

FALL 2024

Registration starts AUGUST 27, 2024 @ 8:30AM  
Programs start SEPTEMBER 9, 2024



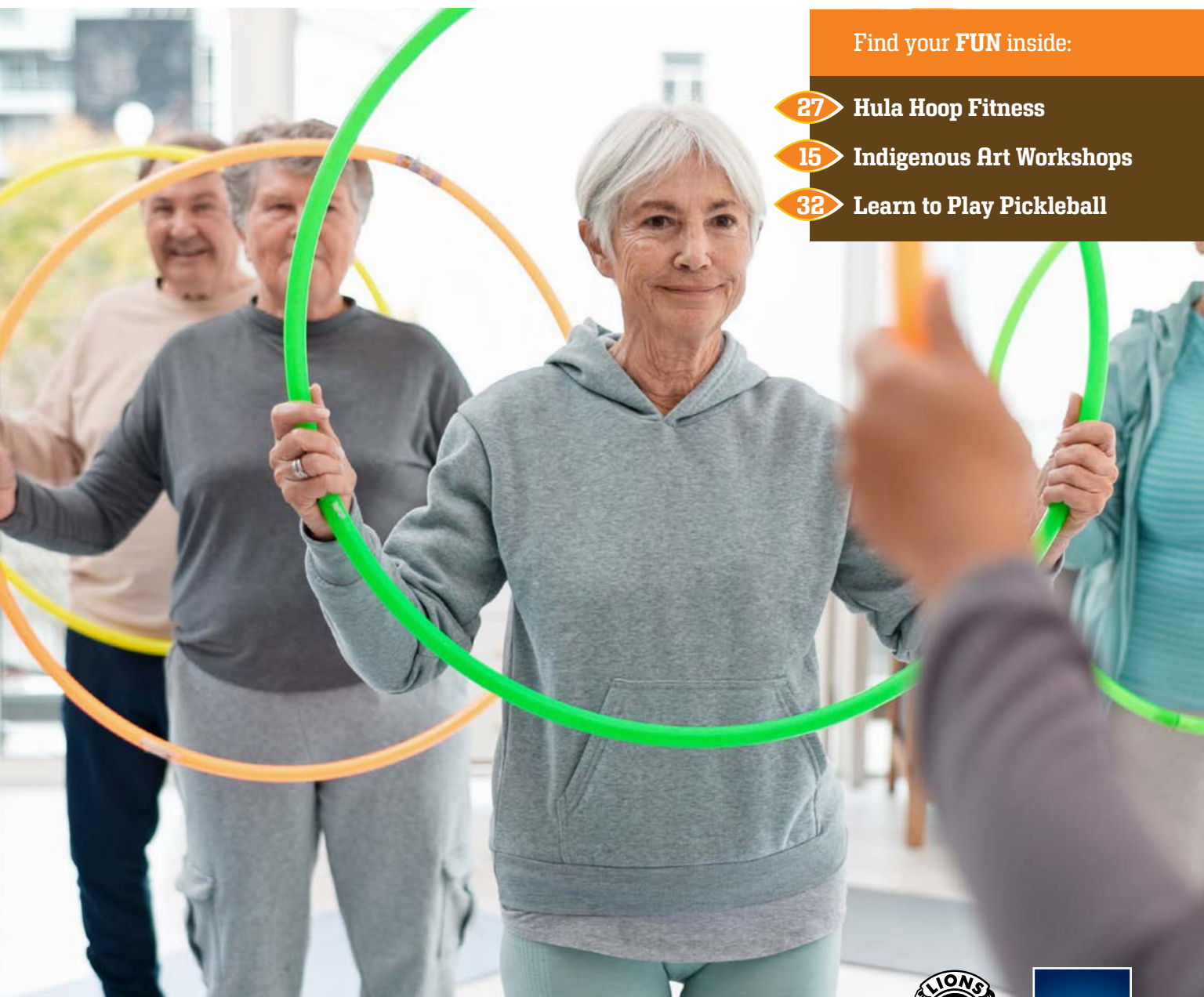
[nesa1.ca](http://nesa1.ca)

# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your **FUN** inside:

- 27 Hula Hoop Fitness
- 15 Indigenous Art Workshops
- 32 Learn to Play Pickleball



**DON'T HAVE A COMPUTER?** Or do you need some assistance with registering? 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 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.

FALL 2024

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## 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*

# MEMBERSHIP INFORMATION FALL 2024

Office Hours – See  
page 4 for more details.

Registration starts August 27, 2024 @ 8:30AM  
Programs start September 9, 2024

## \$10 FALL 2024 55+ MEMBERSHIP PROMOTION

Planning to join us for activities or programs during the Fall of 2024? Don't have an active membership? For just \$10 you can purchase a membership and be eligible to register for all of our offerings! (\$20 for under 55).

## 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 ([nesa1.ca](http://nesa1.ca)), by calling 780.496.6969, in person (see page 4 for office location details), or via mail.

## LIFETIME MEMBERSHIP

**GOLD MEMBERSHIP (85+): Free**

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

## LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 61 for more information about NESAs subsidy program.

## RECIPROCAL MEMBERSHIP

- Valid January 1 (or date of purchase) to December 31.
- No voting privileges at Annual General Meeting.
- No access to Fitness Centre 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.

## 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.

# PROGRAM REGISTRATION INFORMATION & FORMS

register online

FALL REGISTRATION BEGINS  
AUGUST 27, 2024 AT 8:30AM

## HOW TO REGISTER:

### ONLINE REGISTRATION

Already have your online account set up? Please visit our website [www.nesa1.ca](http://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](http://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

### NESA'S OFFICE LOCATION

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

### REGULAR HOURS OF OPERATION

Effective Tuesday, September 3, 2024, the NESA office will be open weekdays from 8:30AM-4:00PM. Closed on weekends and all statutory holidays.

## REMINDER!

An active 2024 NESA Membership is required for most programs and activities at NESA. See Membership Application on pages 5-6.

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

**MAIL-IN REGISTRATION** Please see page 7 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** 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.





**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](http://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.nesal.ca](http://www.nesal.ca)

### Terms of Service

[Last updated February 26, 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 [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).

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.nesa1.ca](http://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 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.nesa1.ca](http://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
<b>Payment:</b> Payment in full must accompany registration. Please do NOT send cash. Cheques must be made payable to: <b>North Edmonton Seniors Association</b> .			<b>Total</b>	Supply lists Required/Added? <input type="checkbox"/> YES <input type="checkbox"/> NO

# One-Day Workshops & Presentations at NESA



**NMW** (Non-members welcome)

## JOIN THE FUN: ONE-DAY WORKSHOPS FOR EVERYONE!

Discover the joy of learning and exploring with our one-day workshops! Perfect for those with busy schedules, or who want to try something new! These engaging sessions allow you to explore new topics, enhance your well-being, and gain valuable knowledge. Whether you're interested in personal development, fitness, health and wellness, or general interests, our workshops provide a supportive and informative environment. Sign up today and take the first step toward a healthier, more informed you!

- Computers & Device workshops . . . Pages 9-10**
- General Interest workshops . . . Pages 35-40**
- Health & Wellness workshops . . . Pages 41-46**
- Music & Dance workshops . . . Page 51**

Join us for our exciting one-day "Make-and-Take" workshops! These hands-on sessions allow you to create beautiful, personalized projects to take home and enjoy. Perfect for all skill levels, our workshops provide all the materials and guidance you need to complete your masterpiece. Whether you're crafting a unique gift or making something special for yourself, you'll love the sense of accomplishment and creativity these workshops offer.

**Check out pages 11-22 for all of the  
Crafts & Hobbies and Drawing & Painting!**

**SIGN UP TODAY!**







## QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

Email Instructor Shawn: [shawn@gruntmulti.com](mailto:shawn@gruntmulti.com)  
Please **DO NOT** contact the instructor about personal inquiries.



**NEW!**

## Computer Skills: Intro to Smartphones and Tablets

Edmonton Public Library

Bring your own device and join us for this beginner-friendly introduction to using smartphones and tablets. You will learn the basics of navigating your device, modifying your settings, and recognizing common icons and apps.

Tue, Sep 17 / 1-2:30PM / 1 Wk

\$2 **NMW**

## NESA Tech Tutorial Wednesdays

**Shawn Gramiak**

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

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

## 5 SESSIONS/DAY

Each week has five different 1-hour time intervals to choose from and they are as follows:

Wed, Sep 11-Wed, Dec 11, 2024

**No class Wed, Oct 16, 2024**

### **A** Wed, Sep 11

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **B** Wed, Sep 18

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **C** Wed, Sep 25

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **D** Wed, Oct 2

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **E** Wed, Oct 9

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **F** Wed, Oct 23

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **G** Wed, Oct 30

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **H** Wed, Nov 6

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **I** Wed, Nov 13

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **J** Wed, Nov 20

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **K** Wed, Nov 27

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **L** Wed, Dec 4

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

### **M** Wed, Dec 11

**1** 9-10AM **2** 10:15-11:15AM **3** 11:30AM-12:30PM **4** 12:45-1:45PM **5** 2-3PM

**\$50 Per One-Hour Tutorial**

## WELCOME NEW TALENT

NESA is thrilled to introduce new instructors to our Arts, Crafts, Drawing, and Painting classes! Our new teachers bring a wealth of experience, creativity, and passion, ensuring that students of all skill levels will find inspiration and guidance.

Whether you're a beginner eager to learn the basics or an experienced artist looking to refine your technique, our instructors are here to support your artistic journey. Join us in welcoming them and discover the joy of creating in a vibrant, supportive environment!

### NEW! Beading Workshop: Polymer Clay Poppy Pin with beaded edges



**Jenna Cardinal**

Create your own pin to wear for Remembrance Day in this single-day workshop. All materials are provided to make a unique polymer clay poppy with beaded edging.

You'll learn beading skills such as flat stitch, backing application, and edge work. All profits from the workshop will be donated to the Bold Eagle Society.

**All supplies included.**

Tue, Nov 5 / 8:30-11:30AM / 1 Wk

**\$30** **NMW**

## PLEASE NOTE

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

### NEW! Beading Workshop: Poppy Pin Jenna Cardinal



Create your own pin to wear for Remembrance Day in this multi-day workshop. All materials will be provided to make a unique, fully beaded pin. You'll learn beading techniques such

as flat stitch, backing application, and edge work. All profits will be donated to the Bold Eagle Society.

**All supplies included.**

**A** Tue, Oct 15-Oct 29 / 9:30-11:30AM / 3 Wks

**\$42**

**B** Wed, Oct 16-Oct 30 / 5:30-7:30PM / 3 Wks

**\$42 EVENING**

## DONATION REQUEST FROM NESA!

Have any worsted weight yarn you're not using? If so, please bring it to the Northgate Lions Seniors Recreation Centre (7524-139 Avenue) and have it donated to 'Knitting From the Heart' so this volunteer group can turn the yarn into amazing creations that will be donated to those in our community who need them most! Thank you!





**EVERYTHING IS MORE FUN WITH A FRIEND!**

Are you or your friend a non-member who wants to participate in one of our one-day workshops or programs? Look for this symbol **NMW** to know which activities you may be eligible for.

**NEW!** Bird Carving: Downy Woodpecker

**Diane Sharkey**



Join Diane Sharkey, a seasoned member and instructor at the Alberta Wildlife Carving Association, for an immersive wildlife carving workshop. With nine years of experience and training from world-champion carvers, Diane is eager to share her expertise and passion for carving. This workshop is

perfect for both beginners and experienced carvers looking to refine their skills. Additional costs for supplies payable to the instructor (approximately \$20).

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

Tue, Sep 10-Dec 10 / 9:30AM-12:30PM / 14 Wks

**\$216**

**Ceramics**

**Jackie Garrant**

Discover the art of creating beautifully crafted ceramic pieces with the guidance of a skilled instructor. In this engaging workshop, you will learn about the tools and techniques necessary to create your masterpiece. Enjoy a relaxed environment where social interaction is strongly encouraged, making it a perfect setting for both beginners and experienced crafters.

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

Wed, Sep 11-Dec 11 / 12:30-3:30PM / 14 Wks

**\$140**

**NEW!** Bird Carving: Flying Barnswallow

**Diane Sharkey**



Join Diane Sharkey, a seasoned member and instructor at the Alberta Wildlife Carving Association, for an immersive wildlife carving workshop. With nine years of experience and training from world-champion carvers,

Diane is eager to share her expertise and passion for carving. This workshop is perfect for both beginners and experienced carvers looking to refine their skills. Additional costs for supplies payable to the instructor (approximately \$20).

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

Tue, Sep 10-Dec 10 / 1-4PM / 14 Wks

**\$216**

**Creative Cards Workshop: All Occasions**

**Janelle Taming**

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

**All supplies included.**

Fri, Nov 1 / 9AM-3PM / 1 Wk

**\$48 NMW**

## NESA IS A NON-PROFIT ORGANIZATION

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

### Creative Cards Workshop: Christmas

Janelle Tameling

Join us for the Creative Christmas Card Buffet! Enjoy a fun-filled day getting a head start on your Christmas cards. Work at your own pace and choose from over a dozen festive card designs. Each kit comes with all the materials and instructions needed, so you can focus on stamping, assembling, embellishing, and adding your personal greeting inside. Your handmade festive creations will delight their recipients. The class fee includes supplies to make up to 20 cards with envelopes, and additional cards are available for \$2 each. Please bring your own lunch.

**All supplies included.**

Fri, Oct 18 / 9AM-3PM / 1 Wk

**\$48** NMW

## YOUR FEEDBACK IS ESSENTIAL

Your feedback is essential in helping us improve our programs and generate new ideas! We value your insights and experiences, and we encourage you to share them with us. Evaluation forms are available on our website [nesa1.ca](https://nesa1.ca), or can be picked up at the front desk. By providing your feedback, you play a crucial role in shaping the future of our offerings. Thank you for helping us create the best possible experience for everyone!

### NEW! Fall Candle Workshop Lan Bui, Scentsmoke Signature Candles



Are you looking for the perfect outlet for creative energy, stress relief, and an opportunity to bond with others? Join Lan for an engaging and relaxing Candle Making Workshop! This event is ideal for anyone interested in crafting a

unique, personalized candle while enjoying a friendly, collaborative atmosphere. Lan will lead you through the entire process of designing, blending, and pouring your own signature candle. Personalize your candle vessel with a selection of seasonal dried florals and foliage to create a one-of-a-kind piece. Refreshments will be provided.

**All supplies included.**

**A** Wed, Oct 16 / 5-7PM / 1 Wk

**\$77** EVENING NMW

**B** Thu, Oct 3 / 11AM-1PM / 1 Wk

**\$77** NMW

### NEW! Fall Crescent Moon Wreath Workshop



Janelle Tameling

Celebrate the fall season with a whimsical and unique lighted crescent moon wreath that adds charm and warmth to your home. Janelle will

walk you through creating a beautiful piece using moss, foliage, florals, and charming accessories.

**All supplies included.**

Wed, Oct 16 / 6-8PM / 1 Wk

**\$54** EVENING NMW



**NEW!** **Fall Floral Door Hanger Workshop**



**Janelle Taming**

Join us for a delightful workshop where you will create a festive decor piece perfect for hanging on a door or displaying on a wall. Using a variety of fall florals, you will learn how to craft a pleasing and

colorful arrangement to celebrate the fall season.

**All supplies included.**

Wed, Oct 9 / 6-8PM / 1 Wk

**\$48 EVENING NMW**

**NEW!** **Fresh Cedar Holiday Wreath**  
Shantel Toma



Celebrate the holiday season by creating a stunning, massive cedar wreath with Shantel! These impressive wreaths range from 26 to 36 inches in diameter, depending on your preference for fresh cedar. Customize your wreath with a variety of embellishments to make it uniquely yours. Perfect for all skill levels, this workshop ensures you'll bring home a beautiful, fragrant wreath that welcomes the holidays in style.

**All supplies included.**

Wed, Nov 27 / 5:30-7:30PM / 1 Wk

**\$90 EVENING NMW**

**NEW!** **Fresh Cedar Porch Gnomes**  
Shantel Toma



Get ready for a delightful and creative workshop where you will build a charming 3 ft fresh cedar porch gnome! Join Shantel as she guides you through the step-by-step process of attaching fresh cedar to a metal form. Your handcrafted gnome will be a festive addition to your porch and will last

throughout the winter season and into spring.

**All supplies included.**

Fri, Nov 22 / 1:30-3:30PM / 1 Wk

**\$66 NMW**

**NEW!** **Hand Knit Pumpkins**  
Shantel Toma



Join us for a cozy and creative workshop where you'll learn to hand-knit two beautiful decorative pumpkins using

chunky yarn! We'll guide you through knitting each loop and finishing your pumpkins with a handmade stem. Customize your pumpkins by choosing from a selection of colors: grey, cream, or sage green. You can even mix and match! Please indicate color choices when you register.

**All supplies included.**

**A** Wed, Sep 25 / 5:30-7:30PM / 1 Wk

**\$45 EVENING NMW**

**B** Fri, Sep 27 / 1:30-3:30PM / 1 Wk

**\$45 NMW**

**NEW!** **Indigenous Art Workshop: Beaded Bracelet**



**Barbara Derrick  
Native Studio Art**

Participants will learn the art of beading on a traditional “bow loom” crafted from willow, a technique utilized by the Plains tribes, such as the Cree and Ojibway, over 150 years ago. Initially used

for weaving porcupine quills to decorate clothing, this method has evolved and continues to be used in modern beading practices.

**All supplies included.**

Mon, Oct 21-Nov 4 / 1-3PM / 3 Wks

**\$97**

**NEW!** **Indigenous Art Workshop: Card Holder**



**Barbara Derrick  
Native Studio Art**

Dive into the history of leather making and uncover fascinating facts about traditional clothing, enhancing your understanding and appreciation of the materials we'll

work with. Learn the art of sewing as you create a leather debit/credit card holder, incorporating the beaded edgework technique. Master the bead stack or two-bead method to craft a beautifully finished top edge for your card holder, combining traditional skills with practical craftsmanship.

**All supplies included.**

Thu, Nov 28-Dec 5 / 1-3PM / 2 Wks

**\$62**

**NEW!** **Indigenous Art Workshop: Spirit Mandala Dream Catcher**



**Barbara Derrick  
Native Studio Art**

The Spirit Mandala, inspired by a dream catcher, offers a unique twist: at its center, you will paint the silhouette of a bear, surrounded

by numerous stars represented by bright dots, using the technique of pointillism. During this session, you will learn about the significance of the bear and hear a short story about its symbolism. This exploration will help you discover the personal meaning the bear holds for you.

**All supplies included.**

Thu, Nov 14-Nov 21 / 1-3PM / 2 Wks

**\$75**

**Needlecrafts: Crochet For All Levels**

**Ann Marston**

Slip knot, chain stitch, double crochet - what does that even mean? Let Ann guide you through the basics and beyond! Start by learning to crochet a scarf, and then progress to a project of your choice. Whether you're a beginner or looking to expand your skills, this class is perfect for you. Bring in a project you're working on or one you'd like to start, and Ann will help you overcome any crochet challenges you encounter.



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

Tue, Sep 24-Oct 29 / 2-4PM / 6 Wks

**\$62**

## NON-MEMBERS WELCOME

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

### Needlecrafts: Knitting For All Levels

Ann Marston

Discover the art of knitting! Begin by making a scarf using the knit and purl stitches, and learn essential techniques like casting on, binding off, and reading a pattern. If you've been knitting for a while, Ann is here to assist you with any project you choose to tackle. Join us and enhance your knitting skills, whether you're a beginner or an experienced knitter.

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

Tue, Sep 24-Oct 29 / 11:30AM-1:30PM / 6 Wks

\$62

### NEW! Personalized Door Sign

Mac Brooks



In this workshop, students will create a personalized hand-painted name or welcome door signs, exploring various techniques and materials to express their artistic individuality. Using wooden plaques, acrylic paints, brushes, pencils, stencils, and more, the class begins with a discussion on the significance of personalizing

spaces through art. Students will sketch their designs, transfer them to the plaques, and paint, experimenting with different techniques. They will share their finished signs, reflecting on their creative process and the connection to their artistic expression. The teacher will observe and assist, encouraging students to display their unique creations proudly.

**All supplies included.**

Fri, Oct 18 / 1-4PM / 1 Wk

\$25 **NMW**

### NEW! Pottery: An Introduction to Hand Building

Cass Miller, Studio YEG ART



In this comprehensive overview of hand-building, you will learn to select and apply appropriate techniques and processes to create both functional and sculptural pieces. Through projects such as making a mug, vase, sculpture, plant pot, and/or butter dish, you will practice essential skills including rolling slabs, attaching bases, shaping and forming, joining handles, glazing, and underglazing. Join us to develop your hand-building skills and create beautiful, personalized ceramic pieces.

**All supplies included.**

Fri, Nov 8-Dec 6 / 10AM-12:30PM / 5 Wks

\$230



**NEW!** **Soapstone Carving: Grizzly Bear**  
Kay McCormack



Love sculpture? Love stone carvings? Here's your chance to create the iconic Grizzly Bear. Spend a 4-day workshop with local soapstone artist Kay McCormack, perfect for both beginner and intermediate carvers. You will learn: the planning process for your carving, the correct and safe use of hand tools, and techniques to bring your sculpture to life. With Kay's expert guidance, watch as your Grizzly Bear sculpture emerges from the stone. Join us for an immersive and creative experience.

**All supplies included.**

Thu, Oct 10-Oct 31 / 12:30-3:30PM / 4 Wks

\$172

**UNLEASH YOUR INNER ARTIST**

Unlock your creative potential and discover the joy of artistic expression. Whether you're interested in drawing, painting, or crafting, our classes offer a welcoming environment for artists of all levels. Embrace your creativity, learn new techniques, and connect with fellow art enthusiasts. Don't miss the chance to explore your artistic side and bring your imagination to life.

**NEW!** **Stained Glass Workshop: An Introduction for Newbies**

Sharon Waunch Tomljenovich

Learn how to create your own stained glass piece from beginning to end, and get all the information you need to set up your studio. This workshop covers everything from selecting and picking your glass, cutting and grinding techniques, foiling, soldering, and finishing with a zinc border. Join Sharon to gain comprehensive knowledge and hands-on experience in the art of stained glass making!

**All supplies included.**

Mon, Nov 25-Dec 9 / 9-11AM / 3 Wks

\$390

**NEW!** **Stained Glass Workshop: Cardinal**

Sharon Waunch Tomljenovich



Join "The Art of Stained Glass" and create your very own 'Cardinal' sun catcher while learning about the art of stained glass. No experience is necessary—just come ready to have fun and explore your creativity!

**All supplies included.**

Mon, Nov 18 / 9AM-1PM / 1 Wk

\$96 **NMW**

## 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](http://www.nesa1.ca) and view the 'Get Involved' section to learn about how you can make an impact in our community.

## **NEW!** Stained Glass Workshop: Sunflower

Sharon Waunch Tomljenovich



Join "The Art of Stained Glass" and create your very own 'Sunflower' sun catcher while learning about the art of stained glass. No experience is necessary—just come ready to have fun and explore your creativity!

**All supplies included.**

Mon, Oct 7 / 9AM-1PM / 1 Wk

**\$96** **NMW**

## Water Marbling Workshop: Silk Scarf and Paper



**Karen Selinger**

Water Marbling is a centuries-old art form where paint floats on water and special tools are used to create designs and patterns. The image is then captured by placing paper or fabric (or other porous materials)

on top of the water where it is immediately transferred and permanently affixed. This is an introduction to this mystical art form where you will learn basic water marbling techniques. You will use simple tools such as rakes, sticks, combs, and splatter brushes to create unique, one-of-a-kind designs. We will start the workshop by learning how the paints float and how the colors respond to each other. Next, we learn basic designs like freestyle, stone, peacock, and feather which we will print to paper. Lastly, you will then apply these techniques to design a 14" x 72" silk scarf. There are no special skills required, only the willingness to experiment and have fun!

**All supplies included.**

**A** Wed, Oct 9 / 2-5PM / 1 Wk

**\$78** **NMW**

**B** Wed, Oct 9 / 5:30-8:30PM / 1 Wk

**\$78** **EVENING** **NMW**

## **EVENING PROGRAM REGISTRATION INFORMATION!**

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



## Acrylic Painting with Cindy

Cindy Barratt

Cindy will guide you through the essentials of painting with acrylics, covering topics such as color theory, various painting techniques, brush strokes, and handling the medium. The program includes exercises, discussions, demonstrations, and plenty of hands-on painting with personalized assistance. Each week, students can choose a theme and either work from Cindy's provided painting references or bring their own. This program is suitable for beginners to intermediate-level painters.

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

Tue, Sep 24-Nov 12 / 12:30-3:30 / 8 Wks

\$206

## NEW! Acrylic Painting Workshop Contemporary Landscapes in the Fauvism Style



Linda Finstad

Join Linda in a transformative art workshop where you'll learn to distill complex scenes into simple blocks of colors, create dynamic compositions with intentional color choices, and convert photographs into Fauvism-style paintings. This course is designed for artists of all skill levels, providing all necessary materials to explore the vibrant world of Fauvism.



All supplies included.

Wed, Nov 20 / 12:30-3:30PM / 1 Wk

\$54 **NMW**

## MATERIALS

Please remember to bring your own drop-cloths, art easels, or any other supplies you will require, as NESAs is not able to provide you with them. 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.

## NEW! Acrylic Painting Workshop: Country Road



Wendy Jensen

Spend two delightful hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced

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

All supplies included.

Wed, Oct 2 / 5:30-7:30PM / 1 Wk

\$30 **EVENING NMW**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 61 for information about NESAs' Landry Leisure Pass.

## **NEW!** Acrylic Painting Workshop: Hen Party



**Linda Finstad**  
Unleash your creativity in this fun and unique art class where

you'll learn to paint funky chickens! Guided by Linda Finstad, author of the best-selling book "Chicken Wisdom," this class is perfect for all skill levels. You'll receive step-by-step instructions to create your own funky chicken masterpiece on a 16x20 black canvas.

**All supplies included.**

Wed, Oct 9 / 12:30-3:30PM / 1 Wk

**\$54** **NMW**

## **NEW!** Acrylic Painting Workshop: Pumpkin Truck



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

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

**All supplies included.**

Wed, Oct 23 / 5:30-7:30PM / 1 Wk

**\$30** **EVENING** **NMW**

## **NEW!** Drawing: Skill Building Techniques

**Cass Miller, Studio YEG ART**

Are you looking to enhance your drawing skills? This course is designed to make drawing easier and more enjoyable by exploring a variety of techniques and mediums. Whether you are a beginner or looking to brush up on your skills, this class is perfect for you! We will delve into drawing mediums such as graphite, charcoal, Sharpie, oil pastels, and chalk pastels. Drawing from both life and photographs, you will learn to draw accurately from observation and photos.

**Week 1:** Still Life Drawing - Learning simple tricks to make your life easier using both pastel, pencil and charcoal, learn about a good composition,

**Week 2:** Grid Drawing - How to increase the size of your image accurately

**Week 3:** Drawing warm ups, positive and negative space - loosen up before you draw with these drawing warm ups, looking at positive and negative space within nature

**Week 4:** Shading and perspective

**Week 5:** Botanicals

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

Fri, Oct 4-Nov 1 / 10AM-12:30PM / 5 Wks

**\$210**

### **NON-MEMBERS WELCOME**

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**NEW!** **Hand Painted Candles Workshop**

Linda Finstad



Unleash your creativity in this fun and engaging Candle Painting Workshop! You will

paint one large pillar candle and two tapers, guided by expert instructions on decorating techniques. Handouts will be provided that will teach you step-by-step methods on how to draw various floral designs.

**All supplies included.**

Wed, Nov 6 / 12:30-3:30PM / 1 Wk

\$54 **NMW**

**NEW!** **Oil Painting: Northern Lights**

Adrian Zorzut, The Adrian Zorzut School of Fine Art



Fine Art

Join Adrian in this "Northern Lights" Workshop and

learn to create a stunning painting step-by-step.

**Week 1:** Begin by preparing your canvas to enhance color intensity. Adrian will guide you through techniques to set the perfect foundation.

**Week 2:** Create the mesmerizing northern lights on your canvas. If time permits, some students may start on the mid and foreground elements.

**Week 3:** Complete the foreground lake and fine-tune any remaining details to bring your painting to life.

Whether you're a beginner or an experienced artist, this workshop offers a comprehensive journey to mastering the beauty of the northern lights.

**All supplies included.**

Mon, Oct 21-Nov 4 / 9AM-12PM / 3 Wks

\$84

**NEW!** **Paint with Q-tips: Equine Art**

Linda Finstad



Welcome to an exciting and creative art class where you will learn to paint a semi-abstract horse using an unconventional yet fun technique – Q-tips! This class is designed for everyone, from complete beginners to experienced artists looking to try something new. No previous experience is needed; all you need is a willingness to explore your artistic side and have fun.

**All supplies included.**

Wed, Dec 11 / 12:30-3:30PM / 1 Wk

\$54 **NMW**

**NEW!** **Painted Wine Glass Workshop**

Linda Finstad



Transform simple wine glasses into stunning works of art with Linda's

guidance. Using special glass enamel paint and mandala dotting tools, you'll learn step-by-step techniques to create your unique designs. Choose your own design and color scheme to decorate two wine glasses, making them perfect for gifts or personal use. Join us and unleash your creativity in this hands-on workshop!

**All supplies included.**

Wed, Oct 23 / 12:30-3:30PM / 1 Wk

\$54 **NMW**



**NEW!** **Pen & Wash**  
Lily Jeong



Learn to sketch and paint quickly in an expressive style, and start keeping a painting journal/sketchbook for your everyday life. This class will enhance your observation skills by helping you identify shapes and relationships, and train your eyes to capture values and translate them into your sketches and paintings.



Subjects will include flowers, nature scenes, everyday objects, streets, buildings, people, and more—anything that inspires a good sketch or painting. Join us to improve your artistic techniques!

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

Thu, Nov 7-Dec 5 / 9AM-12PM / 5 Wks

**\$216**

**NEW!** **Watercolors: For All Levels**  
Lily Jeong



Enhance your observation skills by learning to simplify and see the larger shapes and their relationships in your subject. Capture these values and translate them into stunning watercolor paintings. Bring your own project and reference photos, or use the sample paintings provided by the instructor. The instructor will offer

demonstrations and personalized assistance to help you achieve your artistic goals. Join us and take your watercolor painting skills to the next level.

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

Thu, Oct 3-Oct 31 / 9AM-12PM / 5 Wks

**\$216**

**NEED HELP GETTING TO YOUR PROGRAM?**

Please email us at [transportation@nesa1.ca](mailto:transportation@nesa1.ca) so the team can determine if you may be eligible for NESAs transportation subsidy program.

**NEW!** **Welcome Porch Sign Workshop: Cardinal (Spring Fox Add-on)**

**Wendy Jensen**

Did you take part in the Spring Fox Welcome Sign workshop with Wendy? Then this add-on is perfect for you! Join Wendy in creating your own reversible 8" x 36" (3 ft) front porch sign. Bring your spring sign back to paint the winter version on the other side. Note: We will be working with latex paint, so please wear paint clothes or bring a cover-up. Get ready to add a festive touch to your porch with a personalized, reversible sign!

**All supplies included.**

Wed, Dec 4 / 1-4PM / 1 Wk

**\$54** **NMW**

**NEW!** **Welcome Porch Sign Workshop: Red Cardinal**

**Wendy Jensen**

Join Wendy in creating your own 8" x 36" (3 ft) front porch sign. This hands-on workshop will guide you through the design and painting process using latex paint. Note: Please wear paint clothes or bring a cover-up. Get ready to create a beautiful, personalized sign for your porch!

**All supplies included.**

Wed, Nov 13 / 1-4PM / 1 Wk

**\$66** **EVENING** **NMW**





## 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, Sep 10-Dec 10 / 10:30-11:30AM / 14 Wks

**\$91**

**B** Thu, Sep 12-Dec 12 / 10:30-11:30AM / 14 Wks

**\$91**

## 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.

**Liz Olson**

**A** Thu, Sep 12-Dec 12 / 12-1PM / 14 Wks

**\$160**

**Meaghan Hipkin**

**B** Fri, Sep 13-Dec 13 / 10:30-11:30AM / 14 Wks

**\$160**

## 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. Classes held in the auditorium. Please bring your own yoga mat. Classes held in the Auditorium.

Thu, Sep 12-Dec 12 / 9-10AM / 14 Wks

**\$91**

## Beginner Yoga

**Marguerite Critchley**

Learn the basics of yoga and fundamental poses, plus breathing and relaxation techniques with a structured style that includes details and demonstrations. Ideal for those new to yoga or those willing to challenge themselves a bit. Participants are encouraged to bring their own mat and must be able to get down to and up from the floor.

Mon, Sep 9-Dec 9 / 1:15-2:45PM / 11 Wks

**No class Sep 30, Oct 14, Nov 11**

**\$123**

**NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?**

See page 61 for information about NESAs Landry Leisure Pass.



## DID YOU KNOW?

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## Chair Stretch and Balance

**Marguerite Critchley**

A gentle session incorporating stretching and balance moves using a chair. Both seated and standing postures are explored with modifications where necessary. This class also focuses on muscle strengthening and breathing techniques to increase lung capacity. No floor work but bringing your own yoga mat to stand on is recommended.

Mon, Sep 9-Dec 9 / 12-1PM / 11 Wks

**No class Sep 30, Oct 14, Nov 11**

**\$72**

## Chair Total Body Workout

Designed for those with limited mobility, this class welcomes all levels of exercisers. Using modified movements, portable equipment, walls and chairs, this class focuses on improving strength, flexibility and balance.

**Falon Fleming**

**A** Mon, Sep 9-Dec 9 / 11AM-12PM / 10 Wks

**No class Sep 30, Oct 14, Nov 11, 18**

**\$65**

**NEW Time!**

**Maggie Nichol**

**B** Thu, Sep 12-Dec 12 / 2:45-3:45PM / 14 Wks

**\$91**



## 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.

Tue, Sep 10-Dec 10 / 8:30-9:30AM / 13 Wks

**No class Nov 19**

**\$85**

## 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.

**A** Mon, Sep 9-Dec 9 / 8:30-9:30AM / 10 Wks

**No class Sep 30, Oct 14, Nov 11, 18**

**\$65**

**B** Wed, Sep 11-Dec 11 / 8:30-9:30AM / 13 Wks

**No class Nov 20**

**\$85**

## 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.

**NEW Time!**

**Makaela Paynter**

**A** Tue, Sep 10-Dec 10 / 11AM-12PM / 14 Wks

**\$106**

**Beverley Moore**

**B** Tue, Sep 10-Dec 10 / 12:15-1:15PM / 14 Wks

**\$106**

**Barb Deneka**

**C** Thu, Sep 12-Nov 14 / 10:45-11:45AM / 10 Wks

**\$76**



## UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

## Cross Training

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

**Falon Fleming**

**A** Tue, Sep 10-Dec 10 / 9:45-10:45AM / 13 Wks

**No class Nov 19**

**\$85**

**Jollean Ferrari**

**B** Fri, Sep 13-Nov 29 / 9:45-10:45AM / 10 Wks

**No class Oct 4 & 11**

**\$65**

**Jollean Ferrari**

**C** Fri, Sep 13-Nov 29 / 11AM-12PM / 10 Wks

**No class Oct 4 & 11**

**\$65**

## NON-MEMBERS WELCOME

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

**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 33 for a class selection overview.

**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, 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.

**NEW Date!**

**Meaghan Hipkin**

**A** Mon, Sep 9-Dec 9 / 10:30-11:15AM / 11 Wks

**No class Sep 30, Oct 14, Nov 11**

**\$112**

**Liz Olson**

**B** Thu, Sep 12-Dec 12 / 11-11:45AM / 14 Wks

**\$143**

**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.

**A** Mon, Sep 9-Dec 9 / 9:15-10:15AM / 11 Wks

**No class Sep 30, Oct 14, Nov 11**

**\$126**

**B** Fri, Sep 13-Dec 13 / 9:15-10:15AM / 14 Wks

**\$160**

**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.

**A** Mon, Sep 9-Dec 9 / 9:45-10:45AM / 10 Wks

**No class Sep 30, Oct 14, Nov 11, 18**

**\$65**

**B** Wed, Sep 11-Dec 11 / 9:45-10:45AM / 13 Wks

**No class Nov 20**

**\$85**





**NEW!**

## Hula Hoop Fitness for Seniors

Olivia Flows

This class will be a blast from the past! This senior hula hoop fitness class combines both functional training and low impact exercise; designed to improve strength and stamina, while also improving dexterity and fine motor skills, along with postural alignment and balance. This class is great for older adults as it works the whole body and can be completed from a seated or standing position, and is suitable for all fitness levels. This class will not include hooping around the waist! This fitness class is similar to barre as there will be a higher amount of reps and a lower weight; however, we will be using the hula hoops as weights! Hula hooping is good for the brain as it helps improve coordination by building neurological connections in the body, which is important in seniors as people tend to be less mobile as they age. This hour-long class will consist of a warmup, an exercise portion that focuses more on sets/ reps, a games portion and a cool down. Give this new form of fitness a go and try something new!

**TRIAL** Wed, Sep 18 / 10:15-11:15AM / 1 Wk

**FREE Registration is still required** **NMW**

**A** Wed, Sep 25-Oct 23 / 10:15-11:15AM / 5 Wks

**\$50**

**TRIAL** Wed, Oct 30 / 10:15-11:15AM / 1 Wk

**FREE Registration is still required** **NMW**

**B** Wed, Nov 6-Dec 4 / 10:15-11:15AM / 5 Wks

**\$50**

**INTERESTED IN HULA HOOP DANCE FOR SENIORS?**

See page 51

## 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, Sep 11-Dec 11 / 1:30-2:30PM / 13 Wks

**No class Nov 20**

**\$104**

## Fun and Fitness

Join us for an hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous, low impact cardio, weights/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.

Falon Fleming

**A** Mon, Sep 9-Dec 9 / 12:15-1:15PM / 10 Wks

**No class Sep 30, Oct 14, Nov 11, 18**

**\$65**

**NEW Time!**

Maggie Nichol

**B** Thu, Sep 12-Dec 12 / 1:30-2:30PM / 14 Wks

**\$91**



## Interval Training

**Jollean Ferrari**

Using timed intervals for exercise and cardio movements, you will target all areas necessary for an effective total body workout! This class is low-impact and is designed for all levels of fitness. No floor work.

Wed, Sep 11-Dec 4 / 9:45-10:45AM / 12 Wks

**No class Oct 2**

**\$78**

## Move Well

**Terri Jones**

We hope to have this course return in the Winter of 2025. Please stay tuned for future details!

## 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, Sep 10-Dec 10 / 1:30-3PM / 14 Wks

**\$157**

## Stretch 'n Tone Yoga: Intermediate

**Barb Deneka**

Expect a well balanced practise including floor work and standing poses. Yoga fosters the connection between mind, body and breath. Tone your body while improving flexibility, balance and strength. Enjoy the energizing effects of yoga under the guidance of an experienced teacher. Modifications will be made to suit your body. Please bring a yoga mat and firm blanket.

Thu, Sep 12-Nov 14 / 9-10:30AM / 10 Wks

**\$112**

## 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, Sep 10-Dec 10 / 9:15-10:15AM / 14 Wks

**\$91**

**B** Thu, Sep 12-Dec 12 / 9:15-10:15AM / 14 Wks

**\$91**

## **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**

**A** Wed, Sep 11-Dec 4 / 8:30-9:30AM / 12 Wks

**No class Oct 2**

**\$96**

**Jollean Ferrari**

**B** Thu, Sep 12-Dec 5 / 12:15-1:15PM / 12 Wks

**No class Oct 3**

**\$96**

**Falon Fleming**

**C** Thu, Sep 12-Dec 12 / 1:30-2:30PM / 14 Wks

**\$112**

**Jollean Ferrari**

**D** Fri, Sep 13-Nov 29 / 8:30-9:30AM / 10 Wks

**No class Oct 4 & 11**

**\$80**

## Yang Style Tai Chi - An Introduction

Weston Benjamin

This class is an introduction to Yang-style Tai Chi. Tai Chi is a popular exercise and martial arts system originating in China. Tai Chi improves a person's flexibility and balance and the overall well-being of the body's joints, muscles, and connective tissues. Students will be taught a form called Yang 24. All are welcome. No floor work is required.

**TRIAL** Mon, Sep 9 / 10-11AM / 1 Wk

**FREE** Registration is still required **NMW**

Mon, Sep 16-Dec 9 / 10-11AM / 9 Wks

No class Sep 23, 30, Oct 14, Nov 11

\$81



### NEED HELP GETTING TO YOUR PROGRAM?

Please email us at [transportation@nesa1.ca](mailto:transportation@nesa1.ca) so the team can determine if you may be eligible for NESAs transportation subsidy program.

### 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 [nesa1.ca](http://nesa1.ca) and visit the 'Get Involved' section to learn about how you can make an impact in our community.

## Yang Style Tai Chi - Level 1

Leslie Sarabin

Tai Chi is a gentle exercise that stretches, tones and relaxes the muscles. It also improves our ability to focus, concentrate and balance. The arms and legs are slowly moved through different positions with one movement connecting to the next, training the body and mind to work in coordination. Leslie teaches a traditional style of Yang Tai Chi. Leslie has been doing Tai Chi for 30 years under the instruction of Andy Wong and has been teaching her own classes since 2000. Leslie has also worked as an Occupational Therapist for 38 years in the areas of Geriatrics and Community Rehabilitation and has a passion for wellness as we age.

Thu, Sep 19-Nov 28 / 1:15-2:15PM / 11 Wks

\$99

## Yang Style Tai Chi - Level 2

Leslie Sarabin

This program is a continuation of Traditional Yang Style Tai Chi for students who have completed Traditional Yang Style Tai Chi - Level 1, and feel ready to move on to the next level.

Thu, Sep 19-Nov 28 / 2:30-3:30PM / 11 Wks

\$99



## Yin/Yang Yoga

**Marguerite Critchley**

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

Wed, Sep 11-Dec 11 / 11:30AM-1PM / 14 Wks

**\$157**

## 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, Sep 10-Dec 10 / 12:15-1:15PM / 14 Wks

**\$91**

**NEW Time!**

**B** Thu, Sep 12-Dec 12 / 12:15-1:15PM / 14 Wks

**\$91**

## 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, Sep 9-Oct 28 / 12-1PM / 6 Wks

**No class Sep 30, Oct 14**

**\$48**

## 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, Sep 9-Oct 28 / 1:15-2:15PM / 6 Wks

**No class Sep 30, Oct 14**

**\$48**

# PICKLEBALL PROGRAMS



**AT TWO LOCATIONS!**



## Pickleball Schedule Format

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

## Pickleball Rules, Scoring and Group Support

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

### RUNDLE PARK (2909 113 AVENUE) FALL SESSION DETAILS

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

**MON 9:15AM:** Mon, Sep 9-Dec 9 / 9:15-10:30AM / 11 Wks

No session Sep 30, Oct 14, and Nov 11

\$61

**MON 10:35AM:** Mon, Sep 9-Dec 9 / 10:35-11:50AM / 11 Wks

No session Sep 30, Oct 14, and Nov 11

\$61

**MON 2:05PM:** Mon, Sep 9-Dec 9 / 2:05-3:20PM / 11 Wks

No session Sep 30, Oct 14, and Nov 11

\$61

**FRI 9:15AM:** Fri, Sep 13-Dec 13 / 9:15-10:30AM / 14 Wks

\$77

**FRI 10:35AM:** Fri, Sep 13-Dec 13 / 10:35-11:50AM / 14 Wks

\$77

**FRI 2:05PM:** Fri, Sep 13-Dec 13 / 2:05-3:20PM / 14 Wks

\$77

### NORTHGATE LIONS RECREATION CENTRE (7524 139 AVENUE) FALL SESSION DETAILS

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

**TUE 1:30PM:** Tue, Sep 10-Dec 10 / 1:30-2:45PM / 14 Wks

\$77

**TUE 2:50PM:** Tue, Sep 10-Dec 10 / 2:50-4:05PM / 14 Wks

\$77

**WED 1:30PM:** Wed, Sep 11-Dec 11 / 1:30-2:45PM / 13 Wks

No session Oct 9

\$72

**WED 2:50PM:** Wed, Sep 11-Dec 11 / 2:50-4:05PM / 13 Wks

No session Oct 9

\$72

**THU 2:50PM:** Thu, Sep 12-Dec 12 / 2:50-4:05PM / 14 Wks

\$77



## Learn to Play Pickleball

Learn to play the popular sport of Pickleball in two 120-minute sessions lead by a qualified instructor who will give you the basics to play confidently with like-skilled players. All are welcome to register, even those who have taken an introduction workshop in the past. Come to learn the pickleball basics!

**Northgate Lions Recreation Centre (7524 139 Avenue)**

Fri, Sep 13-20 / 12-2PM / 2 Wks

**\$45**

## Level Up Skills Pickleball Workshop

This workshop is intended for those members who have played pickleball before (recommended for those members who have been playing for a minimum of two years and are very familiar with the game, rules, can maintain a rally, etc.) and want to hone their skills. The instructor will help improve your techniques and understanding of the game through a series of different drills and instruction.

**Northgate Lions Recreation Centre (7524 139 Avenue)**

Fri, Sep 13-20 / 2:15-4:15PM / 2 Wks

**\$45**



## 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 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](mailto:pickleball@nesa1.ca) with as much notice as possible so the Programming team can attempt to find a replacement for you.

If a replacement player can be found during your absence(s), your NESAs account will be credited for the amount the missed session(s) are worth.

## Waitlist Reminder

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

## Interested in a single-session of pickleball?

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

## 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](http://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](http://www.nwess.ca)

### Southeast Edmonton Seniors Association

9350-82 Street / 780.468.1985 / [www.seesa.ca](http://www.seesa.ca)

### Westend Seniors Activity Centre

9629-176 Street / 780.483.1209 / [www.weseniors.ca](http://www.weseniors.ca)

# FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Chair Total Body Workout</li> <li>• Essentrics® for Seniors</li> <li>• Essentrics® Stretch and Tone</li> <li>• Fit For Your Life</li> <li>• Yang Style Tai Chi (Introduction)</li> </ul>	<ul style="list-style-type: none"> <li>• Active with Arthritis</li> <li>• Bender Ball: Total Body Workout</li> <li>• Chair Yoga</li> <li>• Cross Training</li> <li>• Strong and Stable</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Fit For Your Life</li> <li>• Hula Hoop Dance</li> <li>• Hula Hoop Fitness</li> <li>• Interval Training</li> <li>• Suspension Training</li> <li>• Yin/Yang Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Active with Arthritis</li> <li>• Barre Cardio</li> <li>• Chair Yoga</li> <li>• Essentrics® for Seniors</li> <li>• Stretch 'n Tone Yoga (Int).</li> <li>• Strong and Stable</li> </ul>	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Cross Training</li> <li>• Essentrics® Stretch and Tone</li> <li>• Suspension Training</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>• Beginner Yoga</li> <li>• Chair Stretch and Balance</li> <li>• Fun and Fitness</li> <li>• Zumba® Gold</li> <li>• Zumba® Gold Chair</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Stretch 'n Tone Yoga (Beg).</li> <li>• Zumba®</li> </ul>	<ul style="list-style-type: none"> <li>• Flexibility and Foam Rolling</li> <li>• Yin/Yang Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Chair Total Body Workout</li> <li>• Fun and Fitness</li> <li>• Suspension Training</li> <li>• Yang Style Tai Chi – Level 1 and Level 2</li> <li>• Zumba®</li> </ul>	 <p><b>One-day Fitness Workshops - See pages 41-46.</b></p>

## WHAT EXERCISE CLASS IS BEST FOR ME?

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

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

**Classes include:**

Active with Arthritis, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fit For Your Life, Hula Hoop Dance, Hula Hoop Fitness, Interval Training, Strong and Stable, Suspension Training, Yang Style Tai Chi Introduction and Level 1, 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, Beginner Yoga, Bender Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Stretch 'n Tone Yoga, Yang Style Tai Chi Level 2, Yin/Yang Yoga, and Zumba®.

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



## Fall Hours Of Operation

Starting Tuesday, September 3, 2024 through to Friday, December 20, 2024, the fitness centre will be open from 8:15AM-4PM.

**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.







**NEW!**

## Accessing Library Services on Your Device

**Edmonton Public Library**

If you have a smartphone or tablet, access to library services is at your fingertips! Learn how to borrow digital content like ebooks and audiobooks, stream movies, manage your library account online, and search for an array of free classes.

Tue, Oct 15 / 1-2:30PM / 1 Wk

\$2 **NMW**

**NEW!**

## Ask a Banker and an Estate Lawyer

**ATB Financial, Patricia Tiffen of Tiffen Law Office Attorney**

Have a chance to have direct access to the experienced professionals of Bank Manager and Estate Lawyer in our community to review important current topics like arranging your banking properly with your children, joint accounts, powers of attorney, estate planning and will planning. We will discuss these important topics and also have time for your questions that you bring to the session!

Mon, Nov 25 / 10-11:30AM / 1 Wk

\$2 **NMW**

## NON-MEMBERS WELCOME

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

**NEW!**

## Banker's Guide: Protecting against Scams & Fraud

**ATB Financial**

These days with the presence of social media networks, information sharing and digital data storage, fraud is on the rise. Come out to learn about the latest electronic and online frauds that are happening right now, including AI voice cloning, CRA scams, card scams, and fraud recovery schemes, and learn about ways you can protect yourself against these types of frauds. Hosted by ATB Branch Manager Brian Koziol, we will review proven tips that will keep your money and your identity safe.

**A** Tue, Oct 8 / 1-2:30PM / 1 Wk

**B** Mon, Oct 21 / 10-11:30AM / 1 Wk

\$2 **NMW**



## **NEW!** City of Edmonton Bike Education Presentation

**City of Edmonton**

Join an educator from the City of Edmonton Bike Education Team to learn more about the city's biking community! You will learn about Edmonton's bike paths, how to plan your routes, and tips on how to confidently cycle along bike lanes, shared pathways and quiet residential shared roads. Find out about cycling opportunities like ride-a-longs, cycling groups and even recommended cycling routes. Additionally, you will learn about the barriers to cycling (like not owning a bike, not knowing where to ride, or if your bike is in disrepair) and resources to help you overcome them.

Thu, Sep 12 / 10:30-11:30AM / 1 Wk

**FREE** Registration is still required **NMW**

## **NEW!** Debt Smarts Financial Pathways Collaborative and The United Way

Join in on an informative discussion where you will learn from a Financial Advisor helpful tips on how to manage your debt, when it makes sense to get a consolidation loan, the difference between consumer proposal and bankruptcy and much more.

Fri, Oct 4 / 10-11:30AM / 1 Wk

**\$2** **NMW**

## **NEW!** Deliberate Dressing Susanne Urbina

We all wear clothing, but it does more than cover us. It's also a way to express ourselves. We choose pieces for color to suit our personal coloring and how it shapes us, but by being 100% present while dressing we can cultivate a sense of confidence and tranquility. Discover ways to create a great fall wardrobe chosen with purpose to embrace and express your true self.

Fri, Sep 27 / 10AM-12PM / 1 Wk

**\$20** **NMW**

## **NEW!** Echoes of Heritage: A Family Legacy Workshop

**Karen Murdock of Treasured Photo Collections**

Join us for an awareness presentation designed to highlight the importance of preserving family heritage through voiced memories and other methods. The emphasis is on the storytelling, emotions recalled, the importance of life review, and, of course, the photos and other important items in our memory collections. We want to encourage individuals to leave a digital legacy that will be welcomed by the next generation. In this presentation, participants will learn about: The significance of safeguarding family photos and stories; How voiced memories can enhance the value of their photo collections; Tips on organizing and preserving their cherished memories for future generations.

Tue, Oct 22 / 1-2PM / 1 Wk

**\$2** **NMW**





**NEW!** **Estate Planning from a Financial Perspective**

**Weichurn Woo, Mackie Research Financial Advisor**

More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. Just as important is preparing your executor or co executors for the task, and regularly updating your estate strategy. Join Wei Woo as he speaks about some important ideas to consider for your estate planning from a financial planning and investment perspective. As well, Wei will share some of the estate issues and challenges that he has come across over the past 16 years in the finance industry. Its never too early or too late to plan for your family's future.

Tue, Oct 22 / 10-11:30AM / 1 Wk

**\$2** **NMW**

**NEW!** **Executorship Overview**  
**Gina Vliet of Charon Consulting**

Learn about the role of the executor and the three most important skills they need to avoid the most common financial and legal pitfalls of executorship.

Fri, Sep 27 / 1:30-2:30PM / 1 Wk

**\$10** **NMW**

**NEW!** **Government Benefits from Alberta Blue Cross**

**Chartwell and Alberta Blue Cross**

Many of us have often looked at our benefits through Alberta Blue Cross and have had questions about the coverage. Please join us as we talk about the benefits and how to access additional supports as we age.

Thu, Oct 24 / 10-11AM / 1 Wk

**\$2** **NMW**

## **NEW!** Mindful Investing – Avoiding Common Mistakes

**Weichurn Woo, Mackie Research Financial Advisor**

We have seen many people panic and make reactive decisions based on their emotions in the past decade. For the last 100 years, the markets goes through a downturn every few years. In 2015, we experienced a major downturn in Canada with the oil crash crisis. While 2016 and 2017 were good years in the stock markets, 2018 was bad due to US-China Trade War. This was followed by 2019 which was a great year. 2020 Covid Recession saw the fastest stock market crash followed by fastest recovery in history, with a fantastic 2021 the year after. 2022 was the worst year for the traditional retirement portfolio since 1937, while 2023 and so far 2024 have been strong years for stock markets. The key is to not shy away when you still need to make dividends or interest for your retirement income. Learn how to protect cashflow when the markets do stall or go negative.

Investing is emotional because it involves more than just your financial wellbeing. A bad investment decision can wipe out your retirement nest egg or your children's education fund. Investing is complex and more difficult than a lot of things we do on a regular basis. Join Wei Woo as he discusses the common mistakes behind the average investor during their retirement years and how to avoid them.

Tue, Nov 19 / 10-11:30AM / 1 Wk

**\$2** **NMW**

## **NEW!** Optimizing Retirement & Estate Planning of a TFSA

**Weichurn Woo, Mackie Research Financial Advisor**

The Tax Free Savings Account has been out since 2009, it is now 2024 and many retired Canadians are still confused about how to best use this tax saving investment shelter. What complicate matters further, is that depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice. Come join Wei Woo for clarifying the myths surrounding this account, as we discuss how to use this highly flexible account in maximizing your personal financial strategies during your retirement years as well as the final estate year.

Tue, Sep 17 / 10-11:30AM / 1 Wk

**\$2** **NMW**

## **NEW!** Planning Your Senior Living Journey

**Tara and Sharon from Chartwell**

Without a retirement living plan, someone may make life-changing decisions for you, or you may find yourself making decisions that will affect another individual's life. Whether you are planning for your future or that of your aging loved one, having a plan ensures that the choices made align with your wishes or those of the individual in question. Join us as we explore the various stages of retirement living and discover how you can successfully plan your journey.

Thu, Oct 24 / 2:30-3:30PM / 1 Wk

**\$2** **NMW**



## 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.

### NEW! Scam Alert

**Former Global TV Trouble Shooter and peace officer, Julie Matthews**

Fraud is the fastest growing crime in Canada, and it's difficult to stay on top of the latest schemes that are rampant online and in our community. The fraudsters are technologically savvy and convincing, tempting you online, on your phone, in your mailbox and at your door. Seniors are among the groups most often targeted by scammers.

Learn how to spot the scams and recognize the red flags to keep from becoming a victim. Know the steps to take if you have been victimized. Education on fraud tactics is critical to help us keep our families and communities safe. Former Global TV Trouble Shooter and peace officer, Julie Matthews shares personal stories along with tips and tricks to spot the latest frauds and scams. She will be available to answer your questions and openly discuss the latest scams. Let's fight fraud together!

Mon, Nov 4 / 1-2:30PM / 1 Wk

\$8 **NMW**

## UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

## The Edmonton Community Legal Centre

The Edmonton Community Legal Centre provides Edmontonians legal advice, advocacy, information, referral, and support when income poses a barrier to accessing justice. Join them for a series of presentations they will be offering at NESAs this season!

### NEW! Your Rights as a Tenant Edmonton Community Legal Centre

Thu, Sep 19 / 10-11:30AM / 1 Wk

\$2 **NMW**

### NEW! Suing and Civil Claims Edmonton Community Legal Centre

Thu, Oct 17 / 10-11:30AM / 1 Wk

\$2 **NMW**

### NEW! Family Law: Financial Support Edmonton Community Legal Centre

Thu, Nov 21 / 10-11:30AM / 1 Wk

\$2 **NMW**

### NEW! Tracing a Soldier's Story - WWI and WWII

**Barb Neil**

Detailing an ancestor's story of service in World War 1 or 2 deepens our understanding of the person and the times. Based on war records, diaries, personal effects, photos and internet resources, the career of Privates Russell Scobie McAllister, Canadian Expeditionary Forces will be presented. This presentation is an illustration of the variety of resources available and how to use them to create a character sketch of a soldier and a timeline of their story.

Tue, Oct 29 / 1-3PM / 1 Wk

\$10 **NMW**



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

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

### **NEW!** What is the CANDORA Society of Edmonton?

#### The Candora Society of Edmonton

The CANDORA Society of Edmonton is a grassroots charity organization providing FREE programs, events, and resources for children, adults, and families in Northeast Edmonton. During our presentation, we'll be sharing more about our Community Resource Centre and the different services we provide such as assistance with government applications, free tax clinics, and emergency supplies. We'll also chat about our family programs, events, and volunteer opportunities. We look forward to meeting you and answering any questions you may have!

Mon, Oct 7 / 10:30-11:30AM / 1 Wk

\$2 **NMW**

### **NEW!** Wills Week Presentation Edmonton Community Foundation

Join us for an informative session on Wills and Estates hosted by the Edmonton Community Foundation. Whether you have a Will in place already, or are an Executor, this discussion will help give you peace of mind and answer questions you might have. All are welcome to attend!

Wed, Oct 9 / 1-3PM / 1 Wk

**FREE** Registration is still required **NMW**



## INTERESTED IN VOLUNTEERING?

We are always accepting applications for volunteers in multiple roles, which include but are not limited to: administration and hospitality roles, governance and communication, fundraising, special events, and working in the fitness centre. Connect with our Volunteer Coordinator by visiting us today or call 780.496.6969 for more information!

### **NEW!** Wisdom of Planning Ahead Glenwood Funeral Home and Cemetery and Arbor Memorial

In this presentation, we will be reviewing the benefits, considerations and the decision-making entailed for the planning ahead of a loved one's final arrangements. We will also discuss the different costs associated with such arrangements and share a discussion about what options are available for you and your family.

Thu, Oct 10 / 1-2:30PM / 1 Wk

\$2 **NMW**

### **NEW!** Your Life Legacy Checklist Gina Vliet of Charon Consulting

Check out 11 things to consider when preparing for family emergencies and learn how to prioritize the based on your life and lifestyle. Get better prepared to plan for such things as serious illness or injury, job loss, becoming a new caregiver, or end of life.

Fri, Oct 25 / 1-3PM / 1 Wk

\$20 **NMW**



**NEW!** **Arthritis 101: How to manage it and move with ease**

**InHome Physiotherapy Solutions**

Battling arthritis and looking for relief? This educational physiotherapy session will delve into effective exercises and techniques tailored to alleviate joint pain, improve flexibility, and enhance daily movement. Discover practical strategies and personalized care to reclaim your comfort and mobility—join us and start your journey to a more active, pain-free life!

Mon, Oct 21 / 1-2PM / 1 Wk

\$2 **NMW**

**NEW!** **Band Total Body Workout**

**Amy Petersen**

**NESA Personal Trainer**

Join Amy for an afternoon workout where you will review a safe and effective total body workout using just a resistance band. Amy will explore safe movement mechanics while helping you achieve your strength and flexibility goals. A takeaway sample program will also be provided. (No floor work).

Tue, Sep 17 / 12-1PM / 1 Wk

\$10 **NMW**

**NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?**

See page 61 for information about NESA's Landry Leisure Pass.

**NEW!** **Breathing, Relaxation and Meditation**

**Helga Stadelmann**

While sitting in a chair you will participate in a specific blend of exercises in breathing, relaxation, visualization and meditation techniques. These one-hour inspiring workshops will not only improve your health, strengthen your body and lift your spirit. They also show you that by learning to achieve states of stillness you can discover more clarity and feel empowered in your day to day living. These eight sessions invite you to experience yourself in a very new, unique and highly personal way. Everyone is welcome – no experience necessary.

**TRIAL** Mon, Sep 9 / 10:30-11:30AM / 1 Wk

**FREE** Registration is still required **NMW**

Mon, Sep 16-Nov 25 / 10:30-11:30AM / 8 Wks

**No class Sep 30, Oct 14, Nov 11**

\$59

**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.

**A** Mon, Sep 9-Dec 9 / 10AM-12PM / 11 Wks

**No class Sep 30, Oct 14, Nov 11**

\$22

**B** Mon, Sep 9-Dec 9 / 1-3PM / 11 Wks

**No class Sep 30, Oct 14, Nov 11**

\$22

## **NEW!** Costco: Optical and Hearing Aid Services

### **Costco Optical and Hearing Aid Services**

Join in on an information session about Optical and Hearing Aid services provided at Costco and discuss the benefits of maintaining good hearing health and the consequences of hearing loss.

Mon, Sep 23 / 10:30-11:30AM / 1 Wk

**FREE** Registration is still required **NMW**

## **NEW!** Healthy Homes for Seniors

**Odette Bose, Health Canada**

Learn about environmental factors affecting your health and the health of your family. Everyday we are exposed to chemicals and pollutants in the air, water, soil, food and products we use at work, home and play. Health Canada will provide information and resources on how to help protect yourself and those around you. These resources will include information on radon, air quality and chemicals management.

Fri, Oct 18 / 10-11:30AM / 1 Wk

**\$2** **NMW**

## **NEW!** Hip Health is Wealth

**Amy Petersen, NESA Personal Trainer**

Do you experience stiff or sore hips? Has your mobility reduced over the years? Join Amy for a safe and gentle workout that will have you learn how to maximize your hip range of motion while stretching and strengthening the muscles of the hip and knee complex. A takeaway sample program will also be provided. No floor work.

Tue, Oct 1 / 12-1PM / 1 Wk

**\$10** **NMW**

## **NEW!** How Supplements Can Help Optimize Longevity

### **Herbal Trail**

Join us for a presentation to learn about health and well-being. Discover what supplements help promote energy production, increased mental clarity, and rejuvenating sleep. Free samples for attendees!

Thu, Oct 3 / 10-11:30AM / 1 Wk

**\$2** **NMW**

## **NEW!** Introduction to Weightlifting

**Tom Hughes, NESA Personal Trainer**

Spend an hour with NESA's new Personal Trainer and Strength Coach Tom who will teach you the basics of safe and effective weight training. Together you will review a full body workout along with different variations and modifications on how to build a simple, safe and effective strength training program that will meet your training and fitness goals. Modifications will be provided ensuring that everyone will be able to participate. No floor work.

Tue, Sep 24 / 12-1PM / 1 Wk

**\$10** **NMW**

## **NEW!** Let's talk about your balance!

**InHome Physiotherapy Solutions**

Struggling with balance, dizziness, or vertigo? This information session will offer education and information to improve your stability and recognize symptoms, empowering you to move confidently through life. Register today and take the first step towards a steadier, more balanced you!

Mon, Sep 23 / 1-2PM / 1 Wk

**\$2** **NMW**

**NEW!** **Fit Minds**  
Sharon Pandza

Did you know? 1 in 3 of us will be living with dementia or cognitive impairment as we grow older. That's a staggering statistic but it is reassuring to know that we can take positive steps, proactively, to slow cognitive decline as we age. Some cases of dementia have proven to be preventable through lifestyle changes and cognitive stimulation.

In each session, we will focus on a different aspect of brain health, and we'll take a deeper dive to understand positive steps that you can take now to keep your brain healthy. We enjoy conversations and work through cognitive stimulation exercises together that will engage all of your brain - language and music; visual and spatial orientation; memory; critical thinking; and computation.

**NOTE** *Our facilitators from Chartwell are trained and licensed to deliver the Fit Minds Program in the community and are sponsoring the program for the North Edmonton Seniors Association. Participants are encouraged to attend all of the sessions for maximum benefits, but we can accommodate absences. If you need to miss a class, we can send you the course notes.*

**Fit Minds Week 1 / Oct 17 - Living a Brain Healthy Lifestyle**

We'll review the science behind overall Brain Health. Participants will receive a takeaway article on brain health and a small gift from Chartwell.

**Fit Minds Week 2 / Oct 24 - The Importance of Physical Activity**

We explore the importance of physical activity and challenges we face staying active; then we will work together to complete exercises across the five areas of cognition and learn how to build an ambidextrous brain.

**Fit Minds Week 3 / Oct 31 - The Importance of Mental Activity & How Nutrition Impacts Brain Health**

We will complete exercises across the five areas of cognition; how to engage with novel and complex ideas to maintain brain health; and review brain essential nutrients. Participants will receive some ideas to support themselves when seeking proper nutrition.

**Fit Minds Week 4 / Nov 7 - A Conversation about Socialization as We Age**

Participants are invited to have a conversation about the importance of social connectedness as we age and all of the challenges around that. We will wrap the session with cognition exercises.

**Fit Minds Week 5 / Nov 14 - Spirituality, Mindfulness, Stress Reduction & A Discussion about Meaning and Purpose**

Participants learn how prayer, meditation and forgiveness can positively impact your brain health and practical solutions and learn how to build a framework where you can thrive and ways to find passion and purpose. Cognition exercises will follow.

**Fit Minds Week 6 / Nov 21 - Luncheon Graduation and Reception at Chartwell**

Enjoy a brief graduation ceremony, complimentary lunch and friendship at Chartwell Griesbach, along with a tour for those who are curious. Guests will take away some best practices for maintaining brain health and resources to ongoing puzzles.

Thu, Oct 17-Nov 14 / 1-2PM / 6 Wks

**\$12** **NMW**

**NOTE** *Week 6 will be hosted at Chartwell from 12-2PM. Event details will be provided during the workshop.*





**NEW!** **Lower Body Strength Training Workshop**

**Tom Hughes, NESAs Personal Trainer**

Join NESAs new Personal Trainer and Strength Coach Tom who will walk you through a comprehensive lower body strength training routine using various portable exercise equipment including bands, weights, and suspension trainers. Modifications will be provided ensuring that everyone will be able to participate. No floor work.

Tue, Oct 8 / 12-1PM / 1 Wk

**\$10** **NMW**

**YOUR FEEDBACK IS ESSENTIAL**

Your feedback is essential in helping us improve our programs and generate new ideas! We value your insights and experiences, and we encourage you to share them with us. Evaluation forms are available on our website [nesa1.ca](http://nesa1.ca), or can be picked up at the front desk. By providing your feedback, you play a crucial role in shaping the future of our offerings. Thank you for helping us create the best possible experience for everyone!

**NON-MEMBERS WELCOME**

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

**NEW!** **Numbness and Nerve Pain: Let's talk about it!**

**InHome Physiotherapy Solutions**

Feeling numb but literally can't put your finger on it? Perhaps you've heard of Carpal and Cubital Tunnel Syndrome?! Join us this session as Physiotherapist Daniel offers in-depth insights into these common nerve conditions. Learn how to identify symptoms, explore effective treatments, and arm yourself with practical strategies to relieve discomfort and regain control of your arm health.

Mon, Nov 18 / 1-2PM / 1 Wk

**\$2** **NMW**

**NEW!** **Strengthen Your Core, Steady Your Balance**

**Amy Petersen, NESAs Personal Trainer**

Join Amy for a Balance and Core workshop, designed specifically for older adults looking to enhance their functional mobility, strengthen muscles, and boost neuromuscular efficiency. This 60 minute workshop will focus on exercises and techniques that improve balance, stability, and core strength, helping you maintain independence and reduce the risk of falls. Whether you're new to exercise or looking to refine your skills, this workshop offers supportive, easy-to-follow routines tailored to your needs. Come prepared to move, engage, and have fun as we work together towards better health and stability. Leave this workshop with your own Balance and Core program to continue practicing on your own!

Tue, Oct 29 / 12-1PM / 1 Wk

**\$10** **NMW**

**NEW!** **Stress and Change**

**Gina Vliet of Charon Consulting**

Stress and Change: Getting through the emotional and into the practical. Learn how to identify your stressors, what it takes to be energy efficient in stressful times, how to recharge your personal batteries, and how to integrate change in a way that leaves you enough energy to do the things that matter most to you!

Fri, Nov 22 / 1-3PM / 1 Wk

**\$20** **NMW**

**NEW!** **Strong and Stable Back and Shoulders**

**Amy Petersen, NESAs Personal Trainer**

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

Tue, Oct 15 / 12-1PM / 1 Wk

**\$10** **NMW**

**NEW!** **The Art and Science of Sleep Management**

**Terri Jones, retired Occupational Therapist, Yoga & Meditation Instructor**

Sleep is foundational for our health and wellbeing. Learn the science behind sleep and then leverage these findings to help you sleep better. Discover how light, temperature, exercise, diet, as well as nervous system regulation influence your sleep habits and then use this information to support better sleep strategies. You will leave with practical tools to help you figure out what stands between you and a good night sleep. Terri Jones is a retired Occupational Therapist, Yoga & Meditation Instructor (500 hr RYT) located in Edmonton, Alberta, Canada. Terri has the unique perspective of her health care knowledge and experience, as well as her own lived experience of chronic pain and insomnia.

Tue, Nov 5 / 1:30-3PM / 1 Wk

**\$23** **NMW**



**NEW!** **Upper Body Strength Training Workshop**

**Tom Hughes, NESAs Personal Trainer**

Looking to strengthen your shoulders, back and core? Spend an hour with NESAs new Personal Trainer and Strength Coach Tom who will lead you through an upper body workout, offering different exercises to help you improve your strength while at the same time, improve your range of motion and posture. Modifications will be provided ensuring that everyone will be able to participate. No floor work.

Tue, Oct 22 / 12-1PM / 1 Wk

**\$10** **NMW**

**NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?**

See page 61 for information about NESAs Landry Leisure Pass.

**EVERYTHING IS MORE FUN WITH A FRIEND!**

Are you or your friend a non-member who wants to participate in one of our one-day workshops or programs? Look for this symbol **NMW** to know which activities you may be eligible for.

**NEW!** **What you need to know about Organ and Tissue Donation**


**Alberta Health Services**

Over 90% of Albertans support organ and tissue donation, but few know how to act on their good intentions. Give Life Alberta's Senior Communications Advisor Su-Ling Goh (formerly of Global News) will explain what you need to know if you're interested in leaving a life-saving gift, and a cornea recipient will share her incredible story of hope.

Fri, Sep 20 / 10-11:30AM / 1 Wk

**\$2** **NMW**





¿HABLAS  
ESPAÑOL?

### Spanish - Beginner

Tania Oyarzun

Join in on this beginner's class to develop the skills to talk, read, write and listen in Spanish. Textbook is required: Spanish Vocabulary: Practice Makes Perfect by Dorothy Richmond, Fourth Edition (ISBN 978-1-264-26424-7). Note: If you own the Spanish Now or Spanish Vocabulary Third Edition textbook you do not have to purchase the new suggested textbook.

Wed, Sep 11-Dec 11 / 9:30-11:30AM / 14 Wks

\$204

### Spanish - Intermediate

Jorge Oyarzun

Take the next step for your language comprehension and learn how to put emphasis in the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening for the students to communicate in Spanish. Textbook required: Spanish Verb Tenses by Dorothy Richmond (ISBN 978-0-07-163930-9). Note: If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Wed, Sep 11-Dec 11 / 9:30-11:30AM / 14 Wks

\$204

LEARN  
A NEW LANGUAGE







## “Sing, Sing, Sing” For Those Who Love to Sing!

**Suzan & John Shewchuk**

Join Suzan and John for a joyous sing-along session! With a passion for all types of music, Suzan and John have been sharing their love for singing in various communities for over five years. Now, they invite you to join them in a fun and inclusive musical experience. Whether you're a seasoned singer or a complete novice, come and enjoy singing your favorite songs from a songbook featuring over 200 songs spanning multiple genres and decades. No musical experience is necessary—just bring your enthusiasm and love for music!

Wed, Oct 2-Dec 11 / 1:30-3PM / 11 Wks

**\$80**

## Choralaires

**Director: Sandi Ollenberger, Pianist: Vicki McClelland**

Raise your voice in song and join this fun-loving mixed chorus. This course offers the opportunity to learn about choral singing, develop your vocal skills, and share your talents at “sing-outs” in the community. Whether you are a seasoned singer or new to choral singing, all voices are welcome and valued. Come experience the joy of making music together!

**McClure United Church (13708 74 Street)**

Tue, Sep 3-Dec 10 / 1-2:30PM / 15 Wks +5 Sing-outs

**\$95**

### ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

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

## Clogging: Beginner

**Adele Brewer**

Come join Adele on the dance floor! Have fun moving to the music while getting in your daily steps. No experience or special shoes are required. Just bring your enthusiasm and enjoy a lively, energizing session of dance.

Mon, Sep 9-Dec 9 / 1-2PM / 10 Wks

**No class Sep 30, Oct 7, 14, Nov 11**

**\$69**

## Clogging: Beginner Level 2 and 3

**Adele Brewer**

Practice, practice, practice! This clogging class is designed to help you build the confidence needed to move to the next level. Come for the workout, stay for the fun, and enhance your clogging skills in a supportive and energetic environment.

Wed, Sep 11-Dec 11 / 1:30-2:30PM / 11 Wks

**No class Oct 2, 9, 16**

**\$76**

## Clogging: EZ Intermediate

Adele Brewer

Now that you've mastered the basic steps, it's time to take your clogging skills to the next level. In this class, you'll expand on your movements to include more subtle rhythmic and visual variations. Enhance your technique and enjoy the complexity of advanced clogging in a fun and supportive environment.

Wed, Sep 11-Dec 11 / 2:45-3:45PM / 11 Wks

No class Oct 2, 9, 16

\$76

## Clogging: Intermediate

Adele Brewer

Dance to a variety of music, including country, bluegrass, Celtic fiddle, and pop music. Clogging is a great way to stay in shape both physically and mentally! Enjoy the energetic beats and diverse rhythms while enhancing your fitness and coordination in this fun and engaging class.

Mon, Sep 9-Dec 9 / 2:15-3:15PM / 10 Wks

No class Sep 30, Oct 7, 14, Nov 11

\$69

## Clogging: Intermediate (Advanced Steps Add-on)

Adele Brewer

Join Adele for this mini 30-minute challenge to learn advanced clogging steps. This session is designed for those who are also enrolled in the 'Clogging: Intermediate' program. Enhance your skills and take on new rhythmic challenges in this quick, intensive practice.

Mon, Sep 9-Dec 9 / 3:15-3:45PM / 10 Wks

No class Sep 30, Oct 7, 14, Nov 11

\$35



## Guitar: Level 1

Gilles Benoiton

No musical experience is necessary – just a desire to have some fun! This class is designed for absolute beginners. You will learn to play simple one and two-finger chords such as G, C, A, and E, which are found in many sing-along songs. Arrangements can be made with the instructor to borrow a guitar if needed. Join us and start your musical journey in a fun and supportive environment!

Fri, Sep 13-Nov 29 / 8:45-9:45AM / 10 Wks

No class Oct 11, Nov 15

\$70

## Guitar: Level 2

Gilles Benoiton

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

Wed, Sep 18-Nov 27 / 1-2:30PM / 10 Wks

No class Nov 13

\$108

## Guitar: Level 2.5

**Gilles Benoiton**

Join Gilles in this fun-filled class, playing and singing all your favorite tunes. This program is ideal for those who are ready to move on from Level 2 but not quite ready for Level 3. Guitar: Level 2.5 combines more challenging songs from Level 2 with some early concepts from Level 3. Enhance your skills and enjoy making music in a supportive environment as you bridge the gap to the next level.

**Prerequisite: Guitar: Level 2.**

Wed, Sep 18-Nov 27 / 11:15AM-12:45PM / 10 Wks

No class Nov 13

\$108

## Guitar: Level 3

**Gilles Benoiton**

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

Fri, Sep 13-Nov 29 / 11:15AM-12:45PM / 10 Wks

No class Oct 11, Nov 15

\$108

## Guitar: Level 3+ Acoustic Blues

**Gilles Benoiton**

Participants will delve into 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Expand your musical horizons and deepen your understanding of the blues in this dynamic and immersive class. Join us to master the techniques and styles that define this iconic genre! **Prerequisite: Guitar Level 3.**

Fri, Sep 13-Nov 29 / 1-2PM / 10 Wks

No class Oct 11, Nov 15

\$70

## Guitar: Level 3+ Finger Pickin'

**Gilles Benoiton**

This intermediate class will introduce participants to finger-picking techniques! The focus will be on various picking patterns, chord progressions, and some finger-picking repertoire pieces. If you can play basic open chords such as G, A, Am, C, D, Dm, E, and Em, you're ready for this course. Join us to enhance your guitar skills and explore the art of finger-picking! **Prerequisite: Guitar Level 3.**

Fri, Sep 13-Nov 29 / 10-11AM / 10 Wks

No class Oct 11, Nov 15

\$70

**NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?**

See page 61 for information about NESAs' Landry Leisure Pass.

## Handbells

Wendy Hoskin

If you can count, you can ring handbells! Beginning ringers will be mentored by an experienced partner to learn the necessary skills. Our goal is to have fun and make music that is good for the body, mind, and soul. While being able to read music is helpful, it is not necessary. Join us to experience the joy of handbell ringing in a supportive and enjoyable environment!

Thu, Sep 12-Dec 5 / 10-11:30AM / 13 Wks

\$74

## **NEW!** Hula Hoop Dance for Seniors

Olivia Flows

This class is going to teach you some hula hoop tricks that are going to tone the arms and legs, while strengthening your core! This is a low impact class that is great for improving coordination as we learn and do all moves with each side. This class is to be completed from a standing position for the majority of the class. Everyone has a side of the body that they are less coordinated on, this class is going to get you using your less comfortable side which can help correct and prevent muscle imbalance. This class is designed to get you moving and learning new skills. Come learn a new skill in a safe, non judgemental environment full of laughter and good music! This class is considered dance in the sense that we will learn how to connect tricks to one another but it will not be dance cardio such as Zumba®!

**TRIAL** Wed, Sep 18 / 11:45AM-12:45PM / 1 Wk

**FREE** Registration is still required **NMW**

**A** Wed, Sep 25-Oct 23 / 11:45AM-12:45PM / 5 Wks

\$50

**TRIAL** Wed, Oct 30 / 11:45AM-12:45PM / 1 Wk

**FREE** Registration is still required **NMW**

**B** Wed, Nov 6-Dec 4 / 11:45AM-12:45PM / 5 Wks

\$50



## Learn to Maintain and Restring your Guitar Workshop

Mike Chenoweth

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

Fri, Oct 18 / 10AM-12PM / 1 Wk

\$25 **NMW**

## Line Dancing: Kick up Your Heels and Have Some Fun! (Level 1)

Dwayne Tulik

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

Tue, Sep 10-Dec 10 / 8:45-10:15AM / 14 Wks

\$95



## UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

### **NEW!** Line Dancing: Level 2

Tracy Walters

In this program, you will learn dances to a variety of music genres, including country, rock, dance, hip hop, Irish, and more. Participants must have experience with a beginner or level 1 line dancing program. Shoes with leather soles are recommended, but not required. No partner needed. Join Tracy for some Line Dancin' fun and enjoy dancing to diverse music while enhancing your skills and having a great time!

Tue, Sep 10-Dec 10 / 1:30-2:30PM / 14 Wks

\$68

## Music Lessons (1:1) - Guitar, Ukulele, and Harmonica

Mike Chenoweth

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

**A** Sep 17-Dec 10 / 9-9:30AM / 13 Wks

\$275

**B** Sep 17-Dec 10 / 9:30-10AM / 13 Wks

\$275

**C** Sep 17-Dec 10 / 10-10:30AM / 13 Wks

\$275

**D** Sep 17-Dec 10 / 10:30-11AM / 13 Wks

\$275

**E** Sep 17-Dec 10 / 11-11:30AM / 13 Wks

\$275

**F** Sep 17-Dec 10 / 11:30AM-12PM / 13 Wks

\$275



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

Reinhard Kroller

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

**A** Thu, Sep 19-Dec 5 / 9-9:30AM / 13 Wks

**\$390**

**B** Thu, Sep 19-Dec 5 / 9:30-10AM / 13 Wks

**\$390**

**C** Thu, Sep 19-Dec 5 / 10-10:30AM / 13 Wks

**\$390**

**D** Thu, Sep 19-Dec 5 / 10:30-11AM / 13 Wks

**\$390**

**E** Thu, Sep 19-Dec 5 / 11-11:30AM / 13 Wks

**\$390**

**F** Thu, Sep 19-Dec 5 / 11:30AM-12PM / 13 Wks

**\$390**

**G** Thu, Sep 19-Dec 5 / 12-12:30PM / 13 Wks

**\$390**

**H** Thu, Sep 19-Dec 5 / 12:30-1PM / 13 Wks

**\$390**

## NON-MEMBERS WELCOME

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

### **NEW!** Piano Lessons: An Introduction (Group)

Allison Fernandes

This beginner piano class is designed for those who are new to playing the piano and wish to learn the fundamentals. You will gain a solid foundation in music theory, note recognition, and basic piano-playing techniques. By the end of the course, you will be able to read simple music scores and play basic pieces. This class focuses on building your confidence and enjoyment in playing the piano, with no tests or exams upon completion. Participants will need to purchase the following items at any music store (such as Long & McQuade on Whyte Avenue) the lesson Book: Bastien Piano Basics, Level 1, and staff paper.

Tue, Oct 1-Dec 10 / 2-3PM / 11 Wks

**\$77**



# NESA TOURS & OUTINGS



**At this time, the NESA Programming Team is unable to confirm any outings or offsite activities for the Fall 2024 season. While we are optimistic about offering more experiences to our members in the future, we're unable to make any commitments right now. Please stay tuned for further updates and information. We appreciate your patience and understanding.**



# NESA CLUBS AT A GLANCE



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

	Monday	Tuesday	Wednesday	Thursday	Friday
A M C L U B S	<b>Stained Glass</b> 9AM-4PM	<b>Carpet Bowling</b> 10:30AM-12PM	<b>Badminton <sup>B</sup></b> 11:15-1:15PM	<b>Carpet Bowling</b> 10:30AM-12PM	<b>Badminton <sup>C</sup></b> 8:30-11:30AM
		<b>Creative Greeting Cards</b> 9AM-12PM	<b>Book Lovers</b> 10:30AM-12PM (See schedule)	<b>Wildlife Carving</b> 9AM-12PM	<b>Cribbage <sup>A</sup></b> 9:45AM-12PM
		<b>Music Makers</b> 9:30AM-12:30PM	<b>Washi Chigiri-e</b> 9AM-12PM		<b>Pins and Needles Quilting</b> 9:30AM -12:30PM
		<b>Silversmithing</b> 9AM-4PM			
		<b>Weavers</b> 10AM-4PM			
P M C L U B S	<b>Art</b> 1-4PM	<b>Jammers</b> 1-4PM	<b>Garden</b> 12-2PM (See schedule)	<b>Bridge</b> 12-3:45PM	<b>Cribbage <sup>B</sup></b> 12:45-3PM
	<b>Badminton <sup>A</sup></b> 1:30-3:30PM	<b>Silversmithing</b> 9AM-4PM	<b>Travel</b> 1-3PM (See schedule)	<b>Canasta</b> 1-4PM	<b>Northgate Writers Society</b> 1-3PM
	<b>Stained Glass</b> 9AM-4PM	<b>Weavers</b> 10AM-4PM	<b>Wizards of Odds 'n Ends</b> 12PM-2:30PM	<b>Fiber Arts</b> 1-4PM	
	<b>Whist</b> 12:45-2:45PM			<b>Guitar Jam</b> 12:30-3:30PM	

**FOR MORE INFORMATION ABOUT THESE CLUBS,**  
please email [info@nesa1.ca](mailto:info@nesa1.ca) or call 780.496.6969.

Club days/times are subject to change.

**NOTE** Reciprocal memberships are not accepted as admission into NESA Clubs.  
Must be a NESA member to join a NESA club.





Registration starts

August 27, 2024 @ 8:30AM

## Art

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

Mon, Sep 9-Dec 9 / 1-4PM / 11 Wks

No session Sep 30, Oct 14, Nov 11

\$22

## Badminton

Welcome to our friendly badminton club! New members are always welcome. Please ensure you can serve and rally, as a basic skill level is required for participation. Familiarity with the game's rules is also recommended, as no formal instruction is provided. Interested in trying it out before committing? NESA members can attend one trial session prior to registration. Please note that registration for the entire weekday duration is mandatory; drop-ins are not permitted.

**A** Mon, Sep 9-Dec 9 / 1:30-3:30PM / 11 Wks

No session Sep 30, Oct 14, Nov 11

\$22

and/or

**B** Wed, Sep 11-Dec 11 / 11:15-1:15PM / 13 Wks

No session Oct 9

\$26

and/or

**C** Fri, Sep 13-Dec 13 / 8:30-11:30AM / 14 Wks

\$42

## 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.

## Book Lovers

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

**NOTE** The Book Lovers Club Coordinator will reach out to all registered members after September 8/24 to confirm book selection and pickup arrangements.

Wed, Sep 25, Oct 23, & Nov 27 / 10:30AM-12PM / 3 dates

\$6

## Bridge

Join fellow bridge players for an afternoon of fun; we welcome novice players as well as those experienced with the game!

Thu, Sep 12-Dec 12 / 12-3:45PM / 14 Wks

\$28

## Canasta

All are welcome including those new to the game of Canasta! Please arrive at 12:50PM for table assignment, as late arrivals will not be permitted to play.

Thu, Sep 12-Dec 12 / 1-4PM / 14 Wks

\$28

## Carpet Bowling

A year-round, indoor sport that resembles lawn bowling. All are welcome!

**NOTE** A meeting will be during our first club date, on September 10, so we can vote in the new Club Executive, establish teams and review safety protocols.

Tue & Thu, Sep 10-Dec 12 / 10:30AM-12PM / 28 dates

\$56

## Creative Greeting Cards

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

Tue, Sep 10-Dec 10 / 9AM-12PM / 14 Wks

\$28

## Cribbage

No partner necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes prior to start time for team assignment, as late arrivals will not be permitted to play.

**A** Fri, Sep 13-Dec 13 / 9:45AM-12PM / 14 Wks

\$28

**B** Fri, Sep 13-Dec 13 / 12:45PM-3PM / 14 Wks

\$28

## Fiber Arts

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

Thu, Sep 12-Dec 12 / 1-4PM / 14 Wks

\$28

## Garden

Join fellow garden enthusiasts on a monthly basis to talk plants, gardening and more! Join us for our outdoor Garden sale scheduled for Wednesday, September 18 from 10AM-3PM at NESA (subject to change based on weather).

Wed, Oct 16 & Nov 20 / 12-2PM / 2 dates

\$4 (for all dates)

## Golf

Our 2024 golf season wraps up in early September. Please check back in early 2025 for more details about next year's golf club annual general meeting.

No meetings scheduled for the Fall 2024 season.

## Guitar Jam

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

Thu, Sep 12-Dec 12 / 12:30-3:30PM / 14 Wks

\$28

### NEED HELP GETTING TO YOUR PROGRAM?

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

## NESA CLUBS . . . continued

### Jammers

An acoustic guitar group who meet for singing and fellowship!

Tue, Sep 10-Dec 10 / 1-4PM / 14 Wks

\$28

### Music Makers

Do you enjoy making music? We welcome all instruments!

Tue, Sep 10-Dec 10 / 9:30AM-12:30PM / 14 Wks

\$28

### Northgate Writers Society

Our 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 [nglswordweavers.blogspot.com](http://nglswordweavers.blogspot.com) where you will also be able to share your stories.

Fri, Sep 13-Dec 13 / 1-3PM / 14 Wks

\$28

### Pins and Needles Quilting

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

Fri, Sep 13-Dec 13 / 9:30AM-12:30PM / 14 Wks

\$28

### Silversmithing

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

Tue, Sep 10-Dec 10 / 9AM-4PM / 14 Wks

\$56

### Stained Glass

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

Mon, Sep 9-Dec 9 / 9AM-4PM / 11 Wks

No session Sep 30, Oct 14, Nov 11

\$44

### Travel Club

NESA Travel Club's mission is to provide travel opportunities and travel-related information to club members by arranging for tour companies and travel providers to present these travel destinations at our meetings in line with the club members stated preferred destinations.

Wed, Sep 11, Oct 9, Nov 13, & Dec 11 / 1-3PM / 4 dates

\$8 (for all 4 dates)

### Washi Chigiri-e

Washi Chigiri-e is a Japanese Art that consists of tearing washi paper from Japan. Some handmade or machine made of various color combinations. Giving you a beautiful picture. Supplies can be purchased from the club.



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

Wed, Sep 11-Dec 11 / 9AM-12PM / 14 Wks

\$28



**FOR MORE INFORMATION ABOUT THESE CLUBS,**  
please email [info@nesa1.ca](mailto:info@nesa1.ca) or call 780.496.6969.

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

## Weavers

We are fun, friendly, and love to weave! Basic weaving experience is required as no formal instruction is provided.

Tue, Sep 10-Dec 10 / 10AM-4PM / 14 Wks

\$56

## Whist

Come and join fellow card playing enthusiasts for an afternoon of Whist. All are welcome and no experience is necessary.

Mon, Sep 9-Dec 9 / 12:45-2:45PM / 11 Wks

No session Sep 30, Oct 14, Nov 11

\$2/date

## Wildlife Carving

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

Thu, Sep 12-Dec 12 / 9AM-12PM / 14 Wks

\$28

## Wizards of Odds 'n Ends

The Wizards fundraise for NESAs. Our members sew, knit, crochet, etc., The Wizards welcome those NESAs members who are skilled in these crafts. Please note that we are not able to offer instruction.

**NOTE** We are always looking for any clean fabric, batting or yarn that you may have to donate for us to make beautiful homemade items. Please drop off your donations at the front desk – thank you for your support!

Wed, Sep 11-Dec 11 / 12-2:30PM / 14 Wks

Free (Registration is still required)

## DID YOU KNOW?

NESAs 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 [nesa1.ca](http://nesa1.ca) and visit the 'Get Involved' section to learn about how you can make an impact in our community.



## PLEASE NOTE

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

<b>Aug 23</b>	<del><b>WELCOME BACK EVENT</b></del> This event has been postponed to a later date as we complete the rest of our building renovations. Please stay tuned for future updates.
<b>Aug 23-25</b>	<b>BOOK, PUZZLE &amp; JEWELRY SALE</b> 9AM-3PM   Free Parking
<b>Aug 27</b>	<b>FALL REGISTRATION BEGINS</b> 8:30AM   Online & In-person
<b>Sep 2</b>	<b>NESA CLOSED / STAT HOLIDAY / LABOUR DAY</b>
<b>Sep 3</b>	<b>CATEROLOGY IN THE CAFÉ OPENS FOR BUSINESS</b>
<b>Sep 4</b>	<b>BOTTLE DRIVE</b> 9AM-12PM
<b>Sep 18</b>	<b>GARDEN CLUB PLANT SALE</b> 10AM-3PM
<b>Sept 30</b>	<b>NESA CLOSED / STAT HOLIDAY / NATIONAL DAY OF TRUTH AND RECONCILIATION</b>
<b>Oct 2</b>	<b>BOTTLE DRIVE</b> 9AM-12PM
<b>Oct 14</b>	<b>NESA CLOSED / STAT HOLIDAY / THANKSGIVING DAY</b>
<b>Oct 25</b>	<b>DINNER AND DANCE: TRIBUTE TO CCR / FEATURING: CANADIAN COLDWATER REVIVAL</b> 5-9:30PM   Tickets: \$60 each (on sale Sept 9 to Oct 18)
<b>Nov 6</b>	<b>BOTTLE DRIVE</b> 9AM-12PM
<b>Nov 8</b>	<b>REMEMBRANCE DAY TRIBUTE &amp; TEA</b> 2-4 PM   Tickets: FREE (Must pre-register between Sep 23 to Nov 1)
<b>Nov 11</b>	<b>NESA CLOSED / STAT HOLIDAY / REMEMBRANCE DAY</b>
<b>Nov 23</b>	<b>CHRISTMAS IN NOVEMBER ARTS &amp; CRAFTS SALE / NESA CLUB SALE</b> 9AM-3PM   Vendor info available October 7
<b>Dec 4</b>	<b>BOTTLE DRIVE</b> 9AM-12PM
<b>Dec 6</b>	<b>WINTER REGISTRATION BEGINS</b> 8:30AM   Online & In-person
<b>Dec 18-20</b>	<b>BOOK, PUZZLE &amp; JEWELRY SALE</b> 9AM-3PM   Free Parking   Café Open
<b>Dec 23-27</b>	<b>NESA CLOSED / HOLIDAY CLOSURE</b>
<b>Dec 30</b>	<b>REGULAR OFFICE HOURS RESUME</b>
<b>Jan 1</b>	<b>NESA CLOSED / HOLIDAY CLOSURE / NEW YEAR'S DAY</b>
<b>Jan 2</b>	<b>REGULAR OFFICE HOURS RESUME</b>

# 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](mailto: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 4 for schedule) or;
  - Email us a copy at [llp@nesa1.ca](mailto: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 3-4 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: Gaby | 780.483.1209

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



## Outreach Services

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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.

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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](mailto: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.*

CELEBRATIONS

COMMUNITY

CONNECTIONS



**Please recycle!**

– And pass this program guide on to a friend

