or call 780 496 4776.*

## ADVERTISING ONLINE & SIGNAGE:

We are currently looking for help with advertising our events by changing our signs on 137 Ave and the parking lot, and posting free classifieds online on an ongoing basis to websites like Kijiji.

Volunteer(s) must be able to work outside in varying weather conditions to change sign lettering, and be familiar with online advertising platforms.

Time requirement: Approx. 5 hours monthly.

## FITNESS CENTRE:

The fitness centre is looking for volunteers! Volunteers are responsible for maintaining a clean and welcoming environment for fitness participants. Duties include greeting visitors, handling cash and fitness passes, cleaning equipment, general administrative tasks and providing information to patrons.

Shifts available on various weekdays.

Shift times: 8:30am - 12:00pm  
12:00pm - 3:00pm  
3:00pm - 7:00pm

## FRONT DESK SPARE:

Do you have a knack for working with people and a flexible schedule? Join our team of front office volunteers as a casual spare!

Duties include greeting visitors, answering and transferring phone calls, administrative tasks, handling cash and providing information to patrons.

Shifts vary depending on coverage needed.  
Shift times: 8:30am - 12:30pm  
12:30pm - 4:30pm



**Know a volunteer who deserves recognition for the work that they do?**

To nominate an exceptional volunteer, please leave their name and why they deserve this recognition in the ballot box in the lobby. All volunteers nominated will be entered into a monthly draw and the winner will receive a \$10.00 gift card!

Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

“Volunteers don’t necessarily have the time, they just have the heart.”



**A HUGE thank you to all the volunteers for their hard work year-round. Over the cold season, many of you have taken on extra shifts to fill in gaps. Your extra work hasn’t gone unnoticed! Your readiness and willingness to help makes all the difference.**

**Thank you for everything you do!**

## VOLUNTEER HIGHLIGHTS



*Keeping our hearts warm...*

Volunteers put in nearly  
**40,000 hours** of work this past year!

*Thank you!*

## VOLUNTEER HIGHLIGHTS-BEHIND THE SCENES

### MaryAnn with Info Hub!

Volunteering since 2016, MaryAnn comes in twice a month to keep us organized, making sure our publications are all stocked, in order and ready for use!

MaryAnn is one of our invaluable behind-the-scenes volunteers, handling publications such as annual reports, directories of services, newsletters and information on different types of community support services.

Thank you for keeping us organized, MaryAnn!

### Bryan, The Handyman!

From fixing chairs, to hanging bulletin boards on the walls and every handy-job in between, Bryan is there to lend a hand!

Whenever our centre needs a little work, Bryan volunteers his time by assisting with general maintenance and any odd jobs as required. Bryan has been volunteering with the centre since 2013, jumping in to help whenever he is needed around the building.

Thanks for all your handyhelp, Bryan!

## VOLUNTEER NEWS

### What we've been up to...

- Always learning! After receiving some amazing feedback, we were able to bring back Mental Health First Aid for another round of training for volunteers in January. This training was aimed to improve mental health literacy; teaching volunteers to recognize the signs and symptoms of mental health problems in themselves or others, and learning strategies on how to help and/or connect with professional resources.
- Busy studying! Your Volunteer Coordinator is going back to school to help grow the volunteer program!



Just an FYI:

You may have noticed some of your volunteer categories have changed for logging hours in 2020. Our Front Office Volunteers can assist you in locating any changed categories when inputting your hours. And no need to worry, all of your previously logged hours are still saved!

**Thank you for logging all of your volunteer hours!**

## OTHER INTERESTING STUFF

### Rental Services

#### Banquet Hall & Meeting Rooms

**Northgate Lions  
Recreation Centre**  
Rental Space available for  
**Weddings, Anniversaries,  
Birthdays, Meetings**

Auditorium - Max. 350  
Cafeteria - Max. 100  
Meeting Rooms - Max. 50

#### E.M.M.A Catering

- Superb home cooked meals
- Excellent prices!

**Hall & Room Rentals 496-4928**

**E.M.M.A Catering 406-0840**

Air Conditioned & Free Parking!

### In-House Services

#### Wellness Care Services Offered

##### Footcare

Edmonton Footcare Inc. is currently providing  
on-site foot care services.  
1st and 3rd Wednesday of the month.

For pricing, appointments & inquiries, please  
contact Elizabeth at 780-488-5878.

##### Massage Therapy

Mahalo Massage Therapy and Wellness is  
providing massage therapy services on  
**Tuesdays** at NESA.

For pricing, appointments & inquiries, please  
contact Anamaria or Carmen  
at 587-938-7122 [text or call] or  
[nesa.edm@mahalomassageandwellness.com](mailto:nesa.edm@mahalomassageandwellness.com)

**Note:** Massage therapy services are by  
*appointment only*, drop-ins are not available.

## Whist Anyone?

### Did you know you can now play Whist at NESA?!

Join members of NESA for a game of Whist!  
Tuesdays from 1:30 pm-3:30 pm.  
Cost is only \$2.00.



No experience necessary! Do you have questions or want to learn more about this game?  
Call Laurette at 780-406-5180 or Roland at 780-476-9043 for more information and to learn  
about what style of rules are being used for this game.

## CARE UPDATE



### Home Supports:

I hope that everyone had a wonderful Christmas holiday. I enjoyed time with my family, my great nephews always bring a smile to my face. Now we are in a new year AND a new decade! There have been no changes to the Seniors Home Supports Program. We are still your resource for credible service providers who can perform **housekeeping, snow removal, yard maintenance, home repairs & maintenance, moving help and personal services.**

If you would like more information about the program or need a referral, please contact Stacey at 780-944-7470. Office Hours: Monday to Thursday, 8:00 - 4:00.

### Outreach:

Happy New Year everyone! Once again, this is a friendly reminder about our Outreach Services. We provide information and referrals to community programs and services, assistance with applications, emotional support, transportation, food security, housing, seniors benefits and so much more. Outreach services at NESAs can be reached Monday through Friday from 8:00-4:00 at [780-414-8790](tel:780-414-8790). Brittany's office hours are on Mondays, Tuesdays and Thursdays and Mariam's are Monday to Friday. Please call Outreach to chat! We are more than happy to hear from you.

NESA will once again be offering free assistance with Income Tax preparations for Seniors starting March 16<sup>th</sup>. To make an appointment with one of our volunteers to do your taxes please call [780-496-6969](tel:780-496-6969). If you had your taxes done in the past by a specific volunteer and would like to request their help again, be sure to let the front office volunteers know when you sign up.

We will be partnering with Operation Friendship on Valentines Day February 14<sup>th</sup>, 2020, providing a hot lunch for approximately 200 seniors through the Operation Friendship Seniors Society. We welcome any senior who would like to attend, and we look forward to seeing you there. "Come and enjoy a hot meal with us".

Thank you to everyone who donated to the Fitmas campaign; it was another successful one for NESAs. (This photo shows all of the donations we collected during this "food-raiser", thank you for your generosity).





# NESA HANDBELL CHOIR

## NESA Handbell Choir – A Musical Meditation



I have been a member of the NESA Handbell Choir for two years now and the other day I began to ponder why I enjoy this activity so much. The following came to mind:

- Handbell music sounds beautiful, even if we are learning a new piece, and making beautiful music is a great joy.
- I learn something new at each rehearsal – a new way to bring sound from my bells, how better to interpret the music, how better to keep track of where I am in the piece, how to better contribute to the overall sound.
- Handbell playing requires concentration and has become, for me, a musical meditation. One simply cannot let one's mind wander when playing in a handbell choir and this focus results in distractions and extraneous thoughts being completely shut out.
- Like any group music, teamwork and sensitivity are valued and enjoyable.
- Learning the music and new skills helps to keep my mind sharp.
- The choir is composed of super people who enjoy the music and each other's company.
- Our choir Director, Wendy Hoskin, is talented, dedicated and patient, genuinely caring about each performer and choosing music that celebrates our abilities while challenging us to get better.

While having some musical training is an asset for handbells, it is not a requirement as Wendy and the choir members welcome and encourage new members of all skill levels. If you'd like to give a handbell musical meditation a try, chat with the NESA programming team.

Ron Nichol

# JUST FOR THE FUN OF IT

The member who completes the puzzle correctly will have a chance to win \$10.00 for E.M.M.A.'s! (All correct submissions will be put into a draw).

**January Winner**

**Ray Jorritsma**

Please submit your entries at the front desk by  
**Tuesday, March 16, 2020**



**NAME:** \_\_\_\_\_ **PHONE NUMBER:** \_\_\_\_\_

## WINTER GETAWAYS

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

ARUBA  
ATHENS  
BAHAMAS  
BALI  
BELIZE  
CUBA  
FIJI

FLORIDA  
HAITI  
ITALY  
LAS VEGAS  
MAZATLAN  
MESA  
MIAMI

NEVADA  
OAHU  
PALM SPRINGS  
PERU  
PHOENIX  
PORTUGAL  
RENO

RIO  
RIVIERA  
SPAIN  
TAHITI  
TEMPE  
TUCSON  
YUMA

The 6 letters left over form a word.

January issue answer key:

## SMALL TOWNS AROUND EDMONTON

Legal	Villeneuve
Onoway	Namoo
Ardrossan	Calmarl
Calahoo	Warburg
Breton	Chipman
Andrew	Willingdon
Tomahawk	Fallis
Vimy	Busby
Gunn	Clyde

## BONUS Christmas Song Quiz:

1. Oh Holy Night
2. Chestnuts Roasting on an Open Fire (The Christmas Song)
3. Silent Night
4. Santa Clause is Coming to Town
5. Frosty the Snowman
6. O little Town of Bethlehem
7. Joy to the World
8. Little Drummer Boy
9. Rudolf the Red Nosed Reindeer
10. I'm Dreaming of a White Christmas
11. Silver Bells
12. It Came Upon a Midnight Clear
13. What Child is This
14. Jingle Bells
15. Oh Come all Ye Faithful
16. Away in a Manger
17. The First Noel
18. Angels We Have Heard on High
19. We Three Kings

## February

1865 - February is the only month in recorded history not to have a full moon.

1851 - Evaporated milk was invented by Gail Borden.

1964 - *I Want To Hold Your Hand* by The Beatles was number 1 on the Billboard music charts.

## March

The equinox occurs the moment the sun crosses the celestial equator (the imaginary line in the sky above the Earth's equator) from south to north. This happens either on March 19, 20 or 21 every year.

Did you know?



# CLUB NEWS

## 2020 NESA CLUB INFORMATION

For Club Information contact  
NESA office @ 780-496-6969

Art	Mon 9:30 -12:30 & 1 - 4
Badminton	Mon, Wed, Fri 9 - 11
Wild Life Carving	Thu 1 - 4
Book Lovers	3rd Fri/month 10:30 - 12
Bridge	Thu 12 - 4
Canasta	Thu 1 - 4
Carpet Bowling	Tue 10:45 - 12 Thu 10:30 - 12
Creative	
Greeting Cards	Tue 9 - 12
Cribbage, AM	Fri 9:45 - 12
Cribbage, PM	Fri 12:45 - 3
Fibre Arts	Thu 1 - 4
Garden	3rd Wed, 10:30 - 12
Golf	Seasonal
Guitar Jam	Wed 12:30 - 3:30
Hardanger	Fri 9 - 12
Jammers	Tue 1 - 4
Just for the Company	2 <sup>nd</sup> Wed, 2:30 - 4:00
Music Makers	Tue 9:30 - 12:30
Pickleball	Wed & Fri 11 - 2
Quilting	
"Pins & Needles"	Fri 9:30 - 12:30
Silversmithing	Tue 9 - 4
Stained Glass	Mon 9:30 - 4
Termites - Chip Carvers	Fri 9 - 12
Travel	1 <sup>st</sup> Tue, 10:45
Washi Chigiri-E	Wed 9 - 12
Weavers	Tue 10 - 4
Wizards of Odds 'n Ends	Wed 11:30 - 2:30
Woodworking	Fri 9 - 4

## NOTE

All club members are required to have a current NESA membership.

## TRAVEL CLUB

### MEETINGS:

Feb. 11, 2020: Vision Travel will present information on the tour to Ireland (May 7 to 22) and a tour to Peru (Winter 2021).

**Come & check us out. Drop in to any meeting on the 1st Tues of the month, 10:45 am.**

**\*\*\* Note: The Feb. 2020 meeting will be Feb. 11, 2020, NOT Feb. 4<sup>th</sup>, 2020 \*\*\***

## JUST FOR THE COMPANY

Mar 11 Mayfield Dinner Theatre  
Noises Off \$87. Bus 10 am.

Mar 29 Arden Theatre St. Albert  
Yesterday - a tribute to  
Abba, The Carpenters, The  
Mommies and Poppas,  
The 5th Dimension.  
\$80. Bus 6:15 pm.



## BRIDGE CLUB

### We need more members!

We play on Thursdays:  
12 pm - 4 pm

Call Doris 780-472-8151  
Or Clayton 780-483-7020  
First 2 times are **FREE**



## Wednesday Dinner

5:30 pm

Call **780-406-0840** for reservations.

Cut-off to make or cancel a dinner reservation is  
Mon prior to the Wed dinner (No exceptions).  
If Mon is a holiday, phone and leave a message  
on the answering machine.

**PLEASE NOTE:** For our special turkey dinners,  
**payment must be made in advance by the**  
**Tuesday prior to the dinner.**

### February 2020

Feb 5 Sweet & Sour Ribs w/Rice \$22.

Feb 12 Turkey Supper \$22.

**Note: Pre-payment  
Required**



Feb 19 Ham & Scalloped Potatoes \$22.

Feb 26 Birthday Dinner,  
Roast Beef \$22.  
Birthday Person \$21.

For Birthday Person to receive Birthday discount,  
must show ID if requested to do so.

### March 2020

Mar 4 Chicken Breasts in Mushroom  
Sauce \$22.

Mar 11 Celebrating St. Patrick's Day.  
Irish Stew & Soda Bread \$22.

Mar 18 Chicken w/Rice \$22.

Mar 25 Birthday Dinner,  
Roast Beef \$22.  
Birthday Person \$21.

For Birthday Person to receive Birthday discount,  
must show ID if requested to do so.

## Wednesday Dance

7 - 10 pm



Doors open @ 6:45 pm  
Dance to a different live band  
weekly!

Enjoy an evening  
of socializing & exercise.  
Singles welcome!

Dance Fees:  
\$8/member  
\$11/non-member

**Please note:**  
**No personal liquor or pop  
can be brought in.**

**2020**

### Winter-Spring Band Schedule

February 5	Sparkling Tones
February 12	Vinyl Country
February 19	Chwill Brothers
February 26	Diamonds
March 4	Sparkling Tones
March 11	Vinyl Country
March 18	Chwill Brothers
March 25	Diamonds
April 1	Sparkling Tones
April 8	Vinyl Country
April 15	Chwill Brothers
April 22	Sparkling Tones
April 29	Diamonds