

# FALL 2020 EDITION



## NORTH EDMONTON SENIORS NEWS

### @ NORTHGATE LIONS SENIORS RECREATION CENTRE

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

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

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

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

Twitter: @nesayeg / Instagram: @nesayeg

#### Dates to Remember

Sept 4, 11      Fundraising Sales  
Sept 24      Annual General Meeting



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## Join us for Laughter, Learning & Living!

## Message from the NESa Board President:

Welcome Back. In past years after the summer break, this meant a BBQ to kick off our fall season. However, this year things are different as we respond to the Corona virus pandemic. The staff has done an excellent job in making the changes necessary to keep us safe while at the Center. Unfortunately, because of space limitations and social distancing requirements, we will not be able to offer all of the activities we have in the past.

In the days ahead, even if things are not going exactly as you expect, please keep in mind the staff are operating under the guidance of the City of Edmonton and AHS and doing their very best to keep us all safe. Your respectful conduct is appreciated. The Board met on August 24 for the first in-person meeting since February. We are hopeful we will be able to continue with regular Board and Committee meetings throughout the year.

The preparation of the annual budget for 2021 will start soon along with the update to our strategic (long term) plan. With the fiscal constraints on the various levels of governments, our funding sources will likely be affected. We aim for completion and Board approval of the budget before the end of December. We will also continue to review and update the policies, procedures and risk assessments.

The Annual General Meeting (AGM) previously scheduled for April, has been rescheduled to September 24, where in addition to other regular business, by law changes will be presented for approval and new board members will be elected.

**Randy Tomyn**  
President



## Attention NESa Members!

We would like to invite you to our  
**Annual General Meeting**  
on Thursday, September 24, 2020  
at 9:00am (held in the auditorium).

Please pre-register via [MyActiveCenter.com](https://MyActiveCenter.com)  
or email [info@nesa1.ca](mailto:info@nesa1.ca) or you can call  
or stop by the front desk to add your name to the list.

Proposed Bylaw Updates are available on [www.nesa1.ca](http://www.nesa1.ca)

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

I still can't personally decide if I'm happy time moves so quickly, or if I wished it would slow down. It would be nice to have the pandemic at an end, or close to an end but these months have also been a time to spend more time at home, and with family.

The first month of operation has gone fairly well, and we respect our member's choices in attending, waiting a bit longer, or staying away until the pandemic is over. Individual needs are different for everyone, and we recognize and respect it.

The Board, staff, volunteers and our partners, the City of Edmonton, have been exceptional in remaining focused on adapting to the evolving needs of the seniors in the community. An increase in need for friendly phone calls, food hamper distribution and general support means it has been all hands on deck at times to assist.

Chairs and tables have all been spaced out as per regulations, and the facility definitely has a different feel to it, but we have been doing what we can to keep it as friendly as possible. There are jokes on the windows around the building, and the volunteer gardeners have kept the flowers well maintained.



We look forward to seeing you when you are ready.

**Nancy Melnychuk**  
Executive Director

# FUNDRAISERS

## Supporting NESA Fundraisers

### Words from the Wizards

The Wizards are back, with limited numbers and wearing facemasks. We are still here to fundraise for NESA through the items we make with your donated fabrics and yarn! Please join us on **September 4<sup>th</sup> and 11<sup>th</sup> from 9 am to 3 pm** when we will take part in the NESA fall sales in the parking lot or auditorium. Hope to see you there.



Annelies Barzilay, Coordinator

### Books and Puzzles

Looking for books perfect to read over the winter, perhaps a little romance or a good mystery. Or stock up on puzzles to keep you busy on those cold winter nights. Join us on **September 4 and 11th from 9 am to 3 pm** for our first ever outside fundraising sale (Note: We will relocate the sale to the auditorium if the weather doesn't co-operate).



### Jewelry Sale

There will also be a jewelry table out during this sale on **September 4th and 11th from 9 am to 3 pm**. Explore our collection of beautiful, sparkly jewelry. You never know what surprises and treasures you will find.





# FUNDRAISERS

## Supporting NESAs Fundraisers

### Hardanger Table

Love hardanger? Thinking about a winter project? NESAs will have a hardanger table at the **September 4th and 11th 9 am to 11 am** Fundraising sale. We have a huge selection of donated hardanger fabric, and silk ribbon. Our prices cannot be beat!!



### Pins & Needles Table

Pins & Needles will have a table at the **September 11th 9 am to 3 pm** Fundraising Sale. So if you're looking for baby blankets, place mats, or almost anything quilted, come and see us.

### Widynowskis Meat Sale

The Widynowski Meat Fundraiser is back!! We will have a table set up at the **September 4th and 11th** Fundraising sale. You can place your order then or simply go to our website and download the order form and bring it back to the Centre. Order deadline is December 4th.



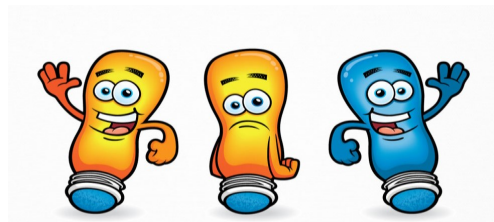
### M & M Meats

Did you know when you shop at the **Northgate** M & M Meat store, if you tell them you are a NESAs member 15% of your total order (excluding sale items) will be donated back to NESAs. You don't have to be a member to support this fundraiser; if you have friends or family who shop at M & M Meats Northgate let them know if they tell the sales clerk they are a friend of NESAs 15% of their total order (excluding sale items) will be donated back to NESAs.



### Bingos

Kensington Bingo is open and NESAs has monthly bingo events. Get out of the house and join us on September 13th, October 27th, November 17th and December 29th.



# FITNESS CENTRE

## What We Offer

- ♦ A welcoming, friendly, inclusive and fun exercise environment
- ♦ Cardio and resistance training machines, free weights, and portable equipment
- ♦ Free machine basic-operation orientations for members [must be scheduled in advance with a fitness centre volunteer]
- ♦ Personal Training Services and Personalized Training Program Design are also **[Additional costs apply for these services]** \*As of September 1, 2020: NESAs does not currently have any personal training services available. Stay tuned for more updates in the future.



## Book Your Fitness Centre Visit Today

- 1) Visit **www.nesa1.ca**
- 2) Look for the **“What We Do”** tab
- 3) Find the section called **“Fitness Centre”**
- 4) Click on the **“Book Your Visit Here”** button
- 5) You will be redirected to the **Schedulicity** bookings page where you will then click the button that says **“Schedule Now”**
- 6) Choose the date and time you would like to book your session
- 7) Create or login to your Schedulicity account
- 8) Confirm your visit details and then click **“Book My Visit”**. An email will then be sent to you confirming your booking.



\*To cancel, reschedule or to add more bookings, refer to the email you will receive from NESAs shortly after making your fitness centre booking.

## Hours Of Operation

Monday through Friday  
8:15am-3:30pm

\*75-minute sessions available

\*Must pre-book your session.

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

## Admission Fees

\*Prices may be subject to change

Drop-In \$4.00

10-Visit Pass \$30.00

Monthly Pass \$35.00

Annual Pass \$325.00

**\*Passes are not refundable or transferrable.  
10-Visit passes expire after one year.**

## NESAs Merchandise For Sale

Interested in purchasing a NESAs-Shirt, tote bag, or some fitness equipment so you can exercise at home? Please visit our fitness centre to see what we have in our inventory!

**\*Still need some help?**

**Call the Fitness Centre at 780-944-7442 or  
the Fitness Centre Coordinator  
Jollean at 780-496-4915**



# PROGRAM NEWS

## Summer 2020 Program Recap

Thankyou to all of the members and instructors who participated in our four-week Summer session here at NESAs. It was so great to open our doors and welcome our recreation community back for a short yet action-packed season. NESAs received very positive feedback regarding all of the safety and health measures our organization and the City of Edmonton put in place to minimize the ongoing risks associated with the pandemic. Many members stated they were excited to return for the Fall 2020 season.

Still have a refund to pick up from the Winter or Spring 2020 season? Pop by the front desk the next time you are here and our team would be happy to assist you with this!

## Fall 2020 SESSION 1 Update - Why isn't my class or club scheduled?

As covid-19 has presented many challenges for our programming team, please know that we are working diligently to provide our membership with as many of the programs, clubs, and activities as once offered in the past. As identified in the *Programs and Operations* update (found on our website), there are several factors as to why certain activities and programs are not currently being offered. In addition to certain safety or health risks associated with select activities, certain classes, clubs, and programs may not be offered at this time as NESAs has not been able to secure an instructor or an appropriate space. We thank you for your patience and understanding during these uncertain times. Please know we are working on addressing this as best as possible. Plans for the Fall 2020 Session 2 are already underway.

*Please stay tuned for more information and updates!*

### ***What we are doing to keep you safe during your programs and club activities?***

- Scheduling **shorter seasons** to allow for more frequent program evaluations and space configurations
- **Increased cleaning** and sanitization protocols for rooms and common spaces
- **Reduced occupancy** to give you and others more space to move within
- **Mandatory mask-wearing** policy implemented in all indoor public spaces
- Increased presence of **hand sanitation stations** throughout the facility
- **Ongoing risk-assessments** conducted to assess program safety
- Maintaining regular communication and **consultation with Alberta Health Services.**

## NESA REFUND INFORMATION

### **NESA is a non-profit organization.**

This means that program fees collected are used to pay for the instructor and the space.

When programs have low-enrollment we may have to cancel the program because we can not afford to offer it. When able to, we will use other program's fees to supplement a new course so we can get it up and running. By doing this, it helps us reduce the number of programs we are having to cancel; we want to provide as many activities and options for our members.

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

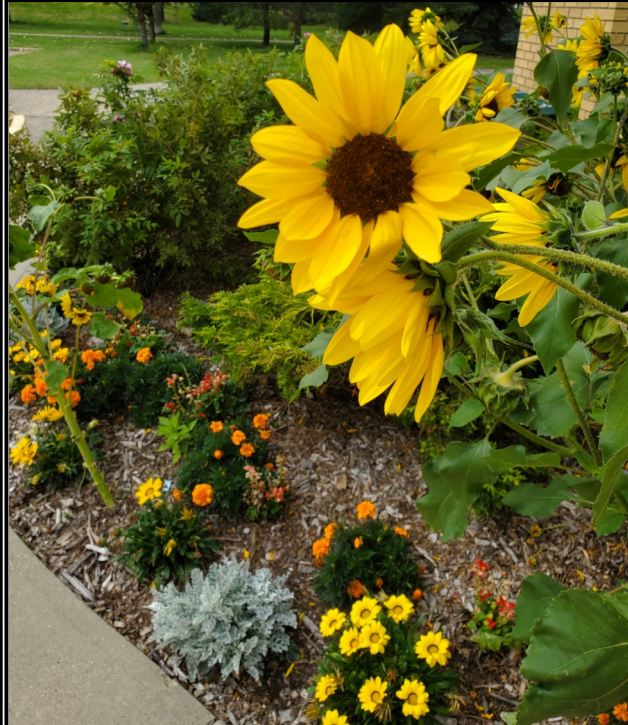
*Thank you for your understanding.*

## VOLUNTEER HIGHLIGHTS

It's been so wonderful having you back at NESAs!

We've been thrilled to have some of our volunteers return to their positions!

- Fitness Centre
- Front Desk
- Fundraising
- Gardening
- Knitting from the Heart
- Maintenance
- Newsletter (Editing)
- Protocol Ambassador and more!



Even while we were closed, we still looked fantastic!

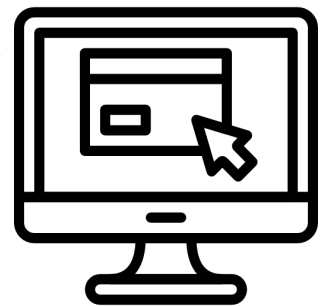
Thank you for all your hard work to keep our grounds beautiful all season, Gardeners!

## VOLUNTEER NEWS

### Volunteer Web Page: New Updates

The Volunteer Page on our website has been updated! On [www.nesa1.ca](http://www.nesa1.ca), under 'Get Involved', you will find our Volunteer page with loads of updated information! Check it out for the most recent volunteer opportunities, volunteer news, and to update your current information.

At the bottom of the page you will find a new tool for existing volunteers where you can easily update your personal information, change your emergency contact's information, update your availability, or even indicate new areas of interest!



### Volunteer T-Shirts: Know your size to pick up!



To help our volunteers be more visible in a crowd, we are excited about our new NESAs volunteer t-shirts! These shirts come in a beautiful royal blue (a new stand-out colour we've never sold before!) and are currently available for pickup for **social and fundraising volunteers**.

**Unfortunately, we are not able to offer try-ons at this time.** If you know your size, you can stop by to the front office during regular business hours to ask for Cathy or Marley to assist you with a t-shirt!

**NOTE:** Based on feedback from volunteers, we recommend choosing one size up from your standard size for the best fit!



# VOLUNTEER OPPORTUNITIES

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

*Please note: Some volunteer positions currently remain on hiatus. Thank you for understanding.*

## FRONT DESK:

Do you have a knack for working with people and a background of administrative skills? Join our team of front office volunteers! Duties include greeting visitors, answering and transferring phone calls, general administrative tasks, handling payments, registrations and providing information to members. Some basic computer skills required.

Shifts available on various weekdays.

Shift times: 8:15am-12:15pm, or  
12:15pm-4:15pm

## FITNESS CENTRE:

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

Shifts available on various weekdays.

Shift times: 8:00am-12:00pm, or  
12:00pm-3:30pm

## FRIENDLY PHONE CALLER:

If you love to chat, have a friendly and empathetic personality, and a good understanding of some of the struggles seniors can face in isolation, we have the perfect position for you! Volunteers assist our Outreach Team in reaching out to a list of vulnerable seniors each week to connect and offer resources. Mental Health background or equivalent considered an asset.

Time commitment: 2-3 hours per week,  
(Tues, Wed, or Thurs)

## GAMES ORGANIZER & HOST:

Live to have fun? Host game shows and other fun activities in our Auditorium for NESA members once a month! Plan, organize and facilitate different games (that can be played safely at a distance!) along with our social committee.

Time commitment:  
10 hours per month.

Must be available last  
Friday of each month.



## ADVERTISING ONLINE & SIGNAGE:

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

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

Time commitment: Approx. 5 hours monthly.

## PROTOCOL AMBASSADOR:

Assist our members in navigating new protocols while helping our staff in implementing these changes throughout the Centre. Pairs of volunteers are stationed at the entrance to greet individuals and provide the most up-to-date health and safety information, provide temperature checks (by request), offer resources, centre information, personal protective supplies, and complete room headcounts.

Shifts available on various weekdays.

Shift times: 8:30-11:30am, or 11:30am-2:30pm

## CARE UPDATE

### Outreach:

The **Knitting from the Heart** lunch has been canceled this year due to Covid-19.

However, NESAs would still like to show their appreciation for all you have done by delivering a special gift. The Outreach team will deliver the gift to your home.

Please make sure NESAs are aware of any address changes.

Please call the Centre to update your hours if you have not done so already.

**Outreach services at NESAs can be reached Monday through Friday  
from 8:30am – 4:00pm at 780-414-8790**

### Home Supports:

We are still your resource for credible service providers who can perform housekeeping, snow removal, yard maintenance, home repairs and maintenance, moving help and personal services.

If you would like more information about the program or need a referral please contact us at **780-944-7470**.

### Getting to Know:

**Deanne Adams – Home Supports and Outings Coordinator**

**What's the best thing about Edmonton?** Having my family around. Most of us get together every couple of weeks to hang out and be corn balls.

**If you had to eat one meal for the rest of your life what would it be?** Hmm...The Bistro steak salad from Oregano's, a petite filet from Ruth's Chris, the buffalo chicken poutine at the Brewhouse, my mom's chicken crepes, one of my grilled cheese sandwiches. Brie straight out of the oven. Asparagus. My tiramisu. Oh and a banana milkshake!



**What do you say that sounds just like your mother or father?** "My house, my rules". Works about as well on my teenage son as it did on me.

**Share a fond childhood memory:** My brother and I always used to get the giggles at the dinner table. My mom would get annoyed at us and tell us to "Stop laughing and eat!" The more annoyed she got at us the funnier it became, and the more we couldn't stop laughing. And then of course the more she got annoyed...(giggling... it still makes me laugh remembering those meals).

**If you could get on a plane tomorrow, what would be your destination?** Home. (Arizona)

**Something about NESAs I will never forget....**That's easy, being part of a team of superheroes!

# JUST FOR THE FUN OF IT

## English Pronunciation Poem

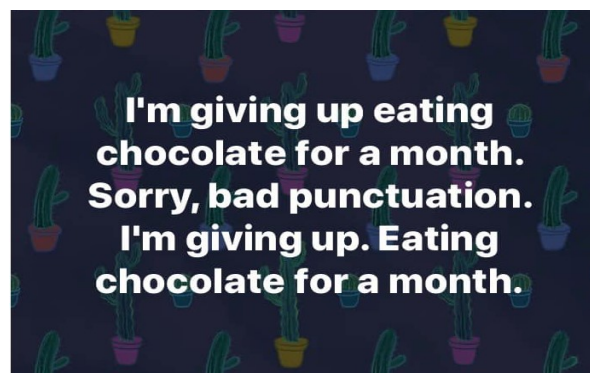
I take it you already **know**  
of **tough** and **bough** and **cough** and **dough**.  
Others may stumble, but not **you**,  
On **hiccough**, **thorough**, **lough** and **through**.  
Well done! And now you wish, perhaps,  
To learn of less familiar traps.

Beware of **heard**, a dreadful **word**  
That looks like **beard** and sounds like **bird**.  
And **dead** – it's said like **bed**, not **bead**.  
For goodness sake, don't call it **deed**!  
Watch out for **meat** and **great** and **threat**.  
They rhyme with **suite** and **straight** and **debt**.

A **moth** is not a **moth** in **mother**,  
Nor **both** in **bother**, **broth** in **brother**,  
And **here** is not a match for **there**,  
Nor **dear** and **fear** for **pear** and **bear**.  
And then there's **dose** and **rose** and **lose**  
Just look them up — and **goose** and **choose**.

And **cork** and **work** and **card** and **ward**.  
And **font** and **front** and **word** and **sword**.  
And **do** and **go**, then **thwart** and **cart**.  
Come, come I've hardly made a **start**.

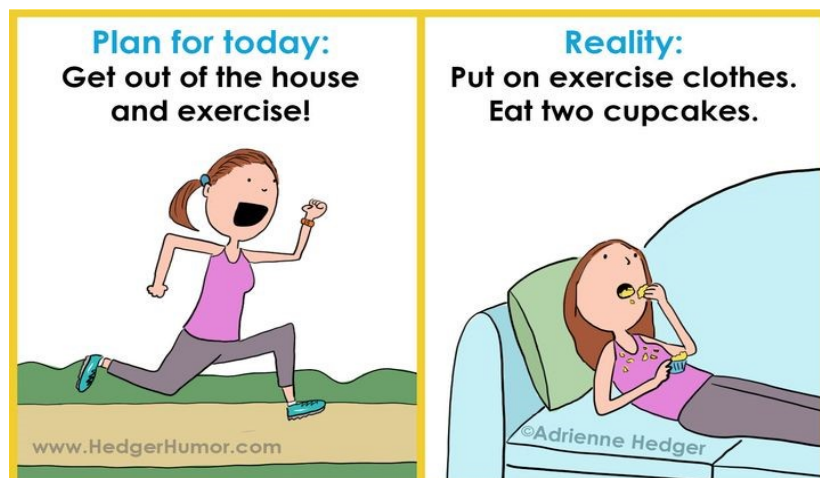
A dreadful language? Man **alive**,  
I'd mastered it when I was **five**!



## COVID

Unscramble the letters to form a pandemic-related word.  
Answers will be posted in the next newsletter.

SSEENLBI	_____	RREOEYVC	_____
TLAIURV	_____	GWHISNA	_____
IAECVCN	_____	GCLLNAAEH	_____
IANCRG	_____	KAMS	_____
THROOC	_____	VCREU	_____
TCONISSRRET	_____	IENCSDTF	_____
GTTNEIS	_____	UAESIOTRCPN	_____
OHGUC	_____	EERVF	_____
NTLSSOIIA	_____	MTCNOMUIY	_____
SGLNIOC	_____	AEEENOUTCMRNG	_____



Translation: Leftovers

## OTHER INTERESTING STUFF

### ***Banquet Hall & Meeting Rooms***

Rental Space available for  
Weddings, Anniversaries,  
Birthdays, Meetings, etc.

Auditorium, Cafeteria and  
Meeting Rooms  
(Air Conditioned & Free Parking!)

***Need to rent a space?  
Call 780.496.4928***

***E.M.M.A Catering  
780.406.0840***

Superb home-cooked meals at  
excellent prices!

***Northgate Lions  
Recreation Centre  
7524 - 139 Avenue  
Edmonton, AB, T5C 3H7***

### ***Wellness Care Services Offered***

#### **Footcare and Massage Therapy Update**

In light of the current covid-19 situation, we wish to inform you that we will no longer be offering in-house personal services. While we do recognize the convenience of having these services available on site, in compliance with the requirements for maintaining a safe environment for our members and community, these services will no longer be offered.

Please contact our Home Supports Coordinator at 780-944-7470 for information about how and where you can access personal services offsite.

## ***BE IN THE KNOW!***

***Do you want to stay up-to-date with all  
of NESA's news and announcements?***



Sign up online to receive future e-communications so you can stay in the know! Visit us at **[www.nesa1.ca](http://www.nesa1.ca)** and find the '**News & Events**' section then click on the '**Sign up for E-News**' link and have your name added to the list for future emails!



## INFO ABOUT WEDNESDAY NIGHT DINNERS

### Wednesday Night Dinners are back!



Call **780-406-0840** to book your reservation today!  
Cut-off to make or cancel a dinner reservation is the Monday prior to the Wednesday dinner (no exceptions). If Monday is a holiday, phone and leave a message on the answering machine.

### September 2020 Menu



*September 9 - Salmon Dinner - \$23.00*  
*September 16 - Chicken and Roasted Potatoes - \$23.00*  
*September 23 - Ham and Scalloped Potatoes - \$23.00*  
*September 30 - Sweet and Sour Ribs - \$23.00*

### Exciting news!

E.M.M.A Catering has gone online! Want to buy some snacks or meals to go? Be sure to check out their website at  
[www.foodordersonline.ca/emma-catering](http://www.foodordersonline.ca/emma-catering)