



SPRING 2024

Registration starts April 4, 2024.
Programs start April 15, 2024.

PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

**NESA'S TEMPORARY
FACILITY RELOCATION**
SEE PAGE 8 FOR MORE INFO!

PLEASE READ!

NEW PROGRAMS

Find your **FUN** inside:

- 11** Deco Mesh Flower Wreaths
- 27** 'Level Up' Pickleball Workshop
- 42** NESA Garden Club



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



Edmonton



7524 - 139 Avenue

our history

In 1978...the Edmonton Northgate Lions Club constructed a recreation centre on City land for senior citizens and the community. One of the busiest and most successful 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.

Join us for Laughter,
Learning, and Living!

Fun Keeps You Young

SPRING 2024 CONTENTS

Clubs	40-44
Computers & Devices	9
Crafts & Hobbies	10-13
Drawing & Painting	14-15
Fitness & Sports	16-25
Fitness Class Schedule	28
General Interest	29
Health & Wellness	30-33
Home Supports & Outreach Services	47
Income Tax Clinic Information	47
Landry Leisure Pass	46
Languages	34
Mail-In Registration	7
Membership Application	5-6
Membership Info	3
Music, Song & Dance	36-39
NESA Events	45
NESA Office & Registration Info	4
NESA Tours & Outings	35
Pickleball Programs	26-27
Where can you find us?	8

MEMBERSHIP INFORMATION SPRING 2024

Office Hours – See
page 4 for more details.

Registration starts April 4, 2024.
Programs start April 15, 2024.

ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$30/person

Under 55 MEMBERSHIP: \$60/person

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

How to Obtain:

Purchase online (www.nesa1.ca), by calling 780.496.6969, in person (see page 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 46 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.

NESAs Relocation Update and Community League

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

NON-MEMBERS

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

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

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2024 MEMBERSHIP?

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

NESA OFFICE & REGISTRATION INFORMATION

register online

REMINDER!

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

HOW TO REGISTER:

ONLINE REGISTRATION

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

Don't have an account?

Please visit our website www.nesa1.ca and click on **'My Account'** and then select the 'Click here to create a New Account' option.

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

For Technical Support call:
780.496.6969

NESA'S TEMPORARY OFFICE LOCATION

McClure United Church
13708-74 Street

Spring 2024 Hours of Operation

Starting Tuesday, April 2, 2024 until Monday, June 24, 2024, NESA's office will be open from 9AM-3PM Mondays, Tuesdays, Thursdays, and Fridays. Closed on Wednesdays and Statutory Holidays.

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 McClure United Church (13708-74 Street) To prevent overcrowding and excessive lineups and to provide a more efficient registration experience, it is strongly encouraged that members register for their activities and programs online.

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

OFFICE USE ONLY

55+ Membership ☐
Under 55 Membership ☐
Gold Membership ☐
Reciprocal Membership ☐

NESA Membership Application

Please **PRINT** Clearly

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

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

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

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:

☐ MEMBERSHIP INFORMATION INPUT INTO BOOKING ON _____ (DATE) BY _____ (INITIALS)
☐ EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS ☐ FORM ELECTRONICALLY SCANNED ON NESA SYSTEM
PLEASE ENSURE COMPLETED FORM IS FILED IN THE 'NEW MEMBERSHIP APPLICATIONS' FOLDER AT FRONT DESK AFTER PROCESSING

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

SEE OTHER SIDE





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

Terms of Service

[Last updated February 26th, 2021]

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

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

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

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

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

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

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

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

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

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

I have read and understand the above Terms of Service.

Signed: _____ Date: _____



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

Friendly Reminder!

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

Mail-In Registration Form

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

Important – Mail-in registrations:

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

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

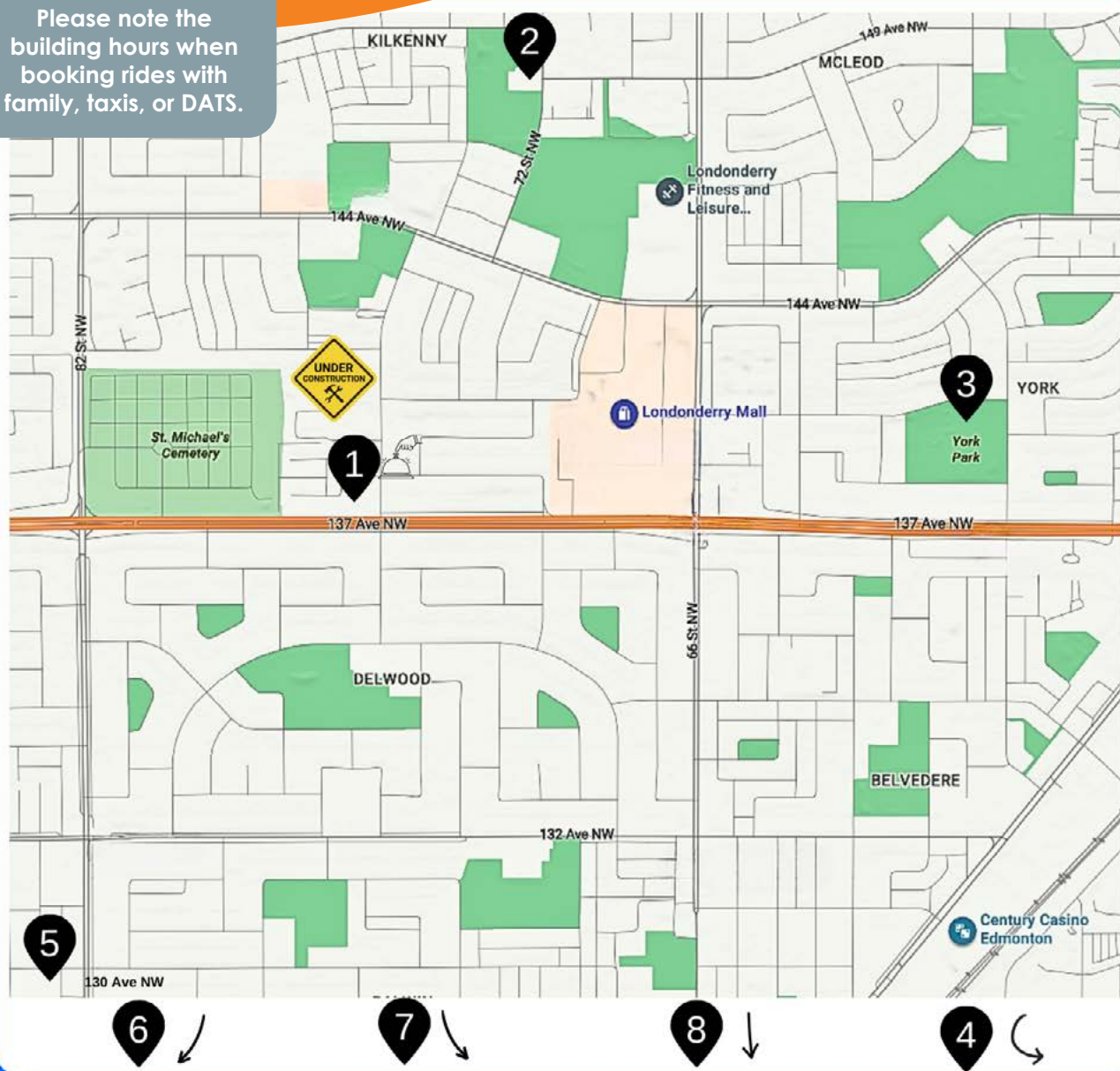
Phone(s): _____ Email: _____

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

WHERE CAN YOU FIND US?

IMPORTANT!

Please note the building hours when booking rides with family, taxis, or DATS.



Northgate Lions Seniors Recreation Centre - Facility
Closed for Renovations

1

McClure United Church
13708 74 Street, NW
NESA Reception Desk
M,T,T,F 9am-3pm
Closed on Wednesdays.



2

Kilkenny Community League
14910 72 Street, NW
Mon-Fri, 8:30am-4:15pm

3

Steele Heights Community League
5825 140 Avenue, NW
Mon-Fri, 8:30am-4:15pm

4

ACT - Rundle Park
2909 113 Avenue, NW
Mon-Fri, 9am-9pm

6

Central Lions Seniors Recreation Centre
11113 113 Street, NW
Mon-Fri, 8:30am-4pm

7

Hope Lutheran Church
5104 106 Avenue, NW
Thu, 8:15am-1:15pm

8

South East Edmonton Seniors Association
9350 82 Street, NW
Mon-Fri, 8:30am-4:30pm



NESA Tech Tutorial Thursdays

Shawn Gramiak


At this time, during our temporary relocation, NESA will not be offering any one-on-one tech tutorial sessions but upon our return back to the Northgate location we plan to resume our computer and devices programs. If you are looking to book a tech tutorial, contact the Central Lions Seniors Association at 780.496.7369 to review what sessions may be available this season.



Bird Carving: Great Grey Owl (A continuation)

Diane Sharkey

This program is a continuation from the previous season. Prerequisite: Bird Carving: Great Grey Owl from Winter 2024. Register at Central early to avoid class cancellation.

 **Central Lions (11113 113 Street)**

Mon, May 6-Jun 17 / 9:30AM-12:30PM / 6 Wks

No class May 20

\$95

Ceramics

Jackie Garrant

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

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

 **P&J's (13012 82 Street)**

Thu, Apr 18-Jun 20 / 9:30AM-12:30PM / 10 Wks

\$105

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.

Creative Cards: Christmas in June

Janelle Tameling

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

All supplies included.

 **Steele Heights (5825 140 Avenue)**

Fri, Jun 21 / 9:15AM-3:15PM / 1 Wk

\$48 **NMW**

Creative Cards: For All Occasions

Janelle Tameling

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

All supplies included.

📍 **Steele Heights (5825 140 Avenue)**

Fri, May 24 / 9:15AM-3:15PM / 1 Wk

\$48 NMW

NEW! Deco Mesh Flower Wreath

Shantel Toma

Add a splash of Spring indoors or out with a bright deco mesh flower. Join Shantel and twist, tie, and attach each petal to a base until your flower comes to life! There will be a few fresh color combos to choose from. Approx 2ft round.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

A Wed, Jun 5 / 5:30-7:30PM / 1 Wk

\$50 EVENING NMW

B Fri, Jun 7 / 1-3PM / 1 Wk

\$50 NMW



Floral Workshop: Fresh Flowers in a Mason Jar

The Social Florist

Celebrate Spring with Jacquie and create your own fabulous fresh flower mason jar arrangement. With Spring flowers almost ready to bust, what could be more beautiful than a pretty fresh flower design packed with the best the season has to offer – it's time to celebrate! This workshop includes

assorted fresh flowers and greenery, a mason jar / ribbon, all the required materials and tools, and a box for transport.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Fri, May 24 / 1-3PM / 1 Wk

\$50 NMW



Hand Lettering Workshop: Just for Fun!

Pat Aslund

Expand your handwriting into fun artistic forms for making greeting cards, artwork, or scrapbooking. In each of these three sessions, you will learn a distinct lettering style and finish with a project using that alphabet. No specialized equipment is needed. Some materials will be supplied by the instructor. Please remember to bring the supplies listed when you register.



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

📍 **Kilkenny (14910 72 Street)**

Mon, May 13-Jun 3 / 9AM-12PM / 3 Wks

No class May 20

\$65

Hand Lettering Workshop: Learn to Make Your Handwriting Beautiful and Artistic

Pat Aslund

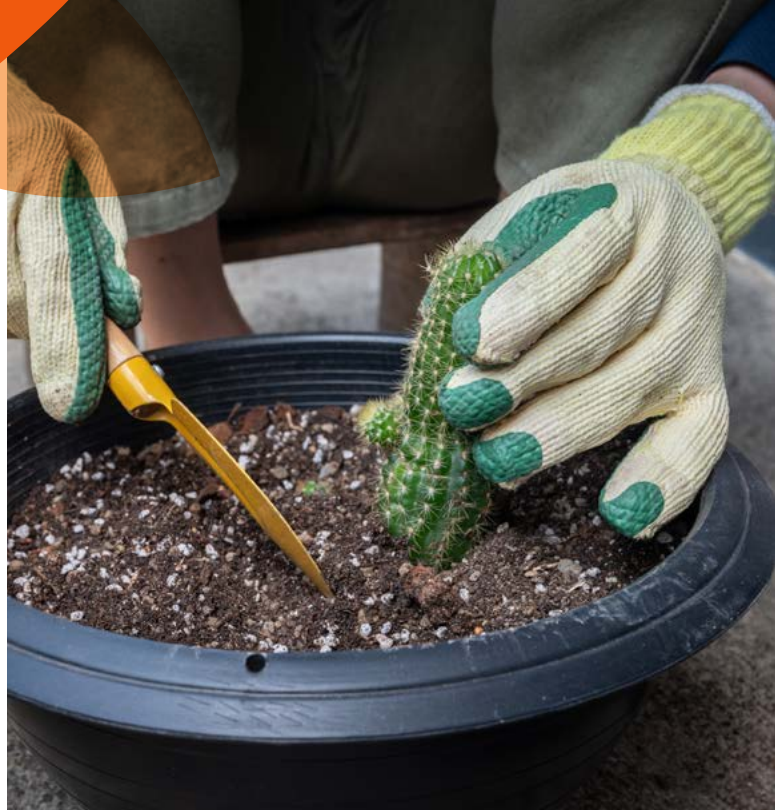
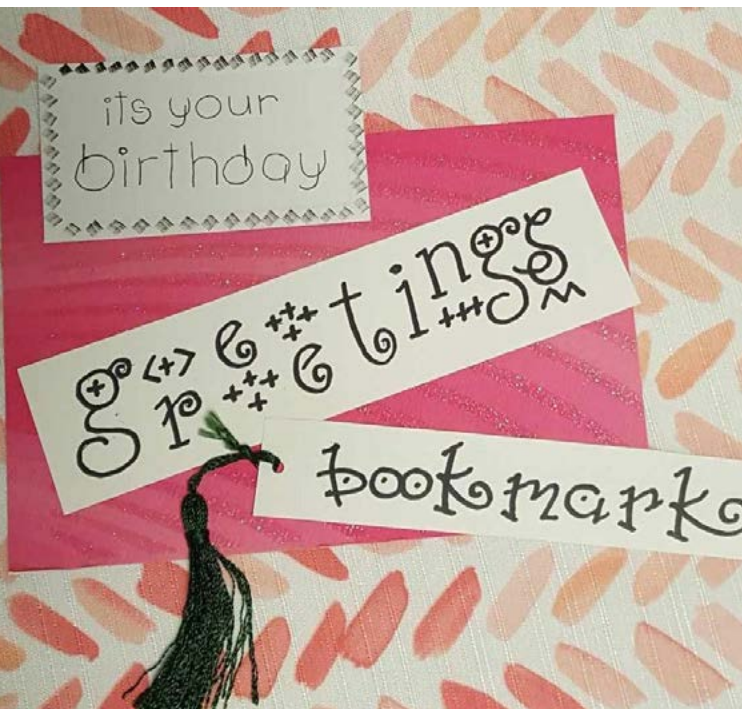
In this course, you will learn how to enhance your handwriting and printing to add attractive messages to greeting cards, scrapbooking, or making labels. In week-one, we will work with cursive letters, week-two with printing, and in week-three we will have fun with different artistic techniques using letters and words. We will use materials that most people already have in their homes, so no special equipment is required for you to purchase. The instructor will also have some supplies to share.

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

 **Kilkenny (14910 72 Street)**

Mon, Apr 22-May 6 / 9AM-12PM / 3 Wks

\$65



NEW! Succulents with Seniors Girl Guides of Edmonton

The 136 Edmonton Girl Guides have invited NESAs to join them for a fun Spring project! Each participant will be partnered with a guide to build a succulent creation. Sign up early to avoid disappointment in not securing your spot!

All supplies included.

 **Kilkenny (14910 72 Street)**

Wed, May 22 / 6-8PM / 1 Wk

\$24 **EVENING** **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 and visit the 'Get Involved' section to learn about how you can make an impact in our community.



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!

Steele Heights (5825 140 Avenue)

A Fri, May 31 / 9AM-12PM / 1 Wk

\$78 NMW

B Fri, May 31 / 12:30-3:30PM / 1 Wk

\$78 NMW

NEW! Willow Heart Wreath

Shantel Toma

Join Shantel and hand-weave willow branches to create a beautiful heart wreath. Then add an assortment of embellishments of your choice that will accommodate the elements. These wreaths can be hung on doors, fences, sheds, or wherever you like. Approx 25" x 30".

All supplies included.

Kilkenny (14910 72 Street)

A Mon, May 6 / 1-3PM / 1 Wk

\$40 NMW

B Wed, May 8 / 5:30-7:30PM / 1 Wk

\$40 EVENING NMW





MATERIALS

Please remember to bring your own drop-cloths, art easels, or any other supplies you will require, as NESA 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: Dandelions

Wendy Jensen



Join Wendy for a fun two hours of painting! Whether you are a beginner or an expert painter, you'll enjoy your time in this class. We provide everything you need to create a 12" x 12"

masterpiece to take home.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Wed, Jun 12 / 5:30-7:30PM / 1 Wk

\$30 EVENING NMW

NEW! Acrylic Painting Workshop: Ostrich Fun!

Wendy Jensen



Join Wendy for a fun two hours of painting! Whether you are a beginner or an expert painter, you'll enjoy your time in this class. We provide everything you need to create a

12" x 12" masterpiece to take home.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Wed, May 15 / 5:30-7:30PM / 1 Wk

\$30 EVENING NMW

NEW! Coloured Pencil on Black Paper Susan Casault

Draw a variety of subjects, including animals, nature and nightscapes, all on black paper. An introductory class or previous coloured pencil experience is recommended. Gain experience with choosing colours and problem solving as you focus on basic shapes, values and textures. The class will include demonstrations and individual guidance. Photo reference will be provided by the instructor.



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

📍 **Kilkenny (14910 72 Street)**

Thu, May 23-Jun 20 / 9:30AM-12:30PM / 5 Wks

\$155

NEW! Paint with Acrylics: Pretty Poppies

Linda Finstad

Create stunning poppies and learn different blending methods using acrylic paints, on a white 16" x 20" canvas.



All supplies included.

📍 **Kilkenny (14910 72 Street)**

Fri, May 31 / 1-3:30PM / 1 Wk

\$55 NMW



NEW! Paint with Coffee (An Introduction): Bookmarks

Linda Finstad

Coffee artist, Linda Finstad, will demonstrate how to make paint from instant coffee. Then she will guide you through making some fabulous bookmarks. No previous experience is needed.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Fri, May 10 / 1-3:30PM / 1 Wk

\$30 NMW

NEW! Paint with Coffee (Level 2): Landscape and Owl

Linda Finstad

Coffee artist, Linda Finstad, will demonstrate how to make paint from instant coffee. Then she will guide you through painting a landscape and an owl. No previous experience is needed.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Fri, May 17 / 1-3:30PM / 1 Wk

\$30 NMW



NEW! Paint with Q-tips: Rainbow Forest

Linda Finstad

Join artist, Linda Finstad, and create a stunning rainbow forest using heavy-bodied acrylic paints on a black 16" x 20" canvas.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Fri, Jun 21 / 1-3:30PM / 1 Wk

\$55 NMW

NEW! Welcome Sign Workshop: Spring Fox

Wendy Jensen

Join Wendy in creating your own 8" x 36" (3 ft) front porch sign. Please note that we will be working with latex paint, so wear paint-clothes or cover-up accordingly.

All supplies included.

📍 **Kilkenny (14910 72 Street)**

Wed, May 29 / 5-7:30PM / 1 Wk

\$67 EVENING 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 and view the 'Get Involved' section to learn about how you can make an impact in our community.

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.

Rundle (2909 113 Avenue)

A Tue, Apr 16-May 14 / 10:30-11:30AM / 5 Wks

\$33

B Thu, Apr 18-May 16 / 10:30-11:30AM / 5 Wks

\$33

C Tue, May 21-Jun 18 / 10:30-11:30AM / 5 Wks

\$33

D Thu, May 23-Jun 20 / 10:30-11:30AM / 5 Wks

\$33

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESA's Landry Leisure Pass.

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.

Rundle (2909 113 Avenue)

Samara Hipkin

A Mon, Apr 15-May 13 / 10:30-11:30AM / 5 Wks

\$57

Meaghan Hipkin

B Fri, Apr 19-May 17 / 10:30-11:30AM / 5 Wks

\$57

Samara Hipkin

C Mon, May 27-Jun 24 / 10:30-11:30AM / 5 Wks

\$57

Meaghan Hipkin

D Fri, May 24-Jun 21 / 10:30-11:30AM / 5 Wks

\$57



AVOID BEING WAITLISTED

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Spring 2024 season! Be sure to double-check your course dates and selection before you register!

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.

 **Rundle (2909 113 Avenue)**

A Thu, Apr 18-May 16 / 9:15-10:15AM / 5 Wks

\$33

B Thu, May 23-Jun 20 / 9:15-10:15AM / 5 Wks

\$33

Beginner Yoga

Marguerite Critchley

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

 **Rundle (2909 113 Avenue)**

A Mon, Apr 15-May 13 / 1:15-2:45PM / 5 Wks

\$47

B Mon, May 27-Jun 24 / 1:15-2:45PM / 5 Wks

\$47

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.

 **Rundle (2909 113 Avenue)**

A Tue, Apr 16-May 14 / 9:15-10:15AM / 5 Wks

\$33

B Tue, May 21-Jun 18 / 9:15-10:15AM / 5 Wks

\$33

Cardio Plus (@ Kilkenny)

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.

 **Kilkenny (14910 72 Street)**

NEW Time! (This location only)

A Mon, Apr 15-May 13 / 9-10AM / 5 Wks

\$33

B Mon, May 27-Jun 24 / 9-10AM / 5 Wks

\$33

STAY TUNED FOR SOME EXCITING CHANGES AND ADDITIONS TO OUR FITNESS PROGRAMS!

While we don't have all of the details confirmed just yet, we will have an updated list of exciting new trial classes and program offerings starting late April and early May. Stay tuned to see what new talent and offerings we have coming your way!



Cardio Plus (@ Rundle)

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.

Rundle (2909 113 Avenue)

A Wed, Apr 17-May 15 / 9:15-10:15AM / 5 Wks

\$33

B Wed, May 22-Jun 19 / 9:15-10:15AM / 5 Wks

\$33

Chair Stretch and Balance

Marguerite Critchley

A gentle session incorporating stretching and balance moves using a chair. Both seated and standing postures are explored with modifications where necessary. 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.

Rundle (2909 113 Avenue)

A Mon, Apr 15-May 13 / 12-1PM / 5 Wks

\$33

B Mon, May 27-Jun 24 / 12-1PM / 5 Wks

\$33

NEED HELP GETTING TO YOUR NESA PROGRAM?

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

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.

Kilkenny (14910 72 Street)

Falon Fleming

A Mon, Apr 15-May 13 / 12-1PM / 5 Wks

\$33

Maggie Nichol

B Thu, Apr 18-May 16 / 1-2PM / 5 Wks

\$33

Falon Fleming

C Mon, May 27-Jun 24 / 12-1PM / 5 Wks

\$33

Maggie Nichol

D Thu, May 23-Jun 20 / 1-2PM / 5 Wks

\$33

Chair Yoga (@ Rundle) (PM)

Beverley Moore

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

Rundle (2909 113 Avenue)

A Tue, Apr 16-May 14 / 12:15-1:15PM / 5 Wks

\$38

B Tue, May 21-Jun 18 / 12:15-1:15PM / 5 Wks

\$38

TEMPORARY VENUE INFO

Please visit page 8 to learn more about the temporary venue spaces NESA programs are scheduled at this season.

NEW! Chair Yoga (@ Steele Heights) (AM)

NEW Instructor! Makaela Paynter

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

📍 **Steele Heights (5825 140 Avenue)**

TRIAL Tue, Apr 16 / 10-11AM / 1 Wk

FREE Registration is still required **NMW**

A Tue, Apr 23-May 14 / 10-11AM / 4 Wks

\$31

TRIAL Tue, May 21 / 10-11AM / 1 Wk

FREE Registration is still required **NMW**

B Tue, May 28-Jun 18 / 10-11AM / 4 Wks

\$31

Chair Yoga (@ Steele Heights) (AM)

Barb Deneka

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.

📍 **Steele Heights (5825 140 Avenue)**

A Thu, Apr 18-May 16 / 10:45-11:45AM / 5 Wks

\$38

B Thu, May 23-Jun 20 / 10:45-11:45AM / 5 Wks

\$38



Cross Training

Falon Fleming

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.

📍 **Rundle (2909 113 Avenue)**

A Tue, Apr 16-May 14 / 10:30-11:30AM / 5 Wks

\$33

B Thu, Apr 18-May 16 / 10:30-11:30AM / 5 Wks

\$33

C Tue, May 21-Jun 18 / 10:30-11:30AM / 5 Wks

\$33

D Thu, May 23-Jun 20 / 10:30-11:30AM / 5 Wks

\$33

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!

Essentrics® for Seniors

Liz Olson

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

📍 **Steele Heights (5825 140 Avenue)**

A Thu, Apr 18-May 16 / 10:45-11:30AM / 5 Wks

\$51

B Thu, Apr 18-May 16 / 11:55AM-12:40PM / 5 Wks

\$51

C Thu, May 23-Jun 20 / 10:45-11:30AM / 5 Wks

\$51

D Thu, May 23-Jun 20 / 11:55AM-12:40PM / 5 Wks

\$51

TEMPORARY VENUE INFO

Please visit page 8 to learn more about the temporary venue spaces NESAs programs are scheduled at this season.

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 28 for a class selection overview.

Essentrics® for Stretch and Tone

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

📍 **Rundle (2909 113 Avenue)**

Samara Hipkin

A Mon, Apr 15-May 13 / 9:15-10:15AM / 5 Wks

\$57

Meaghan Hipkin

B Fri, Apr 19-May 17 / 9:15-10:15AM / 5 Wks

\$57

Samara Hipkin

C Mon, May 27-Jun 24 / 9:15-10:15AM / 5 Wks

\$57

Meaghan Hipkin

D Fri, May 24-Jun 21 / 9:15-10:15AM / 5 Wks

\$57



Fit and Flex: Small Group Training

Jollean Ferrari & Falon Fleming

Looking to work with a personal trainer in a small, supportive, and fun group setting? Join Jollean and Falon for a 90-minute workout which will include exploring a number of different exercises each week using body weight and portable fitness equipment. Jollean will lead you through a 45-minute exercise routine and then Falon will lead you through a 45-minute flexibility routine to help improve your range of motion and achieve muscle relaxation. Whether you are new to exercise or are just looking to add some new ideas to your current regime, we've got you covered! Please note that floor work is required so please remember to bring a mat.

Rundle (2909 113 Avenue)

A Tue, Apr 16-May 14 / 12:45-2:15PM / 5 Wks

\$71

B Thu, Apr 18-May 16 / 12:45-2:15PM / 5 Wks

\$71

C Tue, May 21-Jun 18 / 12:45-2:15PM / 5 Wks

\$71

D Thu, May 23-Jun 20 / 12:45-2:15PM / 5 Wks

\$71

Fit For Your Life (@ Kilkenny)

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.

Kilkenny (14910 72 Street)

A Mon, Apr 15-May 13 / 10:30-11:30AM / 5 Wks

\$33

B Mon, May 27-Jun 24 / 10:30-11:30AM / 5 Wks

\$33

Fit For Your Life (@ Rundle)

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.

Rundle (2909 113 Avenue)

A Wed, Apr 17-May 15 / 10:30-11:30AM / 5 Wks

\$33

B Wed, May 22-Jun 19 / 10:30-11:30AM / 5 Wks

\$33

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESA's Landry Leisure Pass.

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.

Rundle (2909 113 Avenue)

TRIAL Wed, Apr 17 / 1:30-2:30PM / 1 Wk

FREE Registration is still required **NMW**

A Wed, Apr 24-May 15 / 1:30-2:30PM / 4 Wks

\$26

TRIAL Wed, May 22 / 1:30-2:30PM / 1 Wk

FREE Registration is still required **NMW**

B Wed, May 29-Jun 19 / 1:30-2:30PM / 4 Wks

\$26

DID YOU KNOW?

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

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.

Kilkenny (14910 72 Street)

Falon Fleming

A Mon, Apr 15-May 13 / 1:15-2:15PM / 5 Wks

\$33

Maggie Nichol

B Thu, Apr 18-May 16 / 2:15-3:15PM / 5 Wks

\$33

Falon Fleming

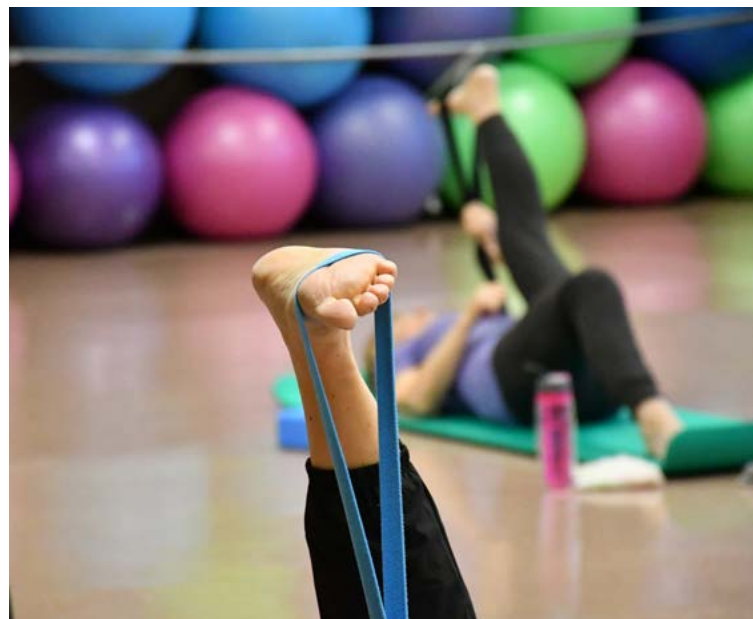
C Mon, May 27-Jun 24 / 1:15-2:15PM / 5 Wks

\$33

Maggie Nichol

D Thu, May 23-Jun 20 / 2:15-3:15PM / 5 Wks

\$33





Gentle Yoga Explorations

Christine Leach

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

Rundle (2909 113 Avenue)

A Wed, Apr 17-May 15 / 9:30-10:30AM / 5 Wks

\$38

B Wed, May 22-Jun 19 / 9:30-10:30AM / 5 Wks

\$38

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.

Move Well

Terri Jones

This movement class combines the ancient practice of yoga with the insights of modern science. The goal is to provide a mindful movement experience that supports increased mobility, strength and flexibility. If you have chronic pain, you will learn guiding principles to assist you in managing and working with your pain - using breath, movement and mindfulness to help you find safety in your nervous system. We will explore breath and body awareness, breath and body regulation techniques, and gentle, mindful movement in a safe, kind, compassionate way. We integrate ways to strengthen interception, proprioception and balance to strengthen the signals of safety in your body. This is a chair-based program with some standing but no floor work.

Kilkenny (14910 72 Street)

Tue, Apr 16-May 28 / 1-2PM / 7 Wks

\$54

NEW! Rundle Park Walking Group

Christine Leach

Looking for a group to walk in nature with? Join us at ACT/Rundle Park front entrance or inside. Please arrive a few minutes early so that we can start on time. This is a moderate 6-8 km walk. The terrain includes paved paths or narrow trails with possible ice/mud, exposed roots, hills or stairs. Moderate fitness level required. Come try it out, we never leave anyone behind. Suggested options to bring: Water, snack, shoe grippers, walking poles, weather-appropriate clothing and your sparkling personality!

Rundle (2909 113 Avenue)

A Wed, Apr 17-May 15 / 11AM-12PM / 5 Wks

\$10

B Wed, May 22-Jun 19 / 11AM-12PM / 5 Wks

\$10

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.

Rundle (2909 113 Avenue)

A Tue, Apr 16-May 14 / 1:30-3PM / 5 Wks

\$56

B Tue, May 21-Jun 18 / 1:30-3PM / 5 Wks

\$56

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.

Steele Heights (5825 140 Avenue)

A Thu, Apr 18-May 16 / 9-10:30AM / 5 Wks

\$56

B Thu, May 23-Jun 20 / 9-10:30AM / 5 Wks

\$56



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.

Rundle (2909 113 Avenue)

A Tue, Apr 16-May 14 / 9:15-10:15AM / 5 Wks

\$33

B Thu, Apr 18-May 16 / 9:15-10:15AM / 5 Wks

\$33

C Tue, May 21-Jun 18 / 9:15-10:15AM / 5 Wks

\$33

D Thu, May 23-Jun 20 / 9:15-10:15AM / 5 Wks

\$33

Traditional 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.

Kilkenny (14910 72 Street)

Thu, May 2-Jun 20 / 9:30-10:30AM / 8 Wks

\$72



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.

Steele Heights (5825 140 Avenue)

A Wed, Apr 17-May 15 / 11:30AM-1PM / 5 Wks

\$47

B Wed, May 22-Jun 19 / 11:30AM-1PM / 5 Wks

\$47

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.

Kilkenny (14910 72 Street)

A Tue, Apr 16-May 14 / 11AM-12PM / 5 Wks

\$33

B Thu, Apr 18-May 16 / 11AM-12PM / 5 Wks

\$33

C Tue, May 21-Jun 18 / 11AM-12PM / 5 Wks

\$33

D Thu, May 23-Jun 20 / 11AM-12PM / 5 Wks

\$33



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!

Steele Heights (5825 140 Avenue)

Tue, Apr 16-May 28 / 12-1PM / 7 Wks

\$46

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!

Kilkenny (14910 72 Street)

Tue, Apr 16-May 28 / 1:30-2:30PM / 7 Wks

\$46

PICKLEBALL PROGRAMS



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.

NOTE You must be a NESAs Member to participate in our seasonal pickleball programs.

SESSION DETAILS

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

MON 9:15AM: Mon, Apr 15-Jun 24 / 9:15-10:30AM / 10 Wks

No session May 20

\$55

MON 10:35AM: Mon, Apr 15-Jun 24 / 10:35-11:50AM / 10 Wks

No session May 20

\$55

MON 2:05PM: Mon, Apr 15-Jun 24 / 2:05-3:20PM / 10 Wks

No session May 20

\$55

FRI 9:15AM: Fri, Apr 19-Jun 21 / 9:15-10:30AM / 10 Wks

\$55

FRI 10:35AM: Fri, Apr 19-Jun 21 / 10:35-11:50AM / 10 Wks

\$55

FRI 2:05PM: Fri, Apr 19-Jun 21 / 2:05-3:20PM / 10 Wks

\$55




While the Northgate building is currently undergoing some renovations, NESAs has been successful at securing a temporary venue in which we can rent court space by the hour, on two select weekdays, and oversee all registration for these bookings.

NESA will be hosting Monday and Friday Pickleball at Rundle Park / ACT Recreation Centre (2909-113 Avenue).

Level Up Skills Pickleball Workshop

This workshop is intended for those members who have played pickleball before (for two or more years) 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.

 **Rundle 2909-113 Ave**

Wed, Apr 17 & 24 / 9:15-11:15 AM / Wks 2

\$45 

Learn to Play Pickleball Workshop

While we don't have any Learn to Play Pickleball workshops scheduled this season, please stay tuned for future workshops offered in the coming seasons!

Cancellation/Refunds for Missed Pickleball Sessions

No refunds will be issued unless NESAs cancels this program. Due to the gymnasium rental agreement that NESAs shares with Rundle Park, NESAs requires all registrants to pay in full for the entire 11-week session so we can ensure that the space will remain reserved and booked for NESAs. As a result of this arrangement, NESAs is unable to refund or credit any pickleball sessions you may be unable to attend. You are encouraged to report any known absences to pickleball@nesa1.ca with as much notice as possible so the Programming team can attempt to find a replacement for you. If a replacement player can be found during your absence(s), your NESAs account will be credited for the amount the missed session(s) are worth.

Waitlist Reminder

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

Interested in a single-session of pickleball?

On occasion there may be member absences from one of the Monday or Friday 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

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

North West Edmonton Seniors Society

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

Southeast Edmonton Seniors Association

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

Westend Seniors Activity Centre

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

FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cardio Plus • Essentrics® Stretch and Tone • Fit For Your Life 	<ul style="list-style-type: none"> • Active with Arthritis • Bender Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Zumba® 	<ul style="list-style-type: none"> • Cardio Plus • Fit For Your Life • Gentle Yoga • Rundle Park Walking Group 	<ul style="list-style-type: none"> • Active with Arthritis • Barre Cardio • Chair Yoga • Cross Training • Essentrics® for Seniors • Stretch 'n Tone Yoga (Int). • Strong and Stable • Traditional Yang Style Tai Chi - Level 1 • Zumba® 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Essentrics® Stretch and Tone
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Chair Total Body Workout • Fun and Fitness 	<ul style="list-style-type: none"> • Chair Yoga • Fit and Flex: Small Group Training • Move Well • Stretch 'n Tone Yoga (Beg). • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Flexibility and Foam Rolling • Yin/Yang Yoga 	<ul style="list-style-type: none"> • Chair Total Body Workout • Fit and Flex: Small Group Training • Fun and Fitness 	

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, Move Well, Strong and Stable, Traditional Yang Style Tai Chi - 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, Fit and Flex: Small Group Training, Flexibility and Foam Rolling, Fun and Fitness, Gentle Yoga Explorations, Rundle Park Walking Group, Stretch 'n Tone Yoga, Yin/Yang Yoga, and Zumba®.

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



NEW!

Government Benefits from Alberta Blue Cross

Chartwell and Alberta Blue Cross

Please join us for a conversation with Alberta Blue Cross as they present information on how to access Government and Personal Benefits as we age.

📍 **Kilkenny (14910 72 Street)**

Wed, May 15 / 2:30-4PM / 1 Wk

\$2 **NMW**

NEW!

Semi Annual 2024 Financial Markets Review and Outlook

Weichurn Woo, Mackie Research Financial Advisor

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2024, and look at forward guidance on what to expect for the remainder of 2024. Of particular focus will be the US elections coming very soon in the Fall, and anticipated implications on your retirement investment portfolio as well as the wider global economy as a whole. We will also discuss about the opportunities and risks of growing world wide military conflicts expected over next 5 years, and what investments have done well in previous major confrontations.

📍 **Steele Heights (5825 140 Avenue)**

Wed, Jun 19 / 11:30AM-12:30PM / 1 Wk

\$2 **NMW**

NEW!

The Role of Exchange Traded Funds in Retirement Portfolios

Weichurn Woo, Mackie Research Financial Advisor

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. They are also gaining in massive popularity among retirees for the past 10 years, and vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

📍 **Steele Heights (5825 140 Avenue)**

Wed, May 22 / 11:30AM-12:30PM / 1 Wk

\$2 **NMW**

NEW!

Understanding Investment Management Fees with your Financial Institution

Weichurn Woo, Mackie Research Financial Advisor

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

📍 **Steele Heights (5825 140 Avenue)**


Wed, Apr 17 / 11:30AM-12:30PM / 1 Wk

\$2 **NMW**

NEW! Band Total Body Workout

Amy Petersen

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.


 **Rundle (2909 113 Avenue)**

Thu, May 23 / 12-1PM / 1 Wk

\$10 **NMW**

Workshop Introduction: What is the Better Choices, Better Health®: Chronic Pain Workshop?

Join Health Promotion Facilitator Kelly from Alberta Health Services to learn more about what this Chronic Pain workshop is all about, who would benefit from participating, and what you can expect to learn during the six-week program scheduled at NESA from April 30-June 4, 2024 1:00pm-3:30pm.

 **Steele Heights (5825 140 Avenue)**

Tue, Apr 16 / 1:30-2:30PM / 1 Wk

FREE Registration is still required **NMW**

NEW! Better Choices, Better Health®: Chronic Pain Workshop

Alberta Health Services

Better Choices, Better Health® (BCBH®) is a six-week workshop for adults who live with chronic (long-term) physical and/or mental health conditions and, if desired, their support people. Participants meet once per week for 2.5 hours in-person. In addition to providing valuable information about how to properly manage a health condition or chronic pain, this safe and supportive learning space allows people facing similar challenges to connect and support each other in finding solutions to living healthier and more fulfilling lives. The BCBH® Chronic Pain workshop often appeals to individuals who live with chronic pain or fatigue due to conditions like arthritis, fibromyalgia, migraines, and others.

Registration deadline: Tuesday, April 23, 2024

 **Steele Heights (5825 140 Avenue)**

Tue, Apr 30-Jun 4 / 1-3:30PM / 6 Wks

FREE Registration is still required **NMW**



NEW! **Breathe and Relax: Just let it all go**

Helga Stadelmann

High blood pressure, stressed, can't sleep, or everything is too much right now? These unique and very successful workshops, a mixture of breathing, relaxation, visualization, will help you manage your stress, bring down your blood pressure, make you feel more relaxed overall, and you might even sleep better. Sitting in a chair you will participate and experience these different and special and helpful exercises of breathing, relaxation and visualization. In our difficult world right now, this might just be the right workshop for you. Try it! It works! No experience necessary. Come and see for yourself and join us for this amazing eight week program.

Steele Heights (5825 140 Avenue)

TRIAL Mon, Apr 22 / 10-11AM / 1 Wk

FREE Registration is still required **NMW**

Mon, Apr 29-Jun 24 / 10-11AM / 8 Wks

No class May 20

\$52

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.

McClure (13708 74 Street)

A Mon, Apr 15-Jun 24 / 10AM-12PM / 10 Wks

No class May 20

\$20

B Mon, Apr 15-Jun 24 / 1PM-3PM / 10 Wks

No class May 20

\$20

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESA's Landry Leisure Pass.



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 special 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 / May 1 - 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 / May 8 - 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 / May 15 - 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 / May 22 - 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 / May 29 - 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 / Jun 5 - 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.

 **Kilkenny (14910 72 Street)**

Wed, May 1-Jun 5 / 1-2PM / 6 Wks

\$12 

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

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! Healthy Homes for Seniors

Odette Bose

Learn about environmental factors affecting your health and your family. Every day, we are exposed to chemicals and pollutants in the air, water, soil, food and products we come into contact with and use. Health Canada will provide information and resources on how to help protect yourself and those around you.

📍 **Kilkenny (14910 72 Street)**

Wed, Jun 5 / 11:30AM-1PM / 1 Wk

\$2 NMW

NEW! Hip Health is Wealth

Amy Petersen

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.

📍 **Rundle (2909 113 Avenue)**

Thu, May 9 / 12-1PM / 1 Wk

\$10 NMW

NEW! Spring into Action!

Brennen, Physiotherapist from InHome Physical Therapy

Join Physiotherapist Brennen for an informative presentation and movement workshop focused on helping you safely master all of your spring activities! Whether it's golf, gardening, walking, or anything in between, come and spend the morning with us to learn how to stay strong and flexible while doing what you love!

📍 **Kilkenny (14910 72 Street)**

Tue, May 7 / 10-11AM / 1 Wk

\$2 NMW

NEW! Strong and Stable Back and Shoulders

Amy Petersen

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.

📍 **Rundle (2909 113 Avenue)**

Thu, Apr 25 / 12-1PM / 1 Wk

\$10 NMW




AVOID BEING WAITLISTED

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Spring 2024 season! Be sure to double-check your course dates and selection before you register!

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.

 **Steele Heights (5825 140 Avenue)**


Wed, Apr 17-Jun 19 / 9:30-11AM / 10 Wks

\$110

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.

 **Steele Heights (5825 140 Avenue)**

Wed, Apr 17-Jun 19 / 9:30-11AM / 10 Wks

\$110

TEMPORARY VENUE INFO

Please visit page 8 learn more about the temporary venue spaces NESA programs are scheduled at this season.

LEARN
A NEW LANGUAGE





River Cree Casino

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

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

Registration deadline: April 15, 2024

April 17, 2024

Bus departs from Northgate: 10:30AM / Bus returns: 3:30PM

\$20 NMW

NOTE All participants are asked to park at the Northgate Lions Recreation Centre (7524 139 Avenue) on the west side of the parking lot.



Curtain Calls and Cuisine

Immerse yourself in the magic of the stage with

Citadel Theatre! Join us for an unforgettable outing featuring an exclusive tour, engaging workshop, and who knows, maybe even a surprise or two straight from the stage! After the theatrics, our journey continues to Continental Treat where we will be ending the night with exquisite dining.

Registration deadline: May 1, 2024

May 8, 2024

Bus departs from Northgate: 1:30PM / Bus returns: 7PM

\$70 (Please note your cost of supper is not included).

NMW

NOTE All participants are asked to park at the Northgate Lions Recreation Centre (7524 139 Avenue) on the west side of the parking lot. The facility is fully accessible; however, the tour necessitates reasonable mobility, including a brief, five-minute walk to the restaurant.



Vintage Charm: Mother's Day High Tea

Join us at Old Beverly's Cafe for an elegant

outing. Dress to impress and enjoy delightful treats, exquisite teas, and cherished company. Celebrate Mother's Day in style, creating timeless memories. Let's celebrate the elegance of mothers and the beauty of friendship in a setting that captures the essence of sophistication and fun.

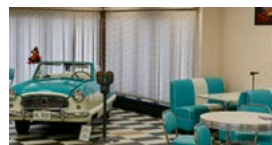
Registration deadline: May 8, 2024

May 15, 2024

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

\$60 NMW

NOTE All participants are asked to park at the Northgate Lions Recreation Centre (7524 139 Avenue) on the west side of the parking lot. Please notify of any food allergies.



Retro Rides and Diner Vibes

Join us for Fathers Day- a nostalgic journey through

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

Registration deadline: June 12, 2024

June 19, 2024

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

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

NOTE All participants are asked to park at the Northgate Lions Recreation Centre (7524 139 Avenue) on the west side of the parking lot.



Clogging: Beginner Level 2 and 3

Adele Brewer

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

📍 **Steele Heights (5825 140 Avenue)**

Wed, Apr 17-Jun 19 / 1:30-2:30PM / 10 Wks

\$69

Clogging: EZ Intermediate

Adele Brewer

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

📍 **Steele Heights (5825 140 Avenue)**

Wed, Apr 17-Jun 19 / 2:45-3:45PM / 10 Wks

\$69

Clogging: Intermediate

Adele Brewer

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

📍 **Steele Heights (5825 140 Avenue)**

Mon, Apr 15-Jun 24 / 2:15-3:15PM / 10 Wks

No class May 20

\$69

ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

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

Clogging: Intermediate (Advanced Steps Add-on)

Adele Brewer

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

📍 **Steele Heights (5825 140 Avenue)**

Mon, Apr 15-Jun 24 / 3:15-3:45PM / 10 Wks

No class May 20

\$35

Guitar: Blues Level 1

Gilles Benoiton

Participants will look at 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Prerequisite: Guitar Level 2.5 recommended.

📍 **Kilkenny (14910 72 Street)**

Fri, Apr 26-Jun 21 / 1:15-2:15PM / 8 Wks

No class May 17

\$51

Guitar: Finger Pickin' 201

Gilles Benoiton

This intermediate class will introduce participants to picking with their fingers! The focus will be placed on various picking patterns, chord progressions, and some finger-picking repertoire pieces. Being able to play basic open chords such as G, A, Am, C, D, Dm, E, and Em is a good indication you are ready for this course. Prerequisite: Guitar Level 3 is recommended.

 **Kilkenny (14910 72 Street)**

Fri, Apr 26-Jun 21 / 10:15-11:15AM / 8 Wks

No class May 17

\$51

Guitar: Level 1

Gilles Benoiton

No musical experience is necessary – just a desire to have some fun! This class is designed for the absolute beginner. You will learn how to play simple one and two-finger chords such as G, C, A, and E, which can be found in songs we can sing along to. Arrangements can be made with the instructor to borrow a Guitar if one is needed.

 **Kilkenny (14910 72 Street)**

Fri, Apr 26-Jun 21 / 9-10AM / 8 Wks

No class May 17

\$51

Guitar: Level 2

Gilles Benoiton

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

 **Kilkenny (14910 72 Street)**

Wed, Apr 24-Jun 19 / 1-2:30PM / 9 Wks

\$84

Guitar: Level 2.5

Gilles Benoiton

Join Gilles in this fun-filled class playing and singing all of your favorite tunes. This program is ideal for those participants who are ready to move on from level 2 but not quite ready to make that jump to Level 3. Guitar: Level 2.5 is a combination of the more challenging songs in Level 2 and some of the early concepts from level 3. Prerequisite: Guitar: Level 2.

 **Kilkenny (14910 72 Street)**

Wed, Apr 24-Jun 19 / 11:15AM-12:45PM / 9 Wks

\$84

Guitar: Level 3

Gilles Benoiton

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on chords (including F and Bm), chord progressions, various strumming patterns, and some single-note lines. Appropriate pieces will be brought into play. Students are encouraged to suggest selections! Guitar Level 2.5 is recommended.

 **Kilkenny (14910 72 Street)**

Fri, Apr 26-Jun 21 / 11:30AM-1PM / 8 Wks


No class May 17

\$75

Handbells

Wendy Hoskin

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

 **McClure (13708 74 Street)**

Thu, Apr 18-Jun 6 / 10-11:30AM / 8 Wks

\$35



Harmonica

Mike Chenoweth

Have you ever thought about playing the Harmonica? Come see just how surprisingly easy it is to get started! Mike will begin with some easy to play well-known melodies. Soon afterwards, you will learn to play popular songs and campfire crooners like "Have You Ever Seen The Rain", "Blowin' In The Wind", "Jolene", "House Of The Rising Sun" and "What A Wonderful World"! Then, you'll progress to playing chords to timeless songs like "Jambalaya", "Mustang Sally" and "Hound Dog" while learning about fun techniques like vibrato and how to sound like a locomotive! Lastly, you will be introduced to the vast, wonderfully rich world of The Blues! Participants must provide their own ten hole harmonica in the key of C, usually readily available in most music stores.

📍 **Kilkenny (14910 72 Street)**

Fri, Apr 26-Jun 21 / 11AM-12PM / 9 Wks

\$97

Learn to Maintain and Restring your Guitar Workshop

Mike Chenoweth

Come and learn the basics of properly cleaning, restringing, and maintaining your acoustic guitar from a professional guitar repair technician! Please bring your guitar, a set of your preferred strings, a full roll of paper towel and a large bath towel to lay your guitar on. Learn how to tell if your instrument's neck is in need of adjustment, how to humidify your guitar and watch for signs that your instrument is drying out and in danger of cracking. There'll be lots of advice and plenty of time for Q+A, too!

📍 **Kilkenny (14910 72 Street)**

Fri, May 3 / 1-2:30PM / 1 Wk

\$23 **NMW**

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESA's Landry Leisure Pass.

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.

📍 **Kilkenny (14910 72 Street)**

Tue, Apr 16-Jun 18 / 9-10:30AM / 10 Wks

\$68

NEW! Line Dancing: Level 2

Tracy Walters

In this program, you will be learning dances to all different genres of music (country, rock, dance, hip hop, Irish, etc.) Participants must already have experience with a beginner or level 1 line dancing program. Shoes with leather soles are recommended, but not required. No partner needed. Come join Tracy for some Line Dancin' fun!

📍 **Steele Heights (5825 140 Avenue)**

Tue, Apr 16-Jun 18 / 1:30-2:30PM / 10 Wks

\$48

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

Reinhard Kroller

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

📍 **Hope Lutheran (5104 106 Avenue)**

A Thu, Apr 18-Jun 27 / 9-9:30AM / 11 Wks

\$330

B Thu, Apr 18-Jun 27 / 9:30-10AM / 11 Wks

\$330

C Thu, Apr 18-Jun 27 / 10-10:30AM / 11 Wks

\$330

D Thu, Apr 18-Jun 27 / 10:30-11AM / 11 Wks

\$330

E Thu, Apr 18-Jun 27 / 11-11:30AM / 11 Wks

\$330

F Thu, Apr 18-Jun 27 / 11:30AM-12PM / 11 Wks

\$330

G Thu, Apr 18-Jun 27 / 12-12:30PM / 11 Wks

\$330

H Thu, Apr 18-Jun 27 / 12:30-1PM / 11 Wks

\$330



NEED HELP GETTING TO YOUR PROGRAM?

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

NEW! Ukulele: Level 1

Colin Deneka

This program is for beginners (under a year's experience) or those who want to brush up on the basics. You will learn about the instrument, how to play basic chords, how to play in a group, basic improv and how to read music. Participant's get input into what kind of music is played. Come experience recreational music at its finest, and feel both the mental and physical benefits of music. Join this group and "Let the Good Times Roll"!

\$20 Payable to Instructor for Music Book

📍 **Kilkenny (14910 72 Street)**

Wed, Apr 17-Jun 19 / 9-10:30AM / 10 Wks

\$84

Ukulele: Level 2

Colin Deneka

This program is for those who have had lessons or have played for at least a year. If you know how to play beginning chords, can read tab and the treble clef, and really want to get deeper into your instrument, this is the program for you! In level 2, you will learn: how to play advanced chords, how to play in a group with improvisations, pentatonics and advanced scales for improve, challenging repertoire, and reading that includes ledger lines. Participant's get input into what kind of music is played. Come experience recreational music at its finest, and feel both the mental and physical benefits of music. Join this group and "Let the Good Times Roll"!

\$20 Payable to Instructor for Music Book

📍 **Kilkenny (14910 72 Street)**

Wed, Apr 17-Jun 19 / 10:45AM-12:15PM / 10 Wks

\$84

NESA CLUBS AT A GLANCE



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

Location / Day	Monday	Tuesday	Wednesday	Thursday	Friday
Central Lions 11113-113 St			Stained Glass Club 9 AM-3 PM	Stained Glass Club 9 AM-3 PM	Silversmithing Club 9 AM-3 PM
Kilkenny Hall 14910-72 St				Fiber Arts Club 1-4 PM	
McClure United Church 13708-74 St		Music Makers 9:30 AM-12:30 PM Jammers Club 1-4 PM	Golf Club 9-11 AM (See schedule) Travel Club 9-10:30 AM (See schedule) Book Lover's Club 10-11:30 AM (See schedule) Garden Club 9-10:30 AM (See schedule) Wizards of Odds 'n Ends 12-2:30 PM	Guitar Jam Club 12:30-3:30 PM	Pins and Needles Quilting Club 9:30 AM-12:30 PM The Northgate Writers Club 1-3 PM
Southeast Edmonton Seniors 9350-82 St				Carpet Bowling Club 2:15-4:15 PM	
Steele Heights 5825-140 Ave	Art Club 9 AM-12 PM	Creative Greeting Cards Club 9 AM-12 PM		Canasta Club 1-4 PM Bridge 12:30-4 PM	Cribbage Club AM 9:45 AM-12 PM Cribbage Club PM 12:45-3 PM

FOR MORE INFORMATION ABOUT THESE CLUBS,
please email 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.

NESA CLUBS

REGISTRATION STARTS APRIL 4, 2024.



Programs start April 15, 2024

Art Club

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, solvent and odour-free.

📍 **Steele Heights (5825 140 Avenue)**

Mon, Apr 15-Jun 24 / 9AM-12PM / 10 Wks

No session May 20

\$20

Badminton Club

Spring 2024 Update: The Club will be taking some time off during the Northgate building renovation. Please stay tuned for more information in the Summer of 2024.

Book Lover's Club

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

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

Wed, Apr 17, May 15, & Jun 19 / 10-11:30AM / 3 dates

\$6

AVOID BEING WAITLISTED

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Spring 2024 season! Be sure to double-check your course dates and selection before you register!

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.

Bridge Club

Join fellow bridge players for an afternoon of fun; we welcome novice players as well as those experienced with the game. Note: If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

📍 **Steele Heights (5825 140 Avenue)**

Thu, Apr 18-Jun 20 / 12:30-4PM / 10 Wks

\$20

Canasta Club

All are welcome including those new to the game of Canasta! Please arrive at 12:50pm for the table assignment. Note: If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

📍 **Steele Heights (5825 140 Avenue)**

Thu, Apr 18-Jun 20 / 1-4PM / 10 Wks

\$20

Carpet Bowling Club

A year-round sport that resembles lawn bowling. All are welcome. Register at SEESA to play, their program guide comes out on December 5. Please Note: Starting January 2024 all Reciprocal Members will have to pay an annual \$5 fee to participate in SEESA clubs. Drop-in rates still apply for the program. See the SEESA Guide for more information at seesa.ca

📍 **SEESA (9350 82 Street)**

Thu / 2-4:15PM

Contact SEESA at 780.468.1985 for the Spring 2024 schedule.

\$3/Session Drop-in Fee

Chip Carvers Club

Spring 2024 Update: The Club will be taking some time off during the renovation. Please stay tuned for more information in the Summer of 2024.

Creative Greeting Cards Club

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 supplies as they are not provided. No formal instruction is offered but help is available.

📍 **Steele Heights (5825 140 Avenue)**

Tue, Apr 16-Jun 18 / 9AM-12PM / 10 Wks

\$20

TEMPORARY VENUE INFO

Please visit page 8 learn more about the temporary venue spaces NESA programs are scheduled at this season.

Cribbage Club

No partner is necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes before the start time for team assignment. Late arrivals will not be permitted to play.

NOTE If you require DATS in the afternoon, please ensure to book your pick-up time at this Hall for 2:30pm.

📍 **Steele Heights (5825 140 Avenue)**

A Fri, Apr 19-Jun 14 / 9:45AM-12PM / 9 Wks

\$18

B Fri, Apr 19-Jun 14 / 12:45-3PM / 9 Wks

\$18

Fiber Arts Club

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.

NOTE If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

📍 **Kilkenny (14910 72 Street)**

Thu, Apr 18-Jun 20 / 1-4PM / 10 Wks

\$20

Garden Club

Join fellow garden enthusiasts to talk plants, gardening and more! Join us for our Garden and Plant Sale at Steele Heights on Friday, May 17, 2024 from 10 AM-3 PM!

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

Wed, Apr 24 / 10-11:30AM / 1 date

\$2

Golf Club

Calling all Golfers! If you would like to join our club and be a part of our senior's golf community this season (April to August), please ensure to purchase a 2024 NESA Membership and register for this club! Though our Annual General Meeting was already held on Wednesday, March 6, 2024 the Golf Club Coordinator can update you on everything discussed as well as review with you the details about the season-end banquet. (Please note there will be a \$25 cash fee payable to the Golf Club Coordinator if you wish to participate). Sign up today and the Coordinator will contact you with all of the details about this year's golf season!

FREE Registration is still required

Guitar Jam Club

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

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

Thu, Apr 18-Jun 20 / 12:30-3:30PM / 10 Wks

\$20

Jammers Club

An acoustic guitar group that meets for singing and fellowship!

NOTE If you require DATS, please ensure to book your pick-up time at this location for 3:30pm.

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

Tue, Apr 16-Jun 18 / 1-4PM / 10 Wks

\$20

Music Makers Club

Do you enjoy making music? We welcome all instruments!

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

Tue, Apr 16-Jun 18 / 9:30AM-12:30PM / 10 Wks

\$20

The Northgate Writers Society Club

Our group of writers wishes to welcome any NESA members who are interested in writing or have done some writing to join us. We do challenge exercises to help improve our writing skills, share our stories, provide positive feedback, and occasionally have a visit from seasoned writers or writing-related experts to inspire us. As a group, we have published several books of short stories and recipe/story books. We encourage you to check out our blog at nglswordweavers.blogspot.com where you will also have the opportunity to share your stories. If you are interested in signing up, we recommend that you purchase the book "Creative Writing for Dummies" by Maggie Hamand ISBN: 978-0-470-74291-4.

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

Fri, Apr 19-Jun 21 / 1-3PM / 10 Wks

\$20

Pins and Needles Quilting Club

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


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

Fri, Apr 19-Jun 14 / 9:30AM-12:30PM / 9 Wks

\$18

Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction: experience is required. Register at Central Lions or visit centrallions.org for more information.

 **Central Lions (11113 113 Street)**

Fri, May 3-Jun 28 / 9AM-3PM / 9 Wks

\$45 (Register at Central Lions)

NESA CLUBS . . . continued

FOR MORE INFORMATION ABOUT THESE CLUBS,
please email info@nesa1.ca or call 780.496.6969.

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

Stained Glass Club

Experienced stained-glass enthusiasts share ideas. New members welcome (must have taken stained glass classes before joining this club). Register at Central Lions or visit centrallions.org for more information.

📍 **Central Lions (11113 113 Street)**

Wed, May 1-Jun 26 / 9AM-3PM / 9 Wks

Wed, Jul 3-Aug 21 / 9AM-3PM / 8 Wks

Thu, May 2-Jun 27 / 9AM-3PM / 9 Wks

Thu, Jul 4-Aug 15 / 9AM-3PM / 7 Wks

**\$ Prices vary depending on session chosen
(Register at Central Lions)**

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.

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

Wed, May 8 & Jun 12 / 9-10:30AM / 2 dates

\$4

Washi Chigiri-e Club

Spring 2024 Update: The Club will be taking some time off during the Northgate building renovation. Please stay tuned for more information in the Summer of 2024.

Weavers Club

Spring 2024 Update: The Club will be taking some time off during the Northgate building renovation. Please stay tuned for more information in the Summer of 2024.

Wildlife Carving Club

The Wildlife Carvers are taking a break this season. Please check back next season for more information about their return.

Wizards of Odds 'n Ends Club

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

We are looking for any clean fabric, batting or yarn that you may have to donate for us to make beautiful homemade items.

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

Wed, Apr 17-Jun 19 / 12-2:30PM / 10 Wks

FREE Registration is still required

NESA Events

PLEASE NOTE

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

**ALL ARE WELCOME
TO OUR EVENTS!**

Mar 25-Apr 24	KUHLMANN'S GREENHOUSE GIFT CARD FUNDRAISER Support our fundraiser by ordering a \$25 gift card and \$5 will go back to NESA! Visit our office at the McClure United Church or call us at 780.496.6969 to order yours today!
Mar 29	NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY
Apr 1	NESA CLOSED / STAT HOLIDAY / EASTER SUNDAY (IN LIEU)
Apr 3	BOTTLE DRIVE 9AM-12PM McClure United Church (13708 74 Street)
Apr 4	SPRING REGISTRATION BEGINS
Apr 5	ANNUAL GENERAL MEETING 11AM Must pre-register
Apr 9	CLUB LOBBY SALE / Featuring: Art, Creative Greeting Cards, Silversmithing, Pins and Needles, and The Wizards of Odds 'n Ends 9AM-3PM McClure United Church (13708 74 Street)
Apr 9 & 10	BOOK & PUZZLE SALE 9AM-3PM McClure Church Basement (13708 74 Street)
Apr 15-Jun 24	LIL'BOOK SALE (EVERY MONDAY) POCKET, HARD, AND SOFT COVER 9AM-3PM McClure Church Basement (13708 74 Street) <i>Omit Mon, May 20, 2024</i>
May 1	BOTTLE DRIVE 9AM-12PM Steele Heights Parking Lot (5825 140 Avenue)
May 17	GARDEN/PLANT SALE 10AM-3PM Steele Heights (5825 140 Avenue)
May 20	NESA CLOSED / VICTORIA DAY
Jun 3	SUMMER REGISTRATION BEGINS
Jun 5	BOTTLE DRIVE 9AM-12PM Steele Heights Parking Lot (5825 140 Avenue)
Jul 8	SUMMER SESSION BEGINS Northgate Lions Seniors Recreation Centre
Aug 23	WELCOME BACK EVENT More information to come
Aug 23-24	BOOK, PUZZLE & JEWELRY SALE 9AM-3PM Northgate Lions Seniors Recreation Centre
Aug 27	FALL REGISTRATION BEGINS
Sept 4	BOTTLE DRIVE 9AM-12 PM

PROGRAM AND EVENT TIMELINES MAY BE SUBJECT TO CHANGE

Please stay tuned for more information and updates!

NESA's LANDRY LEISURE PASS



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

Things to Know

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

How do I qualify?

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

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

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

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

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

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

INTERESTED? HAVE QUESTIONS?

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

How do I renew my current LLP pass?

- Ensure you have an active 2024 NESA Membership;
- Provide NESA with a copy of your 2022 or 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
- 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 page 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

DONATION REQUEST FROM NESA!

Have any worsted weight yarn you're not using? If so, please bring it to the McClure United Church (13708-74 St) 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!



Outreach and Home Supports Update

In 2022, at the request of the Family and Community Support Services Program run by the City of Edmonton, Edmonton Seniors Coordinating Council convened a group of around 26 senior serving organizations to discuss how we could provide outreach services in a more coordinated fashion, including Home Support Services. A number of changes to these services have been implemented and the support model and their locations for service delivery has recently changed.

Please note that effective July 1, 2023 NESAs is no longer offering either of these services, please refer to the below contact information to access them:

If you are in need of **Home Supports** or **Outreach Services**, please contact **211** for referrals to an agency.

Need help getting to your NESA Programs?

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



The NESA Volunteer Tax Program is back!

This is a partnership between NESAs and the CRA in order to provide free income tax service to our members. The Volunteer Tax Program will run from March 18 to April 26. To be eligible, you must be a senior with an income that is less than \$35,000 for one person and \$45,000 for two people. If you qualify and would like to access the program, please give us a call at 780.496.6969 and leave a message. A volunteer will be in touch with you to set up an appointment.

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.

CELEBRATE

CONNECT

CREATE



Please recycle!

– And pass this program guide on to a friend