



2023 REPORT TO THE COMMUNITY



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Northgate Lions Seniors Recreation Centre | 7524-139 Avenue



OUR MISSION

To provide a friendly environment offering physically and mentally rewarding activities and services which promote wellness, independence and community involvement.



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MESSAGE FROM PRESIDENT



BOARD PRESIDENT, RON NICHOL

So... just when we thought we were well on our way to rebuilding our membership and programs after the health crisis, the City informed us of its plans to shut down the building in July for up to nine months to undertake the Infrastructure Upgrade Project. While NESAs is 100% in support of this work which will prepare the facility well for its future, I will admit to feeling like we were kicked in the stomach after working so hard to make it through the previous three years.

For those who may not be up to speed on the work being doing at Northgate Lions, here are the main items:

- Complete upgrade of the building electrical system to ensure adequate supply and optimal energy management
- Upgrade of the building air-handling system
- Installation of a computer-based building management system that will enable more sophisticated operation
- Repair of the front entrance elevator
- Replacement of the swinging front entrance doors with sliding doors for both accessibility and temperature management

The most recent project update that we have received indicates that the project is on schedule and your Board continues to positively visualize that we will have access to the building in late Spring 2024.

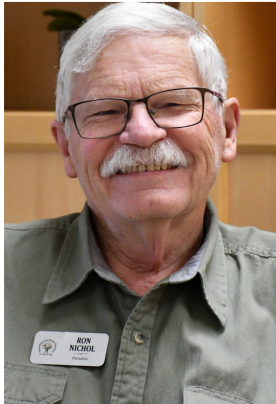
NESA is blessed with caring, capable, creative and dedicated staff and Board/Committee members and with patient, understanding, enthusiastic and caring members. These characteristics helped us enormously as we strove to relocate programs and staff and overcome the myriad of challenges posed by the closure of our "home".

As I complete my final year as your President, I wish to draw special attention to the following highlights from 2023:

- The recruitment and on-boarding of four new NESAs Directors – Darlene Arason, Sharon Styles, Marilyn Witte and Gary Paquin (since resigned for health reasons) – and the energy that they brought to the Board.
- The ongoing work of NESAs Board of Directors in the areas of risk management, strategic planning, financial management and support for the work of its Committees.
- The diligence and capability with which our staff undertook the relocations of programs, clubs and activities for the last half of 2023.
- Saying “goodbye, thanks and best wishes” to our NESAs Outreach staff as the City pursued a different model for delivery of these services.
- The successful implementation of our Seniors Transportation Pilot program that, with support from a Federal Government New Horizons for Seniors grant, saw seniors in need provided with door-to-door transportation to Northgate Lions
- The continuing and detailed work of the NESAs Board Standing Committees (Executive, Governance, Diversity and Inclusion, Finance, Human Resources, Member Services, Fund-Development); Task Teams (Food Services, Special Projects) and Operational Committees (Social, Fundraising).
- Saying “goodbye, thanks and best wishes” to the folks from EMMA Catering who provided excellent service at Northgate Lions for over 15 years.
- The work of the Council of Governors managing NESAs special funds and assisting with Board recruitment.
- The ongoing leadership excellence provided by our Executive Director, Nancy Melnychuk.
- The work of the Membership Services Committee in focusing attention on ensuring that NESAs member services are the best that they can be.
- The work of the NESAs Special Projects Task Team that is exploring capital projects that can be undertaken by NESAs to improve the facility prior to fall reopening.
- The “restart” of the NESAs Diversity and Inclusion Committee.
- The work of the NESAs Food Services Task Team in preparing the proposal call that we hope will attract a new Food Services Contractor for the facility.
- The wonderful work done quietly in the background by the Knitting From the Heart volunteers and the Wizards in support of communities in our neighborhood and NESAs.

While it will remain challenging for the first half of 2024 while we continue to program in a multitude of dispersed locations, it will be very exciting to hit the ground running with a full slate of programs and activities at our Northgate Lions home in the spring. As is always the case, your ideas and suggestions on programs, events and activities are welcomed.

BOARD OF DIRECTORS



Ron Nichol
President



Marilyn Buchanan
Vice President



Aurelio Fernandes
Treasurer



Marie Tauber
Secretary



Liz Anderson



Darlene Arason



Norm Godbout



Diana Riley



Sharon Styles



Marilyn Witte

MESSAGE FROM EXECUTIVE DIRECTOR

NANCY MELNYCHUK



NESA STAFF

In 2023, our organization faced yet another challenging year. Instead of choosing the easy path, we embraced the challenge and the community rallied around us to support our continued service to seniors. Our staff visited numerous community leagues and venues, and we extend our gratitude to all who welcomed us with open doors. Ultimately, we found suitable spaces at Kilkenny, Steele Heights, and the ACT Centre that met our requirements, including the ability to offer multiple programs in one location, access to wifi, and adequate parking.


We appreciate the community league volunteers who showcased their spaces and accommodated us, as well as Londonderry Community League for hosting our Board meetings. We are also thankful for the ongoing support from our friends at McClure United Church, who have been invaluable to us even before these challenges arose. The friendships formed during this time of upheaval have truly made McClure United Church a wonderful "home base" for NESAs.

Our dedicated staff and volunteers have shown remarkable resilience, adapting creatively to changing needs to continue fundraising and delivering programs. We acknowledge the daily volunteers whose presence, though not always busy, has been greatly needed. The frequent offers of help from members, whether it's moving tables or assisting in various tasks, highlight the strong sense of community within NESAs.

Despite uncertainties, we managed to organize successful events such as book sales, bottle drives, and pop-up Wizards sales, thanks to everyone's collaborative efforts. In 2023, significant changes were also made to how Outreach work and Home Supports are managed city-wide, and we are pleased to report that all three staff members are doing well.

Our kitchen operations underwent changes, bidding farewell to Dragana and Milenko, who remain active and busy during the winter months. We commend the City of Edmonton staff and Lorac Construction for their hard work in accommodating our members' eagerness to return promptly.

As we step into 2024, we look forward to being back at the Centre with new staff and members, embracing the familiar camaraderie that defines our community.



“Fitness classes with Falon have changed my life - I don’t know what I would do without them. Falon knows exactly what I need to stay healthy, fit and flexible and teaches in a way that makes it all very fun. I love my classes and this community.”

- NESAs Member, 74



COUNCIL OF GOVERNORS

Thank you to everyone who donated to the Sustainability and Building Funds in the past year. Sustainability Fund donations are invested and the earnings from the fund are used to fund the Landry Leisure Pass. Your donations this year mean that every year, four additional individuals will be able to participate in NESAs programs that they may not have otherwise been able to participate in. The donations to the Building Fund mean that your Board of Directors will be able to make some improvements to the building during the renovations, which would not otherwise be possible.

The Council of Governors was established by the membership of NESAs at the Annual Meeting on May 15, 2014. The purpose of the Council is to act as sole trustee, manager and custodian for the Sustainability Fund. The Fund was established by a generous donation from the estate of Therese Landry, and grows through donations of members. Donations to this fund are invested and the income earned by the investments is then used to fund programs at NESAs. In 2023, almost \$11,000 was paid directly to NESAs.

At the request of the Board of Directors, the Council also manages and invests the Building Fund. NESAs's Board of Directors is the sole authority for the use of this fund. Both funds are "protected funds" and subject to CRA rules regarding their use. Funds can only be used for purposes which their donors directed.



IMPROVING LIVES

“Exercise is really important. It can help with depression, even if you don’t realize you’re feeling down. I’ve had those days. **Then I’ll go to a class, see my friends, do my thing, and all of a sudden I’m okay.**”

- GAIL DE HAAN, MEMBER

No regrets: Gail de Haan follows her mother and grandmother to NESAs, and she’s glad she did!

Gail de Haan was newly widowed and feeling rudderless when her mom urged her to give NESAs a try.

After resisting for more than a year, Gail relented and took one class. Which led to another. And another. And personal training. And pickleball. Equally important, it led to friendships that, seven years later, draw her to NESAs even when her spirits are low.

“I honestly don’t know where I would be without NESAs,” Gail says. “It’s hard to lose a spouse and then find your way. People say exercise can make a difference, and for me it really does. But the socialization was a huge thing that kept me going. NESAs got me through a really tough time and onto a different path.”

It all started in October 2015, when Rob, her fit firefighting husband, was diagnosed with pancreatic cancer. Gail quit work as a pediatric clinic nurse to care for Rob, drawing on previous experience in intensive care as his disease progressed. Nine months after being diagnosed, Rob died at age 54, leaving behind Gail, a son named Brendon and Annalise, a daughter with special needs.



No longer able to share Annalise’s care with a partner, Gail left her career behind at age 55 to ensure her daughter had dependable support. “I was young to retire, and all my friends were still working,” she recalls. “So I was a bit lost.”

That’s when her mom, Doris Willey, began urging Gail to try NESAs. Like her own mother, Doris enjoyed many NESAs outings, events and classes over the decades. Now 93, she still plays bridge as often as she can.

After months of saying “That’s for old people,” Gail sampled her first exercise class. Soon after, she was regularly joining classmates in the NESAs coffee shop – and in plans to take more classes together. “When you retire, you’ve got to figure out, ‘What am I going to do today?’” she ponders. “If you have ‘this’ and ‘this’ to do, everything can fall into place. Your friends are there, and you’re accountable; you’ve got to show up.”

“Exercise is really important. It can help with depression, even if you don’t realize you’re feeling down. I’ve had those days. Then I’ll go to a class, see my friends do my thing, and all of a sudden I’m okay.”

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Then Gail tried pickleball, despite dread of walking into a room of strangers and possibly letting down a partner. Finding an equally warm welcome on the pickleball court, she gained confidence by taking “how to play pickleball” lessons and now thoroughly enjoys the workout, good fun and comradery that pull so many into the game.

“What I missed after losing my husband was the social interaction; my daughter understands everything and can text, but she doesn’t talk, so it’s kind of isolating,” Gail says. “For people older than me who have lost their significant other, I can imagine what a place NESAs is for them as well. Really, it fills a huge void.”

Gail is loyal to NESAs for many reasons: its variety of daytime classes, knowledgeable instructors, reasonable fees, excellent fitness equipment. Plus the dedicated and approachable staff and volunteers who make sure NESAs is a welcoming place for seniors of all ages.

“I guess I will always be a caregiver. As a nurse to my husband, my daughter and now my mom, it’s the role I’ve taken on. Being able to carve out a little bit of time for myself – it’s a huge thing when you’re in a caregiving role,” Gail reflects.

“I wasn’t listening to my mom about coming here. After all, who listens to their mom? But telling me to try NESAs is the best thing she ever did.”



NEARING 100, GERDA WENDEL IS FORGING HER OWN PATH, CAREFULLY...



Gerda Wendel is the kind of senior I want to be. At age 99, she lives in her own home and does her own cooking and laundry despite limited mobility. A retired accountant, she pulls out her Monroe adding machine to do income tax returns not only for herself but for few friends. She regularly walks several blocks to shop and bank, taking it slow and using a walker to avoid falls. Each spring, you'll find her planting a backyard garden.

Equally admirable is the support that makes it possible for Gerda to continue living independently. The North Edmonton Seniors Association plays a big role in that, giving her a place to connect and socialize.

She also hires help for housecleaning and windows, relies on neighbours to shovel sidewalks and carries a cellphone in case of emergency. When something needs fixing, she alerts stepson Hans Kranz, who phones every morning. Lately, she also buys rather than bakes the solid German roggenbrot that reminds her of her roots.

Born in East Germany, Gerda rowed competitively in both East and West Germany, culminating in a memorable audience with the Prime Minister after a first-prize finish. Married in 1950, she came with her husband to Winnipeg eight years later, where they lived for a year before putting down roots in Edmonton. Divorced after 15 years, she met a soulmate in Leo Wendel, and they married in 1967.

It was Leo who taught Gerda to garden – and to cook. “I was always a sports girl and an office girl, not a housewife and not a gardener,” she says. “He taught me, and I got hooked.”

Among Gerda's great regrets is never having a child with Leo. After multiple miscarriages, the couple applied to adopt a baby, but were in their forties by then, and eligible only for an older child. “It's a pity,” she says simply.

Although she couldn't find opportunities to row in Edmonton, Gerda enjoyed cross country and downhill skiing, tennis and other athletic pursuits. Ballroom dancing first attracted her to NESAs, where she and Leo cut quite the figure on the floor. “We were well known there,” she recalls with pride.

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(CONTINUATION) Gerda and Leo also took great pleasure in cruising the world, filling more than 50 albums with memories. In 2010, their travels took them to Germany, where Leo had many nieces and nephews, and Gerda had a brother. Would she return there to live? No, she says. "On vacation is fine, but not for always. You don't transplant old trees."

Leo died in 2010 after struggling with dementia and multiple heart conditions. Gerda booked a few cruises after losing her husband, but found the pleasure gone. "Maybe I changed because of being alone," she muses.

In 2011, a year after Leo died, Gerda began taking advantage of NESAs Connections program. "I started coming to be among people," she says. There she met Edith Beikiefer, also from Germany, who has become a close friend. Together they enjoy visits, symphony outings and events at Edmonton's German Club. They also take advantage of a NESAs taxi fund to share subsidized taxi rides to Connections when it's too risky for Gerda to walk. Living only three blocks from Connections, Gerda says she's reluctant to call a taxi for such a small distance, but when she shares cab with Edith, who lives further away, the driver gets enough to make the trip worthwhile. I'm reminded of an observation made by Carole Furgala, who leads Connections: "Gerda has a heart as big as her garden."

For years, Gerda enjoyed NESAs fitness classes. Now, with two artificial knees, one artificial hip and balance difficulties, she exercises at home, carefully descending to the basement to ride a stationary bike. "If I fall, I can't get up," she says. In fact, she did fall a few years ago, and lay there for 15 minutes, waiting for help. It took months to recover from that sobering experience.

Living as she is with macular degeneration, arthritis and other hardships of an aging body, Gerda began our conversation by saying, "I wish to go." Asked to clarify, she confirms what she meant to say: she's ready for life to end. But soon she's looking ahead to spring. "Maybe I'll make 100," she says.

Gerda also begins musing about her garden. In recent years, she has prepared the soil with a hoe, then dropped the seeds from above, balanced on her cane. "You can do that with potatoes, but of course seeds spread out all over," she says wryly.

This year, she'll give the seed packages away and plant only potatoes. And maybe she'll ask stepson Hans Kranz for help when he comes to celebrate her birthday, she says. "I realize you have to cut back at a certain age."







“NESA is an amazing place where people are dedicated to sharing their passions and creating community. I am always impressed by the wide array of programs and activities available here, and know I will always feel welcome trying something new.”



FUN KEEPS YOU YOUNG!

Step into a NESAs exercise class or pickleball game, and chances are you'll find Josie and Eric Tong, an energetic boomer couple in their 70s who've been active all their lives and don't intend to stop now.

The Tongs were well acquainted with the benefits of seniors centres when they first turned to NESAs. Josie began taking Spanish language classes and fitness programs run by the Central Lions Seniors Association in 2011, after retiring early from work at the University of Alberta. Eric was still employed then with the Alberta government; upon retiring in 2014 he joined his wife at Central Lions, taking some fitness classes and ballroom lessons. They enjoyed hanging out with friends and going for coffee and lunch after classes. Eric was especially impressed with SHAPES (Supporting Healthy Aging by Peer Education and Support), a 12-week session at Central Lions sponsored by the University of Alberta. "I learned so much, and I wanted to do whatever I could to apply what I learned," he recalls..

With that goal in mind, Eric and Josie attended a NESAs Open house in the summer of 2019 and decided to sample a Cardio Plus session. Happily, the class covered the full range of aerobic, strength, flexibility and balance they sought. "The fit was just perfect for what I learned in SHAPES," Eric says.



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Since then, they have enrolled in NESAs and maintain their memberships in both NESAs and Central Lions. Now they're often at two classes a week at NESAs, Cardio Plus and Barre Cardio, plus two sessions of Pickleball. For Eric, the increasingly popular game of pickleball fills a gap left as back and knee issues limit his ability to play squash, badminton, skiing, soccer and golf. The couple has participated in other classes as well, and sometimes regret they can't fit more into a busy lifestyle that also includes weekly Tai Chi practice, which they have been doing for over 30 years with a group of friends.

Josie continues to learn Spanish at Central Lions, where a cohort of classmates has become lifelong learning friends, giving and taking critique without taking it personally. "People ask if I want to go to Spain or Mexico, but that's not the main reason I'm learning Spanish," she says. "It's to keep my brain active. Learning a new language after retirement is a great workout for the brain."

The success of senior centres depends on a variety of programs catering to the special needs and interests of seniors, coupled with excellent customer service, the Tongs note. "At NESAs, the program is excellent with very competent instructors; that's what attracted us initially," Josie says. "And then we found that we really like the people. Staff here are second to none. They don't just do their job; they go the extra mile and have your best interests at heart."



Eric agrees, "Everything is really well organized from top to bottom. It's amazing that even when they're renovating the NESAs building, they have worked so hard trying to fit in so many programs and continue to provide excellent services."

"We are in the leading edge of the baby boomer generation," Eric adds. "Whatever we experience, people 10 years younger will be experiencing very soon. I hope more and more people will find NESAs and benefit from the great programs and activities here."



CAROLE FURGALA AND GRANDSON CAMERON RIMSTAD BRING INTERGENERATIONAL ENERGY TO CONNECTIONS

There's a buzz of conversation in the air as Carole Furgala and her grandson Cameron Rimstad greet arrivals to Monday morning Connections, a North Edmonton Seniors Association program for seniors whose life circumstances leave them feeling isolated and in need of companionship.

Carole Furgala knows all about that feeling of being alone. Her husband Terry was just 52 when he died in 2002, leaving her a widow at an unexpectedly young age. She was living in Ontario, working as a 911 operator, but moved to Edmonton to be near her two daughters and found work with the Edmonton Police Service in their CPIC warrant unit.

Seeking a safe place to meet new friends, she started attending Connections about 12 years ago – first as a volunteer, and for the past several years as program facilitator. Meanwhile, Connections has expanded from one group of six to two groups serving a total of 31 seniors. It's gratifying to see participants enjoying each others' company and planning outings together, Carole says. "Obviously there's a need for it. With the world the way it is right now, it's important to have a safe place to make friends and be happy."

Since early 2024, Carole's grandson Cameron has been a regular at Monday morning sessions, bringing youthful energy into the room. At today's session, he introduces a set of games that soon have people engaged and laughing as they bounce balls into egg cartons and out of boxes.

A first-year nursing student, Cameron played elite hockey several years before deciding to, as he puts it, "get my life started" by attending MacEwan University. He still coaches hockey, runs summer camps and volunteers elsewhere, including the University of Alberta Emergency Department.





Cameron credits his mom, a respiratory therapist, for his interest in healthcare. When he tagged along on Costco trips, she'd park him near a book stand and hand him a human anatomy book. "That would shut me up the whole time she got groceries," he says. He also visited her at work and recognized the importance of identifying an issue in the human body and being able to solve it.

At his grandmother's suggestion, Cameron and his brother began volunteering for NESAs fundraisers during COVID. Cameron was helping prepare for an upcoming book sale when his grandma borrowed him for Connections. Both he and the seniors are happy to continue the arrangement, although he still bounces back to the book sale crew when they need a little extra muscle. It's a great combination, he says. "I get to help raise funds and then see where some of the money goes."

Volunteering here also makes his academic learning real. "In nursing school, they teach you a lot about caring, but you don't understand what it means," he says. "Working with seniors gives me a view of the value of caring and the impact it does make."

Cameron's caring extends to Carole. "Cameron is my go-to person, always there for me," she says. His readiness to volunteer and joy in working with seniors makes her heart swell with pride, she adds. "I think my proudest part is that he realizes he has to give back." Nor is he alone in that. All four of Carole's grandchildren are seeking out ways to volunteer as they enter young adulthood.

In doing so, they're following in their grandmother's footsteps. "When I retired, I found out I couldn't stay home and do nothing," Carole says. "I really wanted to be involved in my community, so I phoned NESAs one day and asked how I could help."

These days, you'll usually find her at NESAs four days a week. Besides leading the Monday Connections sessions, she's a member of Wizards, a group that turns donated fabric and yarn into items for sale to benefit NESAs. She also volunteers in the front office and as a hall monitor, and steps in when help is needed for such things as event planning, bingos, yard sales and meat sales.

"It's working behind the scenes that really intrigues me," she says. "When you can do something for somebody else, you see the reward on their faces."

PROGRAMS

The year started strong with **record-breaking attendance** in our Winter Season, surpassing the enrollment records we once knew, pre-COVID!

In early Spring we received the bittersweet news about the plans for a building renovation project for Northgate. The building would be getting some much-needed upgrades, but in the meantime, we had to temporarily leave our home base and all the momentum we were building!

Despite the need to relocate for a while, we still have much to make note of during this busy (and challenging) year!

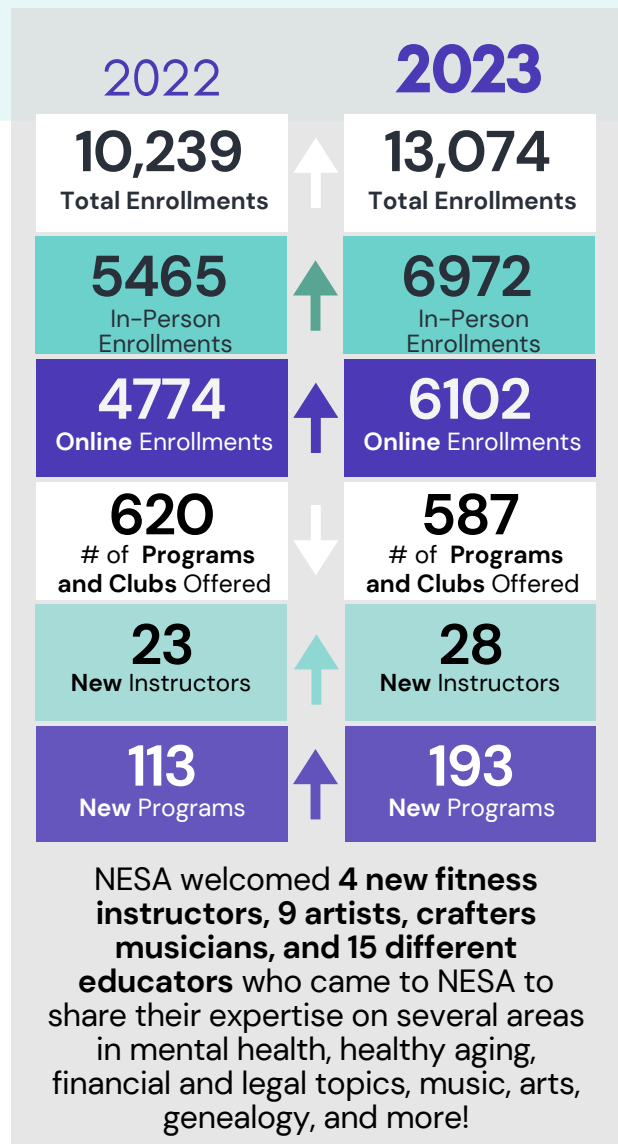
HIGHLIGHTS

NEW PROGRAMS

The Programming Team received requests for more **movement, meditation, mind and body, and memory classes** and was successful at securing several options for each. An increase in **evening Art and Craft workshops** was also offered as some of the NESAs community are still actively working so offering more evening options for workshops ensured that everyone could be a part of the fun!

PICKLEBALL COMMUNITY

The popularity and demand for this sport continues to increase! NESAs once again partnered up with professional pickleball instructors to offer several instructional clinics helping members improve their game! Over the last few years, there have been many changes to how NESAs pickleball programs were scheduled and delivered. As a result, we have been successful at expanding our pickleball community to over 100 members!



COMMUNITY PARTNERSHIP

For the **fifth year** in a row NESAs welcomed another Personal Fitness Training **practicum student** from NAIT! Another amazing personal trainer in the making!



RELOCATION IS EVERYTHING!

The NESA Programming Team worked effortlessly to secure multiple venues that could help host its programs and activities. Over the course of several months, the review and consideration of over 20+ venues were underway. After reviewing the best options to accommodate all the members, programs, instructors, and storage needs, we were successful at securing four different locations:

The McClure United Church, Kilkenny Community Hall, Steele Heights Community Hall, and the Rundle Park ACT Centre.

In addition to the four locations NESA secured for most of its programs and activities, we are very grateful for the support and partnership of the additional venues that assisted us with offering some of our specialty programs we could not accommodate at our main venues. A special thank you to the following partners who opened their doors to host some of our activities:

Central Lions Seniors Association, South East Edmonton Seniors Association, Hope Lutheran Church, and P&J Ceramics

TESTING, TESTING, A.C.T

While much of the summer of 2023 was spent moving out of the Northgate building and preparing the temporary office space at McClure along with preparing the other venues for their Fall 2023 NESAs program debuts, NESAs was fortunate enough to begin utilizing all the amenities Rundle Park had available, starting early July. NESAs offered 29 summer programs out of this venue and offered a summer membership called the 'Rundle Bundle' pass allowing members to participate in as many programs as they wanted to during its first season at Rundle. The summer season was a success and it was a great 'test run' for the team to see how this temporary venue would accommodate some of our fitness programs and activities.

WE WERE F'ALL IN

This season was action-packed for all four of NESAs's temporary venues. While it took a bit of time for our community to adjust to the new addresses, parking, schedules, and setups, we were very fortunate to have been able to offer the vast majority of our regularly scheduled programs, clubs and activities. We even offered some new programs and welcomed new instructors amidst all of these new changes!



PROGRAMS CONTINUED

GET OUTTA HERE

It was another successful year of various outings offered. Despite the temporary relocation of NESAs, that didn't keep us from putting on the miles and enjoying some offsite adventures. This year we successfully offered several outings including:

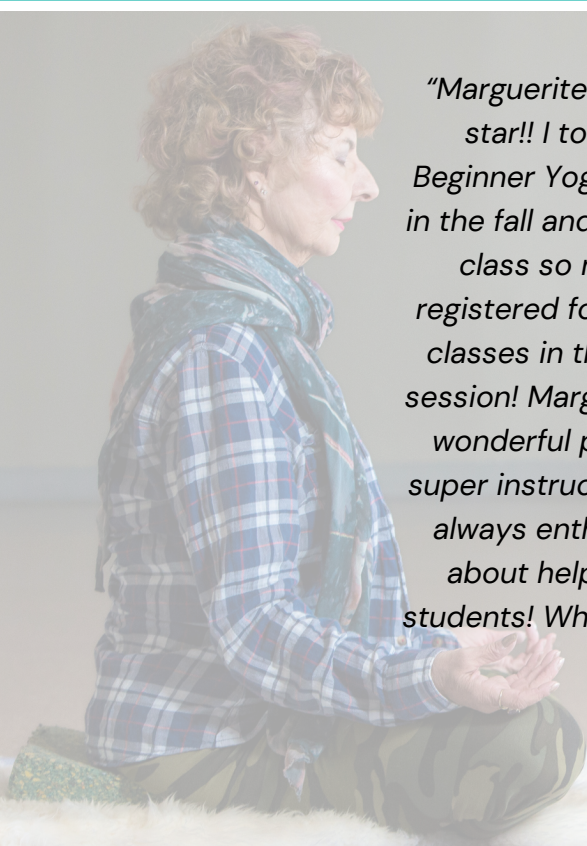
- The Edmonton Art Gallery River Cree Casino
- High Tea at The Art of Cake Shooting Range
- Innisfail to visit the RCMP Dog Training Center and Jungle Farms
- Devonian Gardens and Energy Museum
- St. Albert Botanical Gardens and MD Distillery
- The Muttart Conservatory, Telus World of Science.

A BIG THANK YOU!

On behalf of the programming team we would like to extend a BIG thank you to all of our amazing members and instructors for their ongoing support and willingness to be a part of our Summer and Fall 2023 program offerings at their temporary locations.

This relocation transition has not been easy and we could not have had such a successful end of the year without you – thank you to the NESAs Community. You are the best!

PROGRAM FEEDBACK



"Marguerite is a rock star!! I took the Beginner Yoga session in the fall and loved her class so much, I registered for 3 of her classes in the winter session! Marguerite is a wonderful person, a super instructor, and is always enthusiastic about helping her students! What a gem!!"

607 evaluations (not including tours and outings) were collected and collated:

- **98%** were satisfied with their program
- **94 %** indicated that they would return to the same program
- **89%** specifically mentioned how happy they are with the instructor, facilitator, or presenter



VALENTINE'S DAY TEA

ST PATRICK'S DAY TEA

DANCE - FT. EDMONTON SWING BAND

DINNER THEATRE - A TRIBUTE TO CCR

TOPSY TURVY TEA

DANCE - FT. EDMONTON SWING BAND

DINNER THEATRE - DUELLING PIANOS

- 757 attendees in total, for all 7 events
- The average attendance for Teas was 91 people (which is 9 more than last year)
- The average attendance for Dinner Theatres was 113 people
- The average attendance for Dances was 129 people.

SOCIAL EVENTS

HIGHLIGHTS

DINNER THEATRE: A Tribute to CCR: Featuring: Canadian Coldwater Revival

Friday, April 4, 2023

180 Tickets Sold

This "Travelin' Band" had everyone out of their seats, dancing to songs like "Proud Mary", "Down on the Corner", and "Have You Ever Seen The Rain".

DANCE NIGHT Edmonton Swing Band

Friday, March 24, 2023

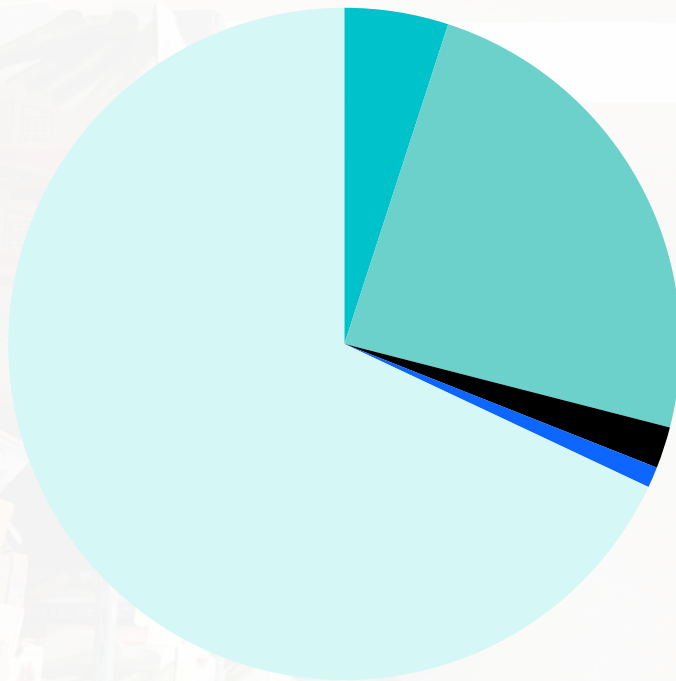
151 Tickets Sold

Friday, June 23, 2023 (Back by Popular Demand)

106 Tickets Sold

Classy clothes, dance shoes, and familiar music filled the auditorium. It was such a hit, we asked them to come back!

FUNDRAISING



68% **Events**
Bingo, Casino, Taste of Edmonton,
Mugshots & Makeovers

5% **Wizards of Odds & Ends**
A large portion of the Wizards' donation helped support the new seniors transportation program!

24% **Sale Events**
Books, Puzzles, Jewelry, Club Market

2% **Non-Event Fundraisers**
Grocery Cards, Widynowski Meats, Salisbury Greenhouses, Keurig Coffee Makers

1% **Ongoing Fundraisers**
Bottle Drive, Nevadas

LIL' BOOK SALES

There was no way NESAs was going to let the building closure and program relocation interfere with your winter reading. NESAs hosted "mini" book sales at McClure Church on Mondays, and one larger Book Sale Event in December.

Between those and the three Book Sale events we had prior to the relocation, NESAs raised over \$20,000 in 2023.



KEURIG COFFEE MAKERS

The Fairmont Hotel MacDonald donated 40 gently used single-serve coffee makers. NESAs sold them at various events, raising \$1,800.00.

MUGSHOTS AND MAKEOVERS

NESAs hosted its first International Women's Day celebration and created the "Mugshots and Makeovers" event to celebrate this special day with a morning of pampering and treats!

Highschool students from the **M.E LaZerte and Queen Elizabeth cosmetology program** volunteered to do makeup and hair for 20 NESAs members. Afterwards, members had a professional portrait taken by **NESAs volunteer photographer, Doug McFayden**.



VOLUNTEERS

“NESA is a superb place to volunteer and gives me purpose in my life. But most of all I enjoy the relationships that I have made with the seniors and being of service to their needs and also making new lifelong friends!” – NESA Volunteer

IMPACT

At NESA, our vibrant community thrives on the dedication and commitment of over 200 volunteers who play a crucial role in our operations.

Our volunteers are involved in a wide range of activities, from managing our clubs and contributing to governance, to engaging in charitable efforts like knitting for Edmontonians in need. Additionally, they play a vital role in participating in fundraising events such as book and craft sales, bottle drives, bingos, and Taste of Edmonton. Whether it's providing administrative support, assisting with building maintenance, or helping with programming and services, our volunteers are the backbone of NESA, embodying the spirit of community and service.

STATISTICS

Despite the relocation, volunteers at NESA have been able to continue donating their time in a variety of ways. They have found new and innovative ways to engage with and support membership in this time of change.

We have seen a decrease in our volunteer hours as we were not at the Centre for all of 2023, but we expect that these numbers will go back to normal when we return.

Administration	9%
Clubs	4%
Fitness Centre	2%
Fundraising	33%
Governance & Committees	4%
Knitting from the Heart	45%
Programs & Services	2%
Special Events	1%

29,392
Hours contributed by
222
Volunteers



VOLUNTEERS

**“NESA is place where I came to keep busy and now it is my home and community.”
- NESA Volunteer**

EVENTS

In 2023, NESA hosted two formal volunteer recognition events:

Volunteer Appreciation Banquet:
Disco Night - April 2023

Knitting from the Heart Tea - May 2023



THANK YOU

We extend our heartfelt gratitude to each and every one of our volunteers for their invaluable time and dedication. Your contributions are the cornerstone of our success, and we deeply appreciate all that you do. NESA simply wouldn't be the vibrant community it is without your selfless commitment and passion.



A SHIFT IN SCENERY

Amidst the recent changes at NESAs, our dedicated volunteers have faced changes from their usual responsibilities at the Centre. Instead, we've adapted by introducing the Hall Host volunteer position which provides support to staff at two of our temporary locations; Kilkenny Community League and Steele Heights Community League. Additionally, our Front Desk Volunteers, who are now stationed at McClure United Church, have undergone a shift in their role with NESAs. These modifications reflect our commitment to flexibility and resilience as we navigate evolving circumstances to continue serving our community effectively.

Maureen and Silja – Kilkenny Community League

Every Monday, Maureen Dundin and Silja Spennath can be found at Kilkenny, engaging with members, amusing Amber (our Program & Special Event Coordinator), chatting about dogs, addressing inquiries, and sharing snacks. Maureen has even taken on the role of assisting Silja in navigating her cell phone. This volunteer opportunity has allowed them to get to know members they've passed at NESAs over the years. Their involvement as Hall Hosts have introduced them to members they wouldn't have met otherwise.



Despite missing the coffee gatherings at the Centre, Maureen and Silja feel like the friendly spirit of NESAs is very present at our temporary locations. Each volunteer shift is a fulfilling experience for them, and they eagerly anticipate their time together. Their friendship blossomed from the first time they volunteered together in September, and they are thrilled to continue their friendship in the future.

Glenanne and Sue – Steele Heights Community League

Glenanne Ball and Sue Pearce share their Tuesdays volunteering at Steele Heights, where they serve coffee, snacks, and engaging conversation to the members of the Creative Greeting Card Club. They also enjoy grooving to the tunes of the afternoon Zumba class. Their favorite aspect of this role is having the chance to get out of the house, connect with each other and meet our community members. They also appreciated the gesture of receiving Christmas cards from the Creative Greeting Card Club this past holiday season.

VOLUNTEERS



(CONTINUATION)

Glenanne and Sue have the wonderful chance to chat each week and were surprised to discover that they share the exact same birthday! They are so glad to volunteer as a group of two and really enjoy spending time together. Sue has even become accustomed to Glenanne's habit of interrupting her newspaper reading to share a story. Everyone they interact with appreciates them, and it has been fantastic getting to know all the members.

Thea and Vita – McClure United Church

On Tuesday afternoons, Thea Petryliak and Vita Holmes dedicate their time to volunteering at McClure as Front Desk Volunteers, a role they've both passionately embraced for years, having also fulfilled it at the Centre. Vita joined NESAs in 1999 and soon after became a volunteer. Thea joined her at the front desk in 2012, marking the start of their lasting friendship. By far, their favourite part of volunteering with NESAs is the opportunity to share each other's company. They work as a fantastic team and really compliment one another's work style.

Regardless of the shift in scenery to McClure, the familiar sense of comfort and community endures. The close-knit bonds fostered at NESAs remain an important part of the volunteer experience, fueling their enthusiasm each time they encounter familiar faces. For Thea and Vita, it's the people; members, volunteers, and staff alike, who foster belonging and camaraderie. Thea and Vita remarked that "It is the people that make it home."



Despite all the changes that we all are experiencing away from the Centre, NESAs's sense of community remains strong. Our volunteers are ready to lend you a helping hand at our temporary locations, and if you have a moment, we encourage you to engage in conversation with them!



Staff Delivering Supporting Our Seniors Gift Hampers to St. Michaels

OUTREACH AND HOME SUPPORTS

In the summer of 2014, NESAs received an emerging grant from the Family and Community Support Services department through the City of Edmonton. An Outreach Coordinator was hired, and the first task was to conduct a needs assessment determining what assistance seniors in the northeast required, what was currently in place and how a new seniors outreach program would best serve our community. This included speaking with over 40 community stakeholders, interviewing Gold Members of NESAs and hosting three focus groups in the community of seniors that are not members of the centre.

It was discovered a large group of seniors were not well connected to resources and struggling to cope with limited financial resources and required assistance navigating the complex seniors service sector. NESAs Outreach Program opened to the public in March 2015 and has been very busy as stakeholders, members and seniors in the community were notified our program was available.

In 2022, a new model was in development with how these services were provided across the City. NESAs was awarded a position, but just as the transition was to start, our staff obtained other employment and due to the pending closure, it was best to withdraw from the program.

The compassionate Outreach Workers that were a part of NESAs helped thousands of seniors since the start of the program, and as clients were surveyed in 2023, 96% of our participants report a positive social connection. Participants shared they feel less isolated and more connected to the community when accessing the Outreach Program. Participants feel empowered by their Outreach Worker to join programs to build social connections.

NESAs was one of the original partners when the Home Supports Program was launched in 2015. A process to screen service providers, then providing a senior who needs that assistance (yard maintenance, snow removal, house cleaning, etc.) three names of companies or individuals from the list. Often there were more needs requiring referral to Outreach Workers. This service has transitioned to Jewish Family Services as that organization has people on staff that do home style work for seniors so if there is an urgent need, they can dispatch someone immediately.

NORTH EDMONTON SENIORS ASSOCIATION
Statement of Financial Position
December 31, 2023

	2023	2022
ASSETS		
CURRENT		
Cash and term deposits (Note 3)	\$ 509,815	\$ 660,018
Marketable securities (Note 4)	1,457,258	1,300,956
Accounts receivable	4,723	4,475
Inventory	26,604	16,190
Prepaid expenses	10,013	16,590
	<u>2,008,413</u>	1,998,229
EQUIPMENT (Note 5)	<u>29,779</u>	18,037
	<u>\$ 2,038,192</u>	<u>\$ 2,016,266</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities (Note 6)	\$ 44,025	\$ 46,421
Deferred revenue (Note 7)	97,353	121,912
Deferred contributions (Note 8)	97,855	81,791
	<u>239,233</u>	250,124
NET ASSETS		
Invested in property and equipment	29,779	18,037
Internally restricted (Note 9)	1,459,966	1,306,493
Unrestricted	309,214	441,612
	<u>1,798,959</u>	1,766,142
	<u>\$ 2,038,192</u>	<u>\$ 2,016,266</u>
LEASE COMMITMENT (Note 10)		

APPROVED BY THE BOARD


 _____ Director


 _____ Director

NORTH EDMONTON SENIORS ASSOCIATION

Statement of Operations

Year Ended December 31, 2023

	2023	2022
REVENUE		
Program fees and admissions	\$ 322,340	\$ 278,419
Grants (Note 11)	281,509	316,451
Fundraising activities (Schedule 1)	162,392	111,746
Club contributions	26,329	28,075
Donations	24,113	16,820
Memberships	19,400	42,180
Interest	18,553	4,683
Special events	4,500	7,569
Catering	2,238	3,967
Amortization of deferred contributions related to property	-	8,448
	<u>861,374</u>	<u>818,358</u>
EXPENSES		
Salaries and benefits	526,511	504,914
Instructors	163,673	148,251
Office	54,009	40,482
Facility rentals	52,275	-
Fundraising activities (Schedule 1)	52,124	47,689
Telephone and utilities	25,209	42,015
Programs	22,810	34,885
Communications	21,607	10,117
Professional fees	15,790	6,917
Insurance	10,866	7,530
Bank charges	9,903	9,222
Amortization	9,629	17,165
Advertising and promotion	6,276	7,001
Catering	4,933	5,816
Special events	3,242	8,533
Moving expenses	2,839	-
Workshops	334	65
	<u>982,030</u>	<u>890,602</u>
REVENUE UNDER EXPENSES BEFORE OTHER INCOME (EXPENSES)	<u>(120,656)</u>	<u>(72,244)</u>

(continues)

NORTH EDMONTON SENIORS ASSOCIATION
Statement of Operations (continued)
Year Ended December 31, 2023

	2023	2022
OTHER INCOME (EXPENSES)		
Unrealized gains (losses) on marketable securities	42,435	(176,948)
Investment income	105,015	30,660
Donations to Building Fund	20,000	105
Donations to Sustainability Fund	3,722	848
Fees	(11,047)	(11,741)
Landry leisure passes	(6,652)	(7,140)
	<u>153,473</u>	<u>(164,216)</u>
REVENUE OVER (UNDER) EXPENSES	\$ 32,817	\$ (236,460)



TOP LEFT: President Ron Nichol presenting a gift basket to Dragana Laskovic, expressing our appreciation to EMMA Catering

TOP RIGHT: Northgate Lions Club President Harry Clark presenting NESAs VP Marilyn Buchanan with a donation

LEFT: Weaver, Elaine Taschuk

RIGHT: NESAs Instructor, Gilles, teaching a music class

BOTTOM LEFT: President Ron Nichol receiving a donation from Councilor Karen Principe after her tour and visit





TOP LEFT: Fitness Instructor Falon leading her students through a total body workout in the Northgate auditorium. Such popular classes need this large space to fit in all of the fun!

TOP RIGHT: Marline Prosper enjoying Washi Chigiri-E Club

RIGHT: NESA Staff Jollean trying to figure out where everything will move to during Northgate renovations

LEFT: Badminton players on the move

BOTTOM RIGHT: We 'hat' a great time at the Topsy Turvy Spring Fling!



SEE YOU SOON!



**L-R: Donna Barretto, Kathe Debenham, Nancy Melnychuk
Maggie Chisholm, Amber Ritco-Schneider, Jollean Ferrari**

THANK YOU TO OUR FUNDERS AND PARTNERS

City of Edmonton
Edmonton Seniors Coordinating Council
Northgate Lions Club
Federal Government New Horizons Grant

COMMUNITY PARTNERS:

McClure United Church
Kilkenny Community League
Londonderry Community League
Steele Heights Community League

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