



WINTER 2024

Registration starts November 27, 2023.  
Programs start January 8, 2024.

# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

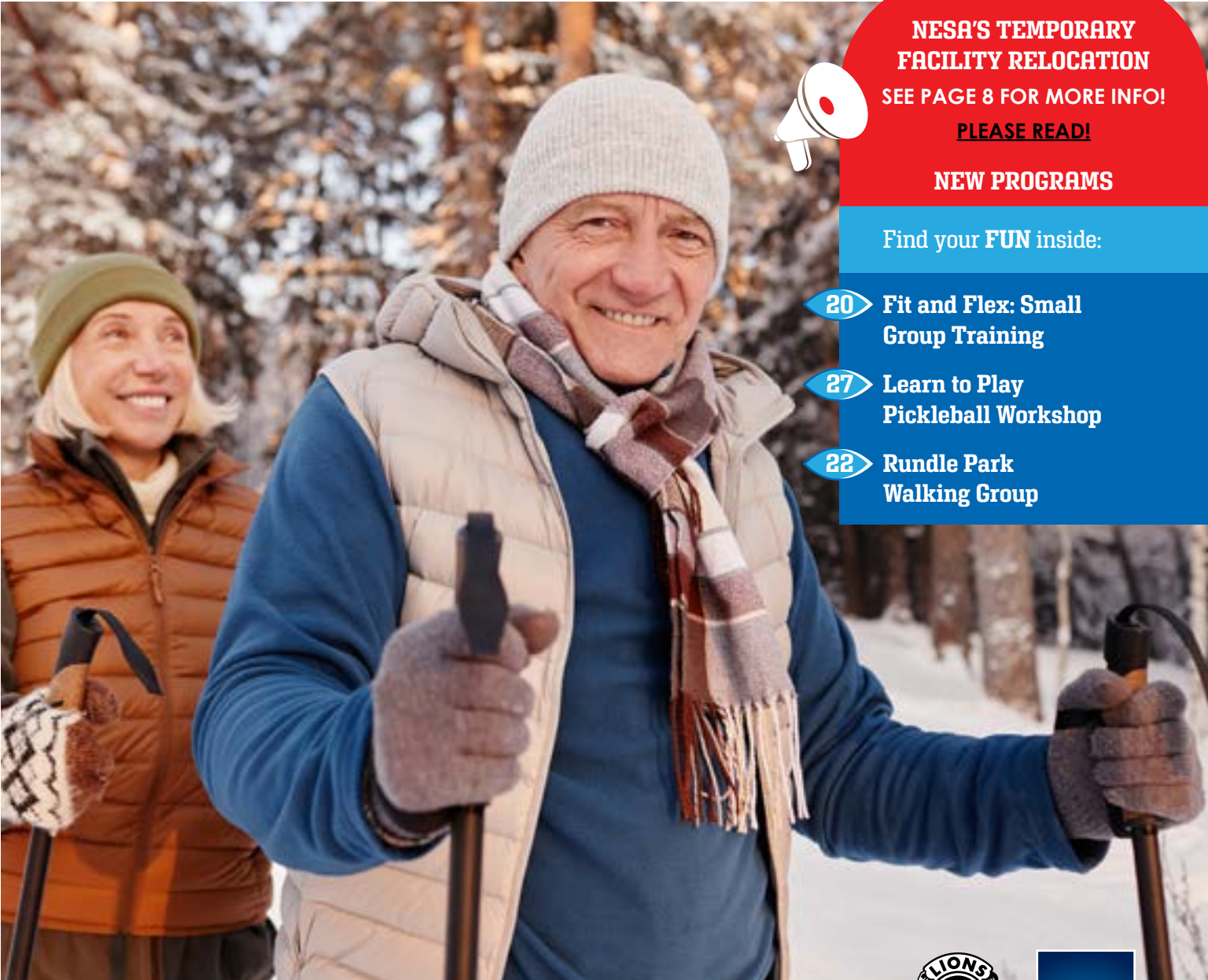
**NESA'S TEMPORARY  
FACILITY RELOCATION**  
SEE PAGE 8 FOR MORE INFO!

**PLEASE READ!**

**NEW PROGRAMS**

Find your **FUN** inside:

- 20** Fit and Flex: Small Group Training
- 27** Learn to Play Pickleball Workshop
- 22** Rundle Park Walking Group



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



Edmonton



7524 - 139 Avenue

# our history

In 1978...the Edmonton Northgate Lions Club constructed a recreation centre on City land for senior citizens and the community. One of the busiest and most successful Seniors Centre in all of Canada was born and has continued to thrive.

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

**NESA's success speaks for itself:**

- Over 600 programs run annually;
- Over 300 volunteers give over 40,000 hours of their time collectively, annually.

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Join us for Laughter,  
Learning, and Living!

*Fun Keeps You Young*

# MEMBERSHIP INFORMATION WINTER 2024

Office Hours – See  
page 4 for more details.

Registration starts November 27, 2023.  
Programs start January 8, 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](http://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's subsidy program.

## RECIPROCAL MEMBERSHIP

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

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

## NESAs's Relocation Update and Community League

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

## NON-MEMBERS

**Just wanting to join us for a special event, one-day lecture 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.nesal.ca](http://www.nesal.ca) and click on 'My Account' to sign in and register as you did in the Spring or Fall of 2023.

**Don't have an account?** Please visit our website [www.nesal.ca](http://www.nesal.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 St

### December 2023 Hours of Operation

December 1-21, 2023 NESA's office will be open from 9AM-3PM Mondays, Tuesdays, Thursdays, and Fridays. Closed on Wednesdays and Statutory Holidays.

### December 2023 Holiday Closure

NESA will be closed during the Christmas Holidays starting Friday, December 22, 2023 through to and including Monday, January 1, 2024.

### Winter 2024 Hours of Operation

Starting Tuesday, January 2, 2024 NESA's office will be open from 9AM-3PM Monday, Tuesday, Thursday, 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 St)

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

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

## NESA Membership Application

Please **PRINT** Clearly

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

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

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

FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

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

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

MALE    FEMALE    PREFER NOT TO DISCLOSE/UNSPECIFIED

### EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): \_\_\_\_\_

EMERGENCY PHONE: \_(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EMERGENCY RELATIONSHIP: \_\_\_\_\_

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

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

**SEE OTHER SIDE** 



## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | [www.nesa1.ca](http://www.nesa1.ca)

## Terms of Service

[Last updated February 26<sup>th</sup>, 2021]

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

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

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

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

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

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

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

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

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

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

I have read and understand the above Terms of Service.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



**North Edmonton Seniors Association**  
 at Northgate Lions Seniors Recreation Centre  
 7524 - 139 Avenue, Edmonton, AB T5C 3H7  
 780.496.6969 | fax 780.496.4707 | [www.nesal.ca](http://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](http://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
<b>Payment:</b> Payment in full must accompany registration. Please do <b>NOT</b> send cash. Cheques must be made payable to: <b>North Edmonton Seniors Association</b> .			<b>Total</b>	Supply lists Required/Added? <input type="checkbox"/> YES <input type="checkbox"/> NO


# 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

**5 P&J Ceramics**  
13012 82 Street, NW  
Mon-Fri, 9am-5pm

**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 Fall 2023. Register at Central early to avoid class cancellation.

 **Central Lions (11113 113 Street)**

Mon, Jan 8-Apr 1 / 9:30 AM-12:30 PM / Wks 12

**No class Feb 19**

**\$189 (Register at Central Lions)**

## 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, Jan 11-Mar 28 / 9:30 AM-12:30 PM / Wks 12

**\$125**

## PLEASE NOTE


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

## Creative Cards: For All Occasions

**Janelle Taming**

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 your own lunch.

**All supplies included.**

 **Steele Heights (5825 140 Avenue)**

**A** Fri, Jan 19 / 9:15 AM-3:15 PM / Wks 1

**\$48 NMW**

**B** Fri, Feb 16 / 9:15 AM-3:15 PM / Wks 1

**\$48 NMW**

**C** Fri, Mar 22 / 9:15 AM-3:15 PM / Wks 1

**\$48 NMW**

**NEW!** **Decorative Wood Porch Rabbit Workshop**

**Shantel Toma**

Join Shantel and bring a 36" wood rabbit to life! They will be painted, lightly sanded, and decorated. You will choose from an assortment of colours, accents, and fabrics to give them a personalized finish. The rabbits can be displayed indoors or out.

**All supplies included.**

**📍 Kilkenny (14910 72 Street)**

Fri, Mar 15 / 10 AM-12:30 PM / Wks 1

**\$48 NMW**



**NEW!** **Floral Workshop: Faux Floral Hello Sign**

**The Social Florist**

Welcome Spring with Jacquie, The Social Florist for a 2 hour workshop. Come and design your own creative Faux Floral Hello Sign. This workshop includes: your choice of assorted faux flowers, white 12" wood hello sign, all required materials and tools.

**All supplies included.**

**📍 Kilkenny (14910 72 Street)**

Mon, Mar 18 / 1-3 PM / Wks 1

**\$56 NMW**



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

See page 46 for information about NESAs Landry Leisure Pass.



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

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

**Gemstone Bracelet Making Workshop**

**Joanne Banman**

Have fun making three custom elastic gemstone bracelets for yourself or as gifts. You will learn about the properties of gemstones, how you can select the ones that can benefit you most, and how to cleanse and charge your gemstones. This workshop is complete with demonstration, instruction and all supplies including a wide selection of semi-precious gemstones, wood beads, charms, and accent beads to choose from.

**All supplies included.**

**📍 Kilkeny (14910 72 Street)**

Mon, Feb 26 / 10 AM-1 PM / Wks 1

**\$72 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.**

**📍 Kilkeny (14910 72 Street)**

Mon, Jan 29-Feb 12 / 9 AM-12 PM / Wks 3

**\$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, Mar 4-18 / 9 AM-12 PM / Wks 3

\$65

### 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!

## Whist and Table Games Tuesday

Lead by fellow game enthusiasts

Come and join fellow card and board game enthusiasts for an afternoon of game play and socializing. Whist will be the main activity played but for those interested in Scrabble we will have that available as well. Must register for full 6 weeks as drop in is no longer available. If you are looking for other card games, please see page 40-44 for more information about the NESA Cards Clubs.

**NOTE** A minimum of 10 registrants will be required for our group to be able to continue during the Winter 2024 season. Please register early to avoid this activity from being cancelled.

 **Steele Heights (5825 140 Avenue)**

**A** Tue, Jan 9-Feb 13 / 1-3:15 PM / Wks 6

\$12

**B** Tue, Feb 20-Mar 26 / 1-3:15 PM / Wks 6

\$12

## 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!





## MATERIALS

Please remember to bring your own drop-cloths, art easels, or any other supplies you will require, as NESAs is not able to provide you with them. Refer to class supply lists provided in the links below. Registering by mail-in? A copy of the list will be sent to you by mail.

### **NEW!** Acrylic Painting Workshop: Cardinal

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, Jan 31 / 5:30-7:30 PM / Wks 1

**\$30 EVENING NMW**



### **NEW!** Acrylic Painting Workshop: Chickadee

Wendy Jensen

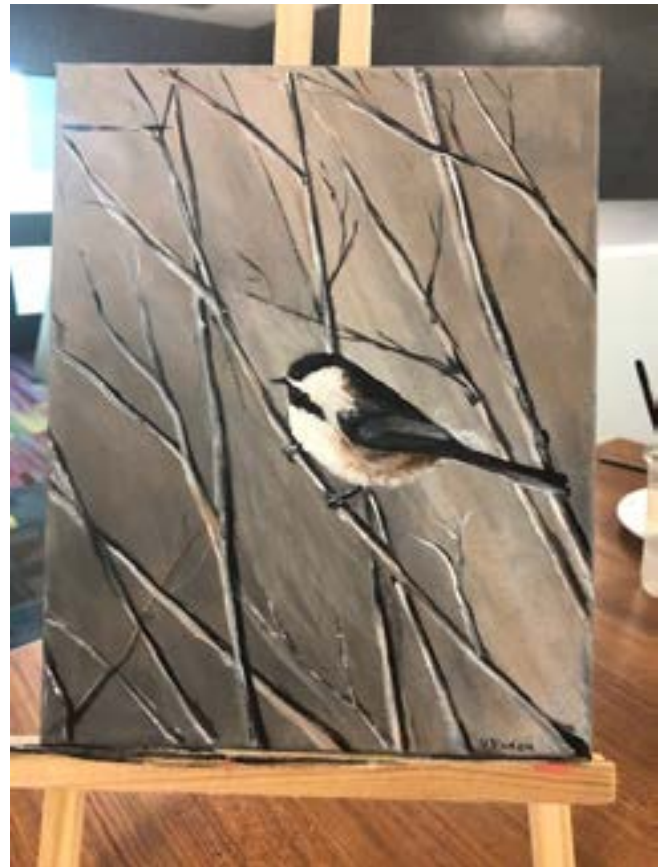
Join Wendy for a fun two hours of painting! Whether you are a beginner or an expert painter, you'll enjoy your time in this class. We provide everything you need to create a 12" x 12" masterpiece to take home.

**All supplies included.**

**📍 Kilkenny (14910 72 Street)**

Wed, Feb 7 / 5:30-7:30 PM / Wks 1

**\$30 EVENING NMW**





## Acrylic Painting Workshop: Spring Flowers

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, Mar 27 / 5:30-7:30 PM / Wks 1

**\$30 EVENING 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 Winter 2024 season! Be sure to double-check your course dates and selection before you register!

### NEED HELP GETTING TO YOUR NESA PROGRAM?

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

### **NEW!** Drawing Textures with Pencil

Susan Casault

Learn how to draw different textures by using various mark-making techniques with graphite pencil. Wool sweaters, shiny metal, soft fur, rough rock, all can be rendered realistically by observing shapes and values. Instruction will include demonstrations as well as 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, Feb 22-Mar 28 / 9:30 AM-12:30 PM / Wks 6

**\$155 NMW**





## DID YOU KNOW?

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

## 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, Jan 9-Feb 13 / 10:30-11:30 AM / Wks 6

**\$39**

**B** Thu, Jan 11-Feb 15 / 10:30-11:30 AM / Wks 6

**\$39**

**C** Tue, Feb 20-Mar 26 / 10:30-11:30 AM / Wks 6

**\$39**

**D** Thu, Feb 22-Mar 28 / 10:30-11:30 AM / Wks 6

**\$39**

## 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, Jan 8-Feb 12 / 10:30-11:30 AM / Wks 6

**\$68**

**Meaghan Hipkin**

**B** Fri, Jan 12-Feb 16 / 10:30-11:30 AM / Wks 6

**\$68**

**Samara Hipkin**

**C** Mon, Feb 26-Mar 25 / 10:30-11:30 AM / Wks 5

**\$57**

**Meaghan Hipkin**

**D** Fri, Feb 23-Mar 22 / 10:30-11:30 AM / Wks 5

**\$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 Winter 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. Please bring your own yoga mat.

**Rundle (2909 113 Avenue)**

**A** Thu, Jan 11-Feb 15 / 9:15-10:15 AM / Wks 6

\$39

**B** Thu, Feb 22-Mar 28 / 9:15-10:15 AM / Wks 6

\$39

### 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, Jan 8-Feb 12 / 1:15-2:45 PM / Wks 6

\$56

**B** Mon, Mar 11-Mar 25 / 1:15-2:45 PM / Wks 3

\$28

### 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, Jan 9-Feb 13 / 9:15-10:15 AM / Wks 6

\$39

**B** Tue, Feb 20-Mar 26 / 9:15-10:15 AM / Wks 6

\$39

### Cardio Plus

#### Falon Fleming

Start the day with Falon leading you through a variety of exercises to get the heart rate up, strengthen muscles and tone your whole body. Must be able to lower to floor to do mat work. Please bring your own yoga mat.

**Kilkenny (14910 72 Street)**

**A** Mon, Jan 8-Feb 12 / 9:15-10:15 AM / Wks 6

\$39

**Rundle (2909 113 Avenue)**

**B** Wed, Jan 10-Feb 14 / 9:15-10:15 AM / Wks 6

\$39

**Kilkenny (14910 72 Street)**

**C** Mon, Feb 26-Mar 25 / 9:15-10:15 AM / Wks 5

\$33

**Rundle (2909 113 Avenue)**

**D** Wed, Feb 21-Mar 27 / 9:15-10:15 AM / Wks 6

\$39



## 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, Jan 8-Feb 12 / 12-1 PM / Wks 6

**\$39**

**B** Mon, Mar 11-Mar 25 / 12-1 PM / Wks 3

**\$20**

## 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)**

**NEW Instructor!**

**Falon Fleming**

**A** Mon, Jan 8-Feb 12 / 12-1 PM / Wks 6

**\$39**

**Maggie Nichol**

**B** Thu, Jan 11-Feb 15 / 1-2 PM / Wks 6

**\$39**

**NEW Instructor!**

**Falon Fleming**

**C** Mon, Feb 26-Mar 25 / 12 -1 PM / Wks 5

**\$33**

**Maggie Nichol**

**D** Thu, Feb 22-Mar 28 / 1-2 PM / Wks 6

**\$39**

## Chair Yoga

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

**Beverley Moore**

**Rundle (2909 113 Avenue)**

**A** Tue, Jan 9-Feb 13 / 12:15-1:15 PM / Wks 6

**\$46**

**Barb Deneka**

**Steele Heights (5825 140 Avenue)**

**B** Thu, Jan 11-Feb 15 / 10:45-11:45 AM / Wks 6

**\$46**

**Beverley Moore**

**Rundle (2909 113 Avenue)**

**C** Tue, Feb 20-Mar 26 / 12:15-1:15 PM / Wks 6

**\$46**

**Barb Deneka**

**Steele Heights (5825 140 Avenue)**

**D** Thu, Feb 22-Mar 28 / 10:45-11:45 AM / Wks 6

**\$46**

### TEMPORARY VENUE INFO

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

## 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. Become comfortable on the suspension trainers, improve your cardiovascular endurance, and increase your strength and stamina with diverse and unique movement patterns. Must be comfortable with floor work - please bring a yoga mat.

#### 📍 Rundle (2909 113 Avenue)

**A** Tue, Jan 9-Feb 13 / 10:30-11:30 AM / Wks 6

\$39

**B** Thu, Jan 11-Feb 15 / 10:30-11:30 AM / Wks 6

\$39

**C** Tue, Feb 20-Mar 26 / 10:30-11:30 AM / Wks 6

\$39

**D** Thu, Feb 22-Mar 28 / 10:30-11:30 AM / Wks 6

\$39

## 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.

#### NEW Time!

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

**A** Thu, Jan 11-Feb 15 / 10:45-11:30 AM / Wks 6

\$61

**B** Thu, Feb 22-Mar 28 / 10:45-11:30 AM / Wks 6

\$61



## Essentrics® for Stretch and Tone

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

#### 📍 Rundle (2909 113 Avenue)

### Samara Hipkin

**A** Mon, Jan 8-Feb 12 / 9:15-10:15 AM / Wks 6

\$68

### Meaghan Hipkin

**B** Fri, Jan 12-Feb 16 / 9:15-10:15 AM / Wks 6

\$68

### Samara Hipkin

**C** Mon, Feb 26-Mar 25 / 9:15-10:15 AM / Wks 5

\$57

### Meaghan Hipkin

**D** Fri, Feb 23-Mar 22 / 9:15-10:15 AM / Wks 5

\$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. \*Members are welcome to sign up for as many of the four sessions as they'd like to!\*

**Rundle (2909 113 Avenue)**

**A** Tue, Jan 16-Feb 6 / 12:45-2:15 PM / Wks 4

**\$57**

**B** Thu, Jan 18-Feb 8 / 12:45-2:15 PM / Wks 4

**\$57**

**C** Tue, Feb 27-Mar 19 / 12:45-2:15 PM / Wks 4

**\$57**

**D** Thu, Feb 29-Mar 21 / 12:45-2:15 PM / Wks 4

**\$57**

### 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 25 for a class selection overview.

## Fit For Your Life

**Falon Fleming**

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

**Kilkenny (14910 72 Street)**

**A** Mon, Jan 8-Feb 12 / 10:30-11:30 AM / Wks 6

**\$39**

**Rundle (2909 113 Avenue)**

**B** Wed, Jan 10-Feb 14 / 10:30-11:30 AM / Wks 6

**\$39**

**Kilkenny (14910 72 Street)**

**C** Mon, Feb 26-Mar 25 / 10:30-11:30 AM / Wks 5

**\$33**

**Rundle (2909 113 Avenue)**

**D** Wed, Feb 21-Mar 27 / 10:30 -11:30 AM / Wks 6

**\$39**

## 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)**

**A** Wed, Jan 10-Feb 14 / 1:30-2:30 PM / Wks 6

**\$39**

**B** Wed, Feb 21-Mar 27 / 1:30-2:30 PM / Wks 6

**\$39**





## 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 mat work is required - please bring your own mat if you have one.

**Kilkenny (14910 72 Street)**

**NEW Instructor!**

**Falon Fleming**

**A** Mon, Jan 8-Feb 12 / 1:15-2:15 PM / Wks 6

**\$39**

**Maggie Nichol**

**B** Thu, Jan 11-Feb 15 / 2:15-3:15 PM / Wks 6

**\$39**

**NEW Instructor!**

**Falon Fleming**

**C** Mon, Feb 26-Mar 25 / 1:15-2:15 PM / Wks 5

**\$33**

**Maggie Nichol**

**D** Thu, Feb 22-Mar 28 / 2:15-3:15 PM / Wks 6

**\$39**

## 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, Jan 10-Feb 14 / 9:30-10:30 AM / Wks 6

**\$46**

**B** Wed, Feb 21-Mar 27 / 9:30-10:30 AM / Wks 6

**\$46**

### TEMPORARY VENUE INFO

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

## 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)**

**A** Tue, Jan 9-Feb 13 / 1-2 PM / Wks 6

**\$46**

**B** Tue, Feb 20-Mar 26 / 1-2 PM / Wks 6

**\$46**



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESAs Landry Leisure Pass.

## **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, warm clothing and your sparkling personality!

**Rundle (2909 113 Avenue)**

**A** Wed, Jan 10-Feb 14 / 11 AM-12 PM / Wks 6

**\$12**

**B** Wed, Feb 21-Mar 27 / 11 AM-12 PM / Wks 6

**\$12**

## 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, Jan 9-Feb 13 / 1:30-3 PM / Wks 6

**\$56**

**B** Tue, Feb 20-Mar 26 / 1:30-3 PM / Wks 6

**\$56**

## Stretch 'n Tone Yoga: Intermediate

Barb Deneka

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.

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

**A** Thu, Jan 11-Feb 15 / 9-10:30 AM / Wks 6

\$56

**B** Thu, Feb 22-Mar 28 / 9-10:30 AM / Wks 6

\$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, Jan 9-Feb 13 / 9:15-10:15 AM / Wks 6

\$39

**B** Thu, Jan 11-Feb 15 / 9:15-10:15 AM / Wks 6

\$39

**C** Tue, Feb 20-Mar 26 / 9:15-10:15 AM / Wks 6

\$39

**D** Thu, Feb 22-Mar 28 / 9:15 -10:15 AM / Wks 6

\$39

### DID YOU KNOW?

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

## 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. As well she has 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, Jan 25-Mar 28 / 9:30-10:30 AM / Wks 10

\$90

## 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, Jan 10-Feb 14 / 11:30 AM-1 PM / Wks 6

\$56

**B** Wed, Feb 21-Mar 27 / 11:30 AM-1 PM / Wks 5

No class Feb 28

\$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, Jan 9-Feb 13 / 11 AM-12 PM / Wks 6

**\$39**

**B** Thu, Jan 11-Feb 15 / 11 AM-12 PM / Wks 6

**\$39**

**C** Tue, Feb 20-Mar 26 / 11 AM-12 PM / Wks 5

**No class Feb 27**

**\$33**

**D** Thu, Feb 22-Mar 28 / 11 AM-12 PM / Wks 5

**No class Feb 29**

**\$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)**

**A** Tue, Jan 9-Jan 30 / 12-1 PM / Wks 4

**\$26**

**B** Tue, Feb 6-Feb 27 / 12-1 PM / Wks 4

**\$26**

**C** Tue, Mar 5-Mar 26 / 12-1 PM / Wks 4

**\$26**

**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)**

**A** Tue, Jan 9-Jan 30 / 1:30-2:30 PM / Wks 4

**\$26**

**B** Tue, Feb 6-Feb 27 / 1:30-2:30 PM / Wks 4

**\$26**

**C** Tue, Mar 5-Mar 26 / 1:30-2:30 PM / Wks 4

**\$26**





# FITNESS CLASS SCHEDULE



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

## 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.

# 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 previous 'Learn to Play' workshops register as there will be no instruction or support available for those new to the game.

## SESSION DETAILS

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

**MON 9:15 AM:** Mon, Jan 8-Mar 25 / 9:15-10:30 AM / Wks 11

**No session Feb 19**

**\$61**

**MON 10:35 AM:** Mon, Jan 8-Mar 25 / 10:35-11:50 AM / Wks 11

**No session Feb 19**

**\$61**

**MON 2:05 PM:** Mon, Jan 8-Mar 25 / 2:05-3:20 PM / Wks 11

**No session Feb 19**

**\$61**

**FRI 9:15 AM:** Fri, Jan 12-Mar 22 / 9:15-10:30 AM / Wks 11

**\$61**

**FRI 10:35 AM:** Fri, Jan 12-Mar 22 / 10:35-11:50 AM / Wks 11

**\$61**

**FRI 2:05 PM:** Fri, Jan 12-Mar 22 / 2:05-3:20 PM / Wks 11

**\$61**




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).

## Learn to Play Pickleball Workshop

### Sean from In A Pickle

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

 **Rundle 2909-113 Ave**

Wed, Jan 3 & 10 / 10 AM-12 PM / Wks 2

**\$40**

## 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 however encouraged to report any known absences to [pickleball@nesa1.ca](mailto:pickleball@nesa1.ca) with as much notice as possible so the Programming team can attempt to find a replacement for you. If a replacement player can be found during your absence(s), your NESAs account will be credited for the amount the missed session(s) are worth.

## Waitlist Reminder

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

## Interested in a single-session of pickleball?

On occasion there may be member absences from one of the 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](http://www.centrallions.org)

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

### North West Edmonton Seniors Society

12963-120 Street / 780.451.1925 / [www.nwess.ca](http://www.nwess.ca)

### Southeast Edmonton Seniors Association

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

### Westend Seniors Activity Centre

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



**NEW!**

## Alternative Investing for Retirement Income

**Weichurn Woo, Mackie Research Financial Advisor**

The tools available to individual retired investors for income investing is growing at a very rapid pace. Currently many of the strategies once used only by the major pension funds and high net worth investors, are now being offered at much lower thresholds for investing. One of the more popular investment assets being mentioned in investing publications, are the use of Structure Notes and specifically Auto Callable notes within that category. Auto Callables are financial instruments that combine features of both bonds and options. These hybrid securities are structured in such a way that they offer investors the potential for enhanced income returns and some level of principle protection while also providing the issuer with a degree of flexibility. Come join Wei Woo as we look at the basic mechanics of how these financial tools work.

**Steele Heights (5825 140 Avenue)**

Thu, Mar 28 / 9-10:30 AM / Wks 1

**\$2 NMW**

**NEW!**

## An Afternoon with Bob Layton and Shane Blakely!

**Bob Layton and Shane Blakely**

You are invited to join Bob Layton and Shane Blakely from 630 CHED and Global News for a presentation to hear and see funny, bizarre, and even sad stories from their years in broadcasting. Join us for an afternoon of stories from behind the microphone and high in the sky!

**Rundle (2909 113 Avenue)**

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

**\$2 NMW**

**NEW!**

## Annual 2023 Global Financial Market Review and 2024 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 in 2023, and look at forward guidance on what to expect for 2024. Of particular note is how the landscape continued to change in 2023, with the growing importance of alternative investments in retirement portfolios to help offset the dismal performance of negative bond returns in the past three years.

**Steele Heights (5825 140 Avenue)**

Wed, Jan 24 / 11:30 AM-1 PM / Wks 1

**\$2 NMW**

**NEW!**

## Healthy Ageing: The Cost of Caregiving

**Joanne Avery and Nasim Charkhandeh**

In this Healthy Ageing seminar presented by Joanne Avery, Investment Advisor at RBC Dominion Securities, with special guest, Nasim Charkhandeh of RBC Royal Trust, we will discuss the cost of caregiving as we age and what that means to plan thoughtfully and in advance, rather than left to a moment of crisis. We will also discuss caregiver burnout, how to ensure your financial plan has sufficient flexibility to contemplate eventualities of care, and the importance of having an up-to-date Will and Power of Attorney.

**Steele Heights (5825 140 Avenue)**

Wed, Jan 31 / 11:30 AM-12:30 PM / Wks 1

**\$2 NMW**





**NEW!** Retirement Income Planning and Decumulation

**Weichurn Woo, Mackie Research Financial Advisor**

2022 was a very challenging year for the financial markets, with majority of investment portfolios down. 2023 has been a tale of two markets, with certain parts of the market recovering, while other investments consider traditionally safe, doing poorly. At the same time, it has made many current retirees question some of the most important aspects of their ongoing retirement such as: How long will my money last? Am I going to be okay with the worst Bond market in modern history (still ongoing as of Fall 2023)? How much can I spend so I will not run out of money? Which of my assets should I spend first? How much will be left for my children? How does higher inflation than the previous decades affect my financial future? Are my retirement numbers and assumptions used in previous financial plans wrong or do they need to be adjusted? Come join Wei Woo as we go through these questions. During this presentation we will review a sample retirement income plan for a person in retirement. 2024 is the time to either revisit or create new retirement projections numbers to reflect the current financial reality.

**Steele Heights (5825 140 Avenue)**

Thu, Feb 29 / 9-10:30 AM / Wks 1

**\$2 NMW**

**NEW!** Will and Estate Planning: Am I Prepared?

**Joanne Avery and Nasim Charkhandeh**

In this Will and Estate Planning seminar presented by Joanne Avery, Investment Advisor at RBC Dominion Securities, with special guest, Nasim Charkhandeh of RBC Royal Trust, we will discuss the importance of estate planning so that you can retain more of your assets, protect your estate, and leave a lasting legacy for your family. Topics covered include choosing the right executor, power of attorney's, reviewing your Will and estate plan, and income taxes at death. Whether you have plans in place already, or not, please join us for this informative seminar that will help give you peace of mind that you are properly prepared. Family is welcome to register as well.

**Steele Heights (5825 140 Avenue)**

Wed, Mar 6 / 11:30 AM-12:30 PM / Wks 1

**\$2 NMW**

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

See page 46 for information about NESAs Landry Leisure Pass.



## 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, Jan 8-Mar 25 / 10 AM-12 PM / Wks 11

No class Feb 19

\$22

**B** Mon, Jan 8-Mar 25 / 1-3 PM / Wks 11

No class Feb 19

\$22

## **NEW!** Elder Abuse & Sage Seniors Safe House: What is it, what to pay attention to and how to help.

**Rachel Augustine, SAGE Community Response Coordinator**

Join Rachel from Sage Seniors Association as we discuss Elder Abuse and the resources available to address this issue. Abuse is something we should all be looking out for and isn't limited to any group or demographic. This information session is for people of all ages.

**Steele Heights (5825 140 Avenue)**

**A** Wed, Feb 28 / 11:30 AM-12:30 PM / Wks 1

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

**B** Thu, Mar 21 / 9-10 AM / Wks 1

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

## **NEW!** Senior Travel Health

**Pharmacist Raj from Central Point Pharmacy**

Join Raj, a Pharmacist from The Central Point Pharmacy who will present on all of the information you need for your upcoming travels including: the pre-travel consultation process, tools for travel health, special considerations (i.e. cruise ships, deep vein thrombosis, fall prevention), travel vaccinations (what is routine, recommended and required) along with things to know about medications when travelling to exotic destinations.

**Steele Heights (5825 140 Avenue)**

Thu, Jan 25 / 9:15-10:15 AM / Wks 1

\$2 **NMW**

NEW!

## Fit Minds (Presented by Chartwell)

Jennifer Hillmer and Sharon Pandza

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

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

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

### Fit Minds Week 1 / Jan 24 - 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 / Jan 31 - 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 / Feb 7 - 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 / Feb 14 - 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 / Feb 21 - 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 / Feb 28 - 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, Jan 24-Feb 28 / 1-2 PM / Wks 6

**\$12** 

**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!


## 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 Winter 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, Jan 10-Mar 27 / 9:30-11 AM / Wks 12

**\$131**

### 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, Jan 10-Mar 27 / 9:30-11 AM / Wks 12

**\$131**

## 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!

**NOTE** All participants are asked to park at the McClure United Church (13708-74 Street) on the north side of the parking lot.

**Registration deadline:** Jan 10, 2024

Jan 17, 2024 / Bus departs from McClure: 10 AM / Bus returns: 3 PM

**\$20 NMW**



## Alberta Aviation Museum

Bring a friend and come for an afternoon at the Alberta Aviation Museum. We will have a private tour of the Museum, to explore the history and technology of their aircraft collection, historic hangar, and their connections to Blatchford Field and the world.

**Registration deadline:** Feb 14, 2024

Feb 21, 2024 / Bus departs from McClure: 1:30 PM / Bus returns: 4 PM

**\$41 NMW**

**NOTE** All participants are asked to park at the McClure United Church (13708-74 Street) on the north side of the parking lot.

## Premium Outlet Collection Edmonton International Airport



Come for a day of shopping in the Outlet Mall. There are many stores where you can find a deal such as Body Shop, International Clothiers, Laura, Levis, Lindt and much more. Not to mention the wonderful places they have for lunch and snacks.

**Registration deadline:** Mar 6, 2024

Mar 13, 2024 / Bus departs from McClure: 10:30 AM / Bus returns: 4:30 PM

**\$20 NMW**

**NOTE** All participants are asked to park at the McClure United Church (13708-74 Street) on the north side of the parking lot.



## Choralaires

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

The NESAs Choralaires are looking for new members who love to sing. We learn to sing 4 part Harmony and love to perform. All are Welcome - Auditions are not required.

**NOTE** Concert on May 10, plus 4 sing-outs

**📍 McClure (13708 74 Street)**

Tue, Jan 9-May 7 / 1-2:30 PM / Wks 18

\$105

## 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, Jan 10-Mar 27 / 1:30-2:30 PM / Wks 12

\$83

## 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, Jan 10-Mar 27 / 2:45-3:45 PM / Wks 12

\$83

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

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

## 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, Jan 8-Mar 25 / 2:15-3:15 PM / Wks 11

No class Feb 19

\$76

## 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, Jan 8-Mar 25 / 3:15-3:45 PM / Wks 11

No class Feb 19

\$37



## Clogging: New Dancers Level 1

Adele Brewer

Clogging is a fun, rhythmic form of dance and is a great way to get that heart rate up while getting in those daily steps.

No experience necessary, no partner, and no clogging shoes required.

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

**A** Mon, Jan 8 / 1-2 PM / Wks 1

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

**B** Mon, Jan 15-Mar 25 / 1-2 PM / Wks 10

No class Feb 19

\$69

## 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, Jan 12-Mar 15 / 1-2 PM / Wks 8

No class Feb 9, Mar 8

\$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 2.5 is recommended.

📍 **Kilkenny (14910 72 Street)**

Fri, Jan 12-Mar 15 / 10-11 AM / Wks 8

No class Feb 9, Mar 8

\$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)**

Wed, Jan 17-Mar 13 / 11:45 AM-12:45 PM / Wks 8

No class Feb 7

\$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, Jan 17-Mar 13 / 1-2:30 PM / Wks 8

**No class Feb 7**

**\$75**

## 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, Jan 17-Mar 13 / 10-11:30 AM / Wks 8

**No class Feb 7**

**\$75**

## 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, Jan 12-Mar 15 / 11:15 AM-12:45 PM / Wks 8

**No class Feb 9, Mar 8**

**\$75**

## Handbells

**Wendy Hoskin**

If you can count, you can ring handbells. Beginners 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, Jan 11-Mar 28 / 10-11:30 AM / Wks 12

**\$68**



## TEMPORARY VENUE INFO

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

### 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, Jan 26-Mar 22 / 11 AM-12 PM / Wks 9

**\$97**

### 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, Jan 9-Mar 26 / 9-10:30 AM / Wks 12

**\$81**

### 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, Jan 23-Mar 26 / 1:30-2:30 PM / Wks 10

**\$72**

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

**Mike Chenoweth**

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).

**Kilkenny (14910 72 Street)**

**A** Tue, Jan 23-Mar 26 / 9-9:30 AM / Wks 10

**\$200**

**B** Tue, Jan 23-Mar 26 / 9:30-10 AM / Wks 10

**\$200**

**C** Tue, Jan 23-Mar 26 / 10-10:30 AM / Wks 10

**\$200**

**D** Tue, Jan 23-Mar 26 / 10:30-11 AM / Wks 10

**\$200**

**E** Tue, Jan 23-Mar 26 / 11-11:30 AM / Wks 10

**\$200**

**F** Tue, Jan 23-Mar 26 / 11:30 AM-12 PM / Wks 10

**\$200**

## 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, Jan 25-Mar 28 / 9-9:30 AM / Wks 10

**\$300**

**B** Thu, Jan 25-Mar 28 / 9:30-10 AM / Wks 10

**\$300**

**C** Thu, Jan 25-Mar 28 / 10-10:30 AM / Wks 10

**\$300**

**D** Thu, Jan 25-Mar 28 / 10:30-11 AM / Wks 10

**\$300**

**E** Thu, Jan 25-Mar 28 / 11-11:30 AM / Wks 10

**\$300**

**F** Thu, Jan 25-Mar 28 / 11:30 AM-12 PM / Wks 10

**\$300**

**G** Thu, Jan 25-Mar 28 / 12-12:30 PM / Wks 10

**\$300**

**H** Thu, Jan 25-Mar 28 / 12:30-1 PM / Wks 10

**\$300**



### NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESAs Laundry Leisure Pass.

### **NEW!** Sing-a-long: For those who love to sing!

**Suzan & John Shewchuk**

Suzan and John enjoy all types of music! They find singing joyful and like to share that joy with others. They have been active members of various jammer groups in Edmonton, St. Albert, and surrounding areas - including two at NESAs, for approximately five years. Since retiring, they began performing at Senior Lodges, condominium functions, and occasional birthdays and other parties. Join Suzan and John for a sing-a-long! Songbooks with over 200 songs of various genres spanning decades are provided. Participants will take turns selecting their favorite songs to sing. No musical experience is necessary.

📍 **Kilkenny (14910 72 Street)**

Fri, Feb 9-Mar 22 / 1:30-3 PM / Wks 6

**No class Mar 1**

**\$44**

**NEW!**

## Ukulele: Level 1

Classic Studios Music Academy

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, Jan 10-Mar 27 / 9-10:30 AM / Wks 12

**\$84**

### NEED HELP GETTING TO YOUR PROGRAM?

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

## Ukulele: Level 2

Classic Studios Music Academy

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, Jan 10-Mar 27 / 10:45 AM-12:15 PM / Wks 12

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

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

Club days/times are subject to change.

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





Programs start January 8, 2024 @ 8:30 AM

### 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, Jan 8-Mar 25 / 9 AM-12 PM / Wks 11

No session Feb 19

\$22

### Badminton Club

Winter 2024 Update: The Club will be taking some time off during the Northgate building renovation. Please stay tuned for more information in Spring 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, Jan 17, Feb 21, & Mar 20 / 10-11:30 AM / 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 Winter 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, Jan 11-Mar 28 / 12:30-4 PM / Wks 12

\$24

### 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, Jan 11-Mar 28 / 1-4 PM / Wks 12

\$24

## INTERESTED IN MORE CARD AND TABLE GAMES?

See page 13 for *Whist and Table Games Tuesday*.

### 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.

**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](http://seesa.ca)

📍 **SEESA (9350 82 Street)**

Thu, Jan 4-Mar 1 / 2-4:15 PM / Wks 9

Thu, Mar 7-Apr 25 / 2-4:15 PM / Wks 8

**\$3/Session Drop-in Fee**

### Chip Carvers Club

Winter 2024 Update: The Club will be taking some time off during the renovation. Please stay tuned for more information in Spring 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, Jan 9-Mar 26 / 9 AM-12 PM / Wks 12

**\$24**

### 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.

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

**A** Fri, Jan 12-Mar 22 / 9:45 AM-12 PM / Wks 10

**No session Mar 8**

**\$20**

**B** Fri, Jan 12-Mar 22 / 12:45-3 PM / Wks 10

**No session Mar 8**

**\$20**

**NOTE** If you require DATS, please ensure to book your pick-up time at this Hall for 2:30 PM.

### 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 3:30 PM.

📍 **Kilkenny (14910 72 Street)**

Thu, Jan 11-Mar 28 / 1-4 PM / Wks 12

**\$24**

### Garden Club

Join fellow garden enthusiasts every month to talk plants, gardening and more!

**NEW Date and Location!**

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

Wed, Feb 28 & Mar 27 / 9-10:30 AM / 2 dates

**\$4**

## Golf Club

Our [Annual General Meeting](#) will be held on *Wednesday, March 6, 2024*. We will be discussing plans for the start of our 2024 golf season (April-August 2024). If you would like to join us, register for more information about our season and club details.

**NOTE** *In addition to having a 2024 NESAs Membership and paying the \$2 club fee, there is also a \$25 cash season-end banquet fee collected by the Club Coordinator at the AGM.*

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

Wed, Mar 6 / 9-11 AM / 1 date

\$2

## Guitar Jam Club

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

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

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

Thu, Jan 11-Mar 28 / 12:30-3:30 PM / Wks 12

\$24

## 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 3:30 PM.*

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

Tue, Jan 9-Mar 26 / 1-4 PM / Wks 12

\$24

## Music Makers Club

Do you enjoy making music? We welcome all instruments!

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

Tue, Jan 9-Mar 26 / 9:30 AM-12:30 PM / Wks 12

\$24

## The Northgate Writers Society Club

Our group of writers wishes to welcome any NESAs 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 [nslswordweavers.blogspot.com](http://nslswordweavers.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, Jan 12-Mar 22 / 1-3 PM / Wks 11

\$22

## 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, Jan 12-Mar 22 / 9:30 AM-12:30 PM / Wks 11

\$22

## Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction: experience is required. Register at Central Lions or visit [www.centrallions.org](http://www.centrallions.org) for more information.

 **Central Lions (11113 113 Street)**

Fri, Jan 5-Apr 26 / 9 AM-3 PM / Wks 16

No session Mar 29

**\$80.00 (Register at Central Lions)**

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

Club days/times are subject to change. Must be a 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 [www.centrallions.org](http://www.centrallions.org) for more information.

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

**A** Wed, Jan 3-Apr 24 / 9 AM-3 PM / Wks 17

**B** Thu, Jan 4-Apr 25 / 9 AM-3 PM / Wks 17

**\$85.00 (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.

**NEW Date and Location!**

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

Wed, Jan 10, Feb 14, & Mar 13 / 9-10:30 AM / 3 dates

**\$6**

## Washi Chigiri-e Club

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

## Weavers Club

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

## Wildlife Carving Club

No formal instruction is provided but members are encouraged to bring in new or old projects and will learn and share tips with other experienced carvers. Register at Central Lions or visit [www.centrallions.org](http://www.centrallions.org) for more information.

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

Mon, Jan 8-Apr 29 / 9 AM-12 PM / Wks 16

**No session Feb 19**

**\$40 (Register at Central Lions)**

## 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.

**NOTE** *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, Jan 10-Mar 27 / 12-2:30 PM / Wks 12

**Free (Registration is still required)**



## PLEASE NOTE

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

## ALL ARE WELCOME TO OUR EVENTS!

<b>Nov 27 onwards</b>	<b>WINTER GUIDE IS AVAILABLE / REGISTRATION IS OPEN</b>
<b>Dec 2</b>	<b>CHORALAIRES AND BELL CHOIR: CHRISTMAS JAMBOREE</b> 2 PM / McClure United Church (13708 74 Street)
<b>Dec 6</b>	<b>BOTTLE DRIVE</b> 9 AM-12 PM / Steele Heights Parking Lot (5825 140 Avenue)
<b>Dec 19</b>	<b>CLUB LOBBY SALE</b> Featuring: Art, Creative Greeting Cards, Pins & Needles, Silversmithing, and The Wizards of Odds 'n Ends 9 AM-3 PM / McClure United Church (13708 74 Street)
<b>Dec 19 – 20</b>	<b>BOOK SALE</b> 9 AM-3 PM / McClure United Church Basement (13708 74 Street)
<b>Dec 22 – Jan 1</b>	<b>NESA CLOSED / HOLIDAY CLOSURE</b>
<b>Jan 3</b>	<b>BOTTLE DRIVE</b> 9 AM-12 PM / Steele Heights Parking Lot (5825 140 Avenue)
<b>Jan 8 – Mar 25</b>	<b>LIL'BOOK SALE (EVERY MONDAY) POCKET, HARD, AND SOFT COVER</b> 9 AM-3 PM / McClure United Church Basement (13708 74 Street)
<b>Feb 7</b>	<b>BOTTLE DRIVE</b> 9 AM-12 PM / Steele Heights Parking Lot (5825 140 Avenue)
<b>Feb 19</b>	<b>NESA CLOSED / STAT HOLIDAY / FAMILY DAY</b>
<b>Mar 6</b>	<b>BOTTLE DRIVE</b> 9 AM-12 PM / Steele Heights Parking Lot (5825 140 Avenue)
<b>Mar 8</b>	<b>MUGSHOTS AND MAKEOVERS</b> Stay tuned for more information!
<b>Mar 29</b>	<b>NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY</b>
<b>Apr 1</b>	<b>NESA CLOSED / STAT HOLIDAY / EASTER SUNDAY (IN LIEU)</b>

## STAY TUNED FOR SPRING 2024 PROGRAM INFORMATION!

Details available early March 2024.

# NESA's LANDRY LEISURE PASS



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

## Things to Know

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

## How do I qualify?

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

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

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

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

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

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

## INTERESTED? HAVE QUESTIONS?

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

## How do I renew my current LLP pass?

- Ensure you have an active 2024 NESA Membership;
- Provide NESA with a copy of your 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](mailto:llp@nesa1.ca)
- If eligibility requirements met, your member account will be updated, and your subsidy will be in effect and available immediately for all eligible programs.

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

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



## 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 are 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 services**, please call **780.454.1194** to request assistance.

If you know of a senior that may need **Outreach** support or assistance, 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](mailto:transportation@nesa1.ca) or by calling 780.496.6969 so the team can determine if you may be eligible for NESAs transportation subsidy program.



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

MUGSHOTS & MAKEOVERS

CREATE

FUN



**Please recycle!**

– And pass this program guide on to a friend