

FALL 2020

SESSION 1: SEP 14 - OCT 16



PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your FUN inside:

12 Watercolours
with Cindy

14 Essentrics®
for Seniors

22 Chair Hula



Edmonton



7524 - 139 Avenue



FALL 2020

SESSION 1 SEP 14 - OCT 16

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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 250 volunteers give over 40,000 hours of their time collectively, annually

Join us for Laughter,
Learning, and Living!
Fun Keeps You Young

MEMBERSHIP & PROGRAM INFORMATION

FALL 2020

Office Hours **NEW!**

Monday to Friday 8:30 AM - 4 PM

Closed 12 -12:30 PM

SESSION 1 Sep 14 - Oct 16

MEMBERSHIPS

- NESA memberships are available for persons 55 years and older for \$30 per year (Jan-Dec). Due to the complexities of the COVID-19 events, the \$40 pro-rated membership is not an option for 2020/2021. We are still accepting new members at the regular rate.

NON-SENIORS

- Non-Seniors (under age 55) are permitted in most daytime programs; however priority is given to members who are 55+.
- Non-Senior memberships are available for \$60 per year (Jan-Dec) and permits Non-Seniors to register at membership rates.
- Evening programs are open to all adults (18+) and are filled on a first-come basis. At this time, we are not running evening programs.

RECIPROCAL MEMBERSHIPS

- Unfortunately at this time reciprocal members cannot register for Fall programs. Typically we would love to share our programs with our friends from other centers; however, the room capacity is so limited that enrollment must be reserved for members only. Thank you for understanding.

PROGRAM REGISTRATION

Online or mail-in registrations preferred

- Mail in: Please send or drop off only cheques payable to North Edmonton Seniors Association with the mail-in registration form. You may find the form on page 7. **Mail-in registrations will be processed after 4 pm on Sep 2.**
- Online Registration: To learn how to register online, please refer to page 4 to see a step-by-step guide on "How to Register Online". **Online registration begins on Wed, Sep 2 at 8:30 am.**

- Why do you no longer have an in-person Registration Day?** In-person registration typically begins as an event where hundreds of members including volunteers and staff file through the lobby, café and auditorium within a 4-6 hour timespan. Many surfaces, papers, and items are touched multiple times with limited opportunity for effective sanitization. Proper physical distancing is impossible. The risk is too high and it violates guidelines set by AHS and the City of Edmonton; however, that won't stop us from running activities! Registration is required to be contactless, and we will do our best to support our members through this new process. *Although not recommended, volunteers or staff can assist members with online registration after the first day that the programs begin (Sept 14 and onward), visit the front desk to learn how.*

CANCELLATIONS AND REFUNDS

- NO REFUNDS or credits will be given for programs, clubs, presentations, clubs, tours, or Fitness Centre registrations unless cancelled by NESA
- All program and clubs require a set minimum number of participants enrolled in order to pay for instructor costs and administration fees. Programs and clubs that do not reach the required minimum will be at risk of postponement or cancellation. Program and club enrollments are reviewed ONE WEEK PRIOR to their start date so please sign up early to avoid disappointment.

DISCLAIMERS

- Opinions expressed by guest speakers do not necessarily 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.

REGISTRATION INFORMATION & FORMS

register online

HOW TO REGISTER ONLINE

- 1) Open **www.myactivecenter.com** in your web browser.
- 2) Login to your MyActiveCentre account.
 - a. **New User** - At the very top, select the green button "**New Users**" to create and activate a new account.
Search for "North Edmonton" in the search bar.
Select "**North Edmonton Seniors Association**" from the search results.
Fill in your information:
 - **Key Tag Number:** is found on the back of your key tag.
 - **Home Phone Number:** is the number you used to register for your membership.
 - **Email Address:** Use your primary email address.
 - **Password:** Set your own password. Don't forget to remember it for next time!
 - Click continue.
 - b. **Existing User** – At the very top, select "**Sign In**" and log in with the same email and password you used last time. If you have forgotten your password, select reset your password and follow instructions (For tablet or smartphone users you will need to go to www.myactivecenter.com/#reset-password).
- 3) Once you have successfully created an account or logged in, all available classes will be listed in alphabetical order. **Select the class you wish to register for by clicking the name of the program.**
- 4) Scroll down to the calendar. **Select one of the days listed.** If it is a series, confirm you wish to enroll in all classes by hitting "**continue**" (this step will not appear if it is a one-time class).
- 5) Scroll above the calendar to a grey box to review and confirm the dates you have selected, hit the green "**Register**" button.
- 6) One final pop-up will appear to confirm your registration dates, click "**Register**".
- 7) You can now either continue shopping, or check out and pay.
 - a. To continue shopping, click "**Activities**" at the top and follow the same steps.
 - b. To check out, select the **Cart** icon at the top of the page.
- 8) Complete purchase: click the green "**Pay Now**" button
 - a. Login to **PayPal** only if you have a PayPal account. OR
 - b. Bypass PayPal to pay with **Debit or Credit**

PRE-REGISTRATION: MYACTIVECENTER TUTORIAL

Still feeling unsure about how online registration works? Bring your own wireless device to follow along or just sit and listen, and sign up for a free tutorial in the Auditorium for full guided instructions on how to create your account, register and pay for upcoming programs online using MyActiveCenter.com. Secure your spot today by signing up at the front desk! Please note, you must have a valid email address to successfully register online.

Mon, Aug 31 / 1-2 PM / Auditorium, max 25 ppl OR Tue, Sep 1 / 10-11 AM / Auditorium, max 25 ppl



North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY

Regular Membership ☐

Non senior Membership ☐

Gold Membership ☐

Reciprocal Membership ☐

NESA Membership Application

SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____ PHONE NUMBER: _____

MONTH OF BIRTH: _____ YEAR OF BIRTH: _____ ☐ MALE ☐ FEMALE

EMERGENCY CONTACT: _____

PHONE: _____ RELATIONSHIP: _____

Program Waiver (Required)

I, _____ recognize that the activities of the club/program I
(please PRINT name)

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 endeavors to provide the best possible leadership and instruction for the club/program I am joining.

I acknowledge that the North Edmonton Seniors Association organizes activities only and does not necessarily possess any special skill or knowledge in relation to any of the activities. I understand that NESA is not responsible for any personal property I bring into the building.

I hereby release the North Edmonton Seniors Association from any liability arising out of my participation.

Signed _____ Date _____

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

Respect for People and Property

The City of Edmonton and the North Edmonton Seniors Association value the safety and security of visitors, volunteers and staff, and the protection of personal and public property at City recreation facilities.

City staff, the NESA Board of Directors and the Edmonton Police Service work together to prevent, monitor and react to any potential risk.

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

_____ Please initial to indicate that you have read and agree to adhere to the Terms & Conditions of the "Respect for People and Property Policy"

Email Consent (Optional)

☐ **No**, I do not want to receive electronic communications (emails) from the North Edmonton Seniors Association.

If YES check the below box and complete the requested information.

☐ **Yes**, I give North Edmonton Seniors Association consent to send electronic communications (emails) that concern North Edmonton Seniors Association's programs, activities, events, promotions, updates and newsletters to my email address listed below. I understand that I can unsubscribe from receiving these emails at any time.

My email address: _____

Signature: _____

Print Name: _____ Date: _____

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: **Board President, North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre, 7524-139 Avenue, Edmonton, AB, T5C 3H7.**

PROGRAM UPDATE

Ideally NESA would be opening all of its activities at the same time, but understandably that is not possible. The phased approach was developed with all of the information gathered from the provincial town hall meetings and the AHS visit, as well as what is allowed via the guidelines and in some cases, Provincial Orders. Activities are identified as being low/ high risk and low/ high priority. The suggested phases are all subject to change based on the recommendations and guidance from Alberta Health Services.

Low-risk activities The activity can commence with appropriate physical distancing, it is minimal-to-no shared equipment and/or supplies, and the workspace can be effectively cleaned and sanitized. Please note that low-risk activities with previous low enrollment may be placed in a later phase to accommodate higher enrolled activities.

High-risk activities The activity cannot be done while properly adhering to the physical distancing guidelines and high touch areas are difficult to effectively clean and sanitize. An activity will also be considered high-risk if there is an increased likelihood of transmission of sweat or saliva droplets and equipment/ supply sharing is unavoidable; for instance a high-impact fitness program, floor and court sports, singing or playing wind instruments.

Low or High Priority All activities are important and the preference would be to open all of them. Unfortunately, that is not possible at this time. It is required to divide programs by priority based on enrollment. Activities with higher enrollment have a greater need to accommodate, granted they were identified as low-risk.

Other factors that have affected which phase activities were placed are instructor or space availability.

PHASE	PROGRAMS INCLUDE	CLUBS INCLUDE (Subject to change based on room availability and AHS guidelines)
1	<ul style="list-style-type: none"> • Ceramics • Fitness • Fitness Centre (Reservations required) • Knitting/ Crocheting • Languages • Music & Dance (Limited to no singing or wind instruments) • Writing Programs 	<ul style="list-style-type: none"> • Art Clubs • Carving • Creative Greeting Card Club • Fibre Art • Hardanger • Music Clubs (Limited to no singing or wind instruments) • Sewing/Quilting • Washi-Chigiri-E
2	<ul style="list-style-type: none"> • General Interest/ Health Lectures • Social activities: Trivia, Name that Tune, or any social activities that can adhere to social distancing 	<ul style="list-style-type: none"> • Book Lovers Club • Garden Club <p>Fundraising Activities and/or Events (Phase 2 or 3)</p>
3	<ul style="list-style-type: none"> • Choralaires & Songbirds • Computers • Matinee Movies • Singing Programs • Tours & Outings 	<ul style="list-style-type: none"> • Anything with playing cards • Carpet Bowling • Badminton • Pickleball • Golf Club • Social Clubs: JFTC & Travel • Silversmithing • Stained Glass • Weavers • Woodworking <p>Fundraising Activities and/or Events (Phase 2 or 3)</p> <p>Social Events: Teas, Dances, Dinners, etc.</p>

NEW GUIDELINES & PROTOCOLS

Understandably, due to the events of the COVID-19 pandemic, Alberta Health Services has implemented guidelines to help prevent the risk of transmission of infection. These guidelines are set to keep our instructors and members participating in programs as safe as possible. It is very important that all members do their best to respect and adhere to these new guidelines. Thank you for your understanding and cooperation.

THE FOLLOWING GUIDELINES AND MEASURES HAVE BEEN MADE AT THE FACILITY TO KEEP YOU SAFE:

- At this time, contactless registration and payment is the safest option for everyone. Please learn how to do this by referring to page 4.
- The maximum number of participants per program has been significantly reduced to allow participants to adhere to the physical-distancing requirements.
- Some program and activity times have been adjusted to stagger furthermore allowing time for proper cleaning and sanitization of spaces, and to allow time for participants to leave and arrive with limited contact.
- Floor markings will indicate one-way flow patterns where possible, alternate exits, waiting areas and where to place yourself while adhering to distancing protocols before, during and after your program.
- Sneeze guards have been installed at the front office, fitness center and outreach desks.
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts. Please refer to page 3 to see updated office hours.
- Signs have been posted in every room indicating occupancy limits, distancing and hygiene expectations.
- Our custodial team will clean and disinfect high 'touchpoints' more frequently.
- Employees and Volunteers will receive daily health and temperature checks and self-isolation will be required if any staff/volunteer has been travelling, exhibiting symptoms, or has been exposed to someone exhibiting symptoms.
- Lockers, showers and water fountains will be *temporarily unavailable*.
- Wipes and sanitizer stations will be available as well as sinks in many program rooms for proper hand-washing.
- Reservation-based system implemented in the Fitness Centre with reduced patron occupancy and machine access.

WHAT YOU CAN DO TO KEEP YOURSELF AND OTHERS SAFE:

- When possible, participants should arrive only a few minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces.
- When possible, participants are encouraged to bring their own mats and equipment.
- Participant should bring their own water bottles as fountains are *temporarily unavailable*.
- Please limit personal items as lockers are *not currently available*. You will need to keep all personal items with you at all times.
- Please wear your workout clothing to your activity. Changing at the facility is strongly discouraged. Carry with you your indoor footwear and bring a bag to place your outdoor shoes in when they are not being worn.
- Participants will be expected to spend a few minutes at the beginning and at the end of their program to sanitize their spaces and wash their hands. Frequent hand-washing is one of the best ways to prevent the spread of infection.
- Edmonton mandates masks at City of Edmonton owned facilities as of August 1, 2020. Yes, that includes NESAs. Participants, members, staff and volunteers will now be **REQUIRED** to wear a mask while in the facility. Exceptions will be made to people with health conditions that make it difficult or impossible to wear masks. If you are in a physical fitness program, you will not need to wear the mask during your activity but will be expected to wear it before and after.

NOTE NESAs will **NOT** be supplying masks to members.



PLEASE NOTE

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

MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

Creative Writing – An Introduction (Part A)

Ken Saik

Have you always wanted to put your thoughts, memories and stories to paper in a way that will most interest readers but have no idea how to begin? Learn and practice the basics for writing journals, letters, poetry and/or memoirs. Part B will be offered in the Fall 2020 Session 2, stay tuned for more details.

Tue, Sep 15-Oct 13 / 10AM-12 PM / Wks 5

\$33

Crochet: Basic - Advanced

Ann Marston

Slip knot, chain stitch, double crochet - what does that even mean? Ann will help you figure it all out! Start off with learning to crochet a scarf and then move on to a project of your choice. If you already know the basics and want to learn more, this class is for you too! Bring in a project that you have on the go or want to start and Ann will help you through any crochet challenges you encounter! **Click [here](#) to download your supply list.**

Tue, Sep 15-Oct 13 / 1:30-3 PM / Wks 5

\$38

10 NESA North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre

Knitting - For All Levels

Ann Marston

Learn the art of knitting! Make a scarf using the knit and purl stitches, also how to cast on your stitches, binding them off and how to read a pattern. For those who have been knitting for some time, Ann will be happy to help you with any project you decide to tackle! **Click [here](#) to download your supply list.**

Tue, Sep 15-Oct 13 / 11 AM-1 PM / Wks 5

\$50

Northgate Writing Society - Studio Time

Northgate Writing Society

Have you ever had a story to tell but didn't know how to start it? Join us and discover how talented you are and how interesting your word weaving can be! Check out our blog at nglswordweavers.blogspot.com to read some of our stories. The blog will be updated frequently so as a member of Northgate Writing Society, you will be able to have your stories published on it.

Fri, Sep 18-Oct 16 / 1-3 PM / Wks 5

\$10



MATERIALS

Please 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: Easy - Fall Landscapes

Carmella Haykowsky

In this class you will focus on composition and colour mixing. Learn to paint the colour and light of fall landscapes. In 3 separate paintings you will explore a traditional style of painting, an impressionist style and a modern style. Carmella's classes include class demos, step-by-step and guided instructions. Lots of individual attention and positive feedback!

Click [here](#) to download your supply list.

Wed, Sep 16-Oct 14 / 9 AM-12 PM / Wks 5

\$101

Acrylics with Cindy

Cindy Barratt

Come paint Acrylics with Cindy and learn good basics, color theory, brush strokes and techniques along with demos and individual assistance with your painting projects. Students can bring in their own painting reference or use the materials provided. Suitable for new and repeat students - beginner to intermediate levels. Click [here](#) to download your supply list.

Wed, Sep 16-Oct 14 / 12:30-3:30 PM / Wks 5

\$151

STAY IN THE KNOW ABOUT ALL THINGS NESA!

Sign up to be on our email list!

Visit www.nesa1.ca and subscribe to receive the latest news and updates from the North Edmonton Seniors Association!



Colored Pencils - An Introduction

Susan Casault

In this five week session you will explore the versatile medium of colored pencil through demonstrations and one-on-one guidance. You will learn different mark-making and blending techniques and how to layer colors to create depth and richness in your drawings. You will work on small drawings with photo reference provided by the instructor.

Click [here](#) to download your supply list.

Thu, Sep 17-Oct 15 / 9:30 AM-12:30 PM / Wks 5

\$109

Painting with Pastel Pencils

Debbie Olafson

Pastel Pencils are a versatile friendly medium which can be combined with other forms of pastels to create fresh unique velvety like paintings. We'll start off with a beautiful swallowtail butterfly on a diffuse background. Join us and have some fun!

Click [here](#) to download your supply list.

Mon, Sep 14-Oct 19 / 1-4 PM / Wks 5

No class Oct 12

\$78

DRAWING & PAINTING . . . continued



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

GST Charitable #119060317 RR 0001

MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

Watercolour For All Levels

Willie Wong

Learn how to paint with watercolours, no drawing or painting experience needed. All projects are easy to follow. Your choice of colors, just bring what supplies you have on hand and be ready to work on a new project! **Supply recommendations provided in first class.**

Fri, Sep 18-Oct 16 / 9 AM-12 PM / Wks 5

\$101

NEW!

Watercolours with Cindy

Cindy Barratt

Come explore the Watercolour medium with Cindy and learn good basics, color theory, brush strokes and techniques along with demos and individual assistance with your painting projects. Students can bring in their own painting reference or use the materials provided. Each week we will select a theme to paint. Suitable for new and repeat students - beginner to intermediate levels. **Click [here](#) to download your supply list.**

Fri, Sep 18-Oct 16 / 12:30-3:30 PM / Wks 5

\$151



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 18 for a class selection overview.

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 a yoga mat and water.

Samara Hipkin

A Mon, Sep 14-Oct 19 / 10:15-11:15 AM / Wks 5

No class Oct 12

\$57

Meaghan Hipkin

B Fri, Sep 18-Oct 16 / 10-11 AM / Wks 5

\$57

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 must be able to get down to and up from the floor.

Mon, Sep 14-Oct 19 / 2-3:30 PM / Wks 5

No class Oct 12

\$44

MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020. This includes NESA. Program and activity participants, members, staff and volunteers will now be required to wear a mask while in the facility. Exceptions will be made to people with health conditions that make it difficult or impossible to wear masks.

Please note, if you are participating in a physical fitness or dance program, you will not need to wear the mask during your activity but will be expected to wear it before and after. Please note that NESA will not be supplying masks to members.

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. Classes held in auditorium.

A Mon, Sep 14-Oct 19 / 8:45-9:45 AM / Wks 5

No class Oct 12

\$32

B Wed, Sep 16-Oct 14 / 8:45-9:45 AM / Wks 5

\$32

C Fri, Sep 18-Oct 16 / 8:45-9:45 AM / Wks 5

\$32

Chair Dance

Harmeet Khaira

Let's join the dance party with Harmeet! Each class includes stretching, strengthening, coordination and mobility exercises, all to the rhythm and tempo of the music. These updated aerobics classes are a fun way to get moving while also improving balance and coordination, reducing stress and boosting your overall fitness level. All exercises are done in the chair while seated.

Thu, Sep 17-Oct 15 / 11 AM-12 PM / Wks 5

\$32

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. Also focusing on muscle strengthening and breathing techniques to increase lung capacity. No floor work.

Mon, Sep 14-Oct 19 / 12:45-1:45 PM / Wks 5

No class Oct 12

\$44

Chair Total Body Workout

Harmeet Khaira

Harmeet will lead you through effective exercises and stretches for the entire body. Improve joint range of motion and release tense muscles. Each major muscle group will be focused on. Using bands, walls and chairs, this class is a great fit for all participants. No floor work.

Thu, Sep 17-Oct 15 / 12:15-1:15 PM / Wks 5

\$32

Chair Yoga

Beverley Moore

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

A Tue, Sep 15-Oct 13 / 12:15-1:15 PM / Wks 5

B Thu, Sep 17-Oct 15 / 10:30-11:30 AM / Wks 5

\$44

NEW! Essentrics® for Seniors

Samara Hipkin

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, and 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.

Mon, Sep 14-Oct 19 / 11:30 AM-12:30 PM / Wks 5

No class Oct 12

\$57



Essentrics® for Stretch and Tone

Samara and Meaghan Hipkin

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

A Mon, Sep 14-Oct 19 / 9-10 AM / Wks 5

No class Oct 12

\$57

B Fri, Sep 18-Oct 16 / 8:45-9:45 AM / Wks 5

\$57

Essentrics® Release, Rebalance & Restore

Liz Olson

Release tight muscles, rebalance joints and restore your body. This is a slower paced class aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles. It is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. Level 2 – Gentle to Moderate fitness, includes standing and some chair or floor work (modifications are provided if unable to get down to floor). Please bring a yoga mat and water.

Fri, Sep 18-Oct 16 / 1:30-2:30 PM / Wks 5

\$57



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 and enjoy this well-rounded fitness class. No floor work. Classes held in auditorium.

A Mon, Sep 14-Oct 19 / 10-11 AM / Wks 5

No class Oct 12

B Wed, Sep 16-Oct 14 / 10-11 AM / Wks 5

C Fri, Sep 18-Oct 16 / 10-11 AM / Wks 5

\$32

Fun'n Fitness

An hour of full body conditioning in a safe and fun environment. This class consists of warm-up and up to ½ hour of vigorous, low impact cardio. It also uses weights to increase overall strength, and activities that improve posture, balance, and flexibility.

Harmeet Khaira

A Mon, Sep 14-Oct 19 / 12:45-1:45 PM / Wks 5

No class Oct 12

\$32

Maggie Nichol

B Thu, Sep 17-Oct 15 / 1:30-2:30 PM / Wks 5

\$32

DID YOU KNOW?

We are pleased to offer our members free WIFI in our building! Please ask for the WIFI password at the Front Desk.



Hatha/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.

Wed, Sep 16-Oct 14 / 2-3:30 PM / Wks 5

\$44

Limber and Laughter

Designed for those with limited mobility, this class welcomes all levels of exercisers. Join in for an effective seated workout using portable equipment and a range of modified movements.

Harmeet Khaira

A Mon, Sep 14-Oct 19 / 11:30 AM-12:30 PM / Wks 5

No class Oct 12

\$32

Maggie Nichol

B Wed, Sep 16-Oct 14 / 11:30 AM-12:30 PM / Wks 5

\$32

DID YOU KNOW?

You can purchase gift certificates for NESAs membership and/or programs at the front desk!

Recover and Rebuild

Maggie Nichol

Recovering from surgery, chronic pain or physical limitations? This class is designed specifically with these issues in mind. Safe, practical, and effective exercises will help improve your overall fitness level.

Thu, Sep 17-Oct 15 / 12:15-1:15 PM / Wks 5

\$32

Recover and Rebuild - Back and Shoulder

Maggie Nichol

This class is designed for those recovering from injuries or living with chronic pain. It will consist of gentle progressive exercises focusing on the upper body, core, and lower back.

Wed, Sep 16-Oct 14 / 1-2 PM / Wks 5

\$32



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.

Tue, Sep 15-Oct 13 / 10:30-11:45 AM / Wks 5

\$44

Stretch 'n Tone Yoga: Intermediate

Beverley Moore

Tone your body while improving flexibility, endurance and well-being. Enjoy the energizing effects of gentle stretching and the peacefulness of yoga.

A Tue, Sep 15-Oct 13 / 8:45-10 AM / Wks 5

\$44

B Thu, Sep 17-Oct 15 / 8:45-10 AM / Wks 5

\$44

Tai Chi (Yang Style) - Level I

Leslie Sarabin

Invite discipline and grace into your life. Use fluid and yielding motions to strengthen and quiet the soul.

Mon, Sep 14-Oct 19 / 11:30 AM-12:30 PM / Wks 5

No class Oct 12

\$44

Triple S - Suspension Training

BEGINNER / Jollean Ferrari

Stretch, Strengthen, and Suspend! Join us for a total body workout that includes stretching overactive muscles and strengthening those less active using weights, resistance bands, and suspension trainers. Some floor work.

A Tue, Sep 15-Oct 13 / 9:45-10:45 AM / Wks 5

\$32

B Wed, Sep 16-Oct 14 / 9:45-10:45 AM / Wks 5

\$32

C Thu, Sep 17-Oct 15 / 9:45-10:45 AM / Wks 5

\$32

INTERMEDIATE / Jollean Ferrari

NOTE Pre-requisite Triple S - Beginner

D Tue, Sep 15-Oct 13 / 8:30-9:30 AM / Wks 5

\$32

E Wed, Sep 16-Oct 14 / 8:30-9:30 AM / Wks 5

\$32

F Thu, Sep 17-Oct 15 / 8:30-9:30 AM / Wks 5

\$32

Zumba

Marguerite Critchley

Use of low impact dance moves to Latin, America-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.

A Tue, Sep 15-Oct 13 / 12:15-1:15 PM / Wks 5

\$32

B Thu, Sep 17-Oct 15 / 12:15-1:15 PM / Wks 5

\$32

FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cardio Plus • Essentrics® Stretch and Tone • Fit For Your Life • Limber and Laughter • Tai Chi 	<ul style="list-style-type: none"> • Stretch 'n Tone Yoga (Beg.) • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Cardio Plus • Fit For Your Life • Limber and Laughter • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Chair Dance • Chair Yoga • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cardio Plus • Essentrics® Stretch and Tone • Fit For Your Life
A F T E R N O O N	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Essentrics® For Seniors • Fun 'n Fitness 	<ul style="list-style-type: none"> • Chair Yoga • Zumba 	<ul style="list-style-type: none"> • Hatha/Yin Yang Yoga • Recover and Rebuild - Back and Shoulder 	<ul style="list-style-type: none"> • Chair Total Body Workout • Fun 'n Fitness • Recover and Rebuild • Zumba 	<ul style="list-style-type: none"> • Essentrics® Release, Rebalance, and Restore
E V E N I N G					

Fitness Programs and Classes for the exerciser comfortable with moderate intensity, pace, and/or some floor work.

Classes include:

Age Reversing Essentrics®, Beginner Yoga, Cardio Plus, Essentrics® Stretch and Tone, Hatha Yin Yang Yoga, Stretch 'n Tone Yoga, Triple S, and Zumba.

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

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

Classes include:

Chair Dance, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Essentrics® Release, Rebalance, and Restore, Fit For Your Life, Fun 'n Fitness, Limber and Laughter, Recover and Rebuild, Recover and Rebuild - Back and Shoulder, and Tai Chi.

These classes involve **no floor** work but may include some standing. Please see course description for more information about what the classes entail.

OUR FITNESS CENTRE



register online

Hours Of Operation

Monday to Friday / 8:15 AM - 3:30 PM

RESERVATIONS ARE REQUIRED.

Visit our website at www.nesa1.ca:

- Look for the “What We Do” tab
- Find the section called “Fitness Centre”
- Click on the “Book Your Visit Here” button

NEED HELP? Call us at 780-944-7442 or 780-496-4915

Closed on Weekends & Holidays

**Hours may be subject to change during the summer and the holidays; please see fitness centre for updates!*

Fitness Centre Admission Fees

Drop-In \$4

Monthly Pass \$35

10-Visit Pass \$30

Annual Pass \$325

**Prices may be subject to change.*

***Passes are not refundable or transferrable.*

10-Visit passes expire after one year.

What We Offer

A welcoming, friendly, inclusive and fun exercise environment; Cardio and resistance training machines, free weights, portable equipment; machine basic-operation orientations for members*.

**Must be scheduled in advance with a fitness centre volunteer.*

Personal Training Services available to help you achieve your fitness goals, including: Health and Fitness Assessments, One on One and Partner Training, and Personalized Training Program Design. Additional costs apply for these services.

NOTE Personal fitness training services are **NOT** currently available. Please stay tuned for more updates.

**PERSONAL FITNESS
TRAINING SERVICES ARE
NOT CURRENTLY AVAILABLE.**

Please stay tuned for more updates.



NESA MERCHANDISE FOR SALE

Interested in purchasing a NESA-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!



Connections

Carole Furgala

Are you feeling isolated at home and unsure about how to become involved again? This program offers social opportunities, education and exercise in a safe, encouraging environment. Space is limited.

Mon, Sept 14-Oct 19 / 10 AM-12 PM / Wks 5

No class Oct 12

\$10

Connections

Carole Furgala

Are you feeling isolated at home and unsure about how to become involved again? This program offers social opportunities, education and exercise in a safe, encouraging environment. Space is limited.

Fri, Sept 18-Oct 16 / 1-3 PM / Wks 5

\$10

Breathing and Relaxation 2.0 - Asking Questions and Going Deeper - Part One

Helga Stadelmann

While sitting in a chair you will participate in a specific blend of exercises in breathing, relaxation, mindfulness, visualization and meditation techniques. Five inspiring workshops will not only improve your health but invite you to experience yourself in a very new, unique and highly personal way. Part 2 will be offered in the Fall 2020 Session 2, stay tuned for more details.

Wed, Sept 16-Oct 14 / 11AM-12 PM / Wks 5

\$24

**OUR CENTRE IS A SCENT-FREE
ZONE**

Help us keep the air we share healthy and fragrance-free.



PLEASE NOTE

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

MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

ASL In The Community

Brenda Hansler

Interested in learning how to converse in sign language? Join Brenda for a fun and interactive five-week class where you will be introduced to the basics of this unique language including how to sign the alphabet, numbers, and for different categories including people, places, food, and much more!

Wed, Sep 16-Oct 14 / 1-2:30 PM / Wks 5

\$51

Spanish - Beginner Level I

Jorge Oyarzun

In this course, students will have the opportunity to practice basic conversation in Spanish, and increase their Spanish vocabulary. (Students need to have a basic knowledge of Spanish) **Textbook required:** Spanish Now

Thu, Sep 17-Oct 15 / 11:45 AM-1:45 PM / Wks 5

\$73

Spanish - Intermediate

Jorge Oyarzun

In this course, students will have the opportunity to talk, to read and write in Spanish, and reinforce the Spanish sentences structure. Additionally they will learn about the culture of some Spanish speaking countries. Students who take this course should already have knowledge of Spanish regular verbs and some irregular verbs). Textbook required: Spanish Now

Thu, Sep 17-Oct 15 / 9:30-11:30 AM / Wks 5

\$73

**LEARN
A NEW
LANGUAGE**





PLEASE NOTE

In accordance with the guidelines and protocols implemented by Alberta Health Services and the City of Edmonton, programs that involve singing or wind instruments are not permitted at this time.

Chair Hula

Emily Soriano

Let your hands tell the story! Learn the art of hula dancing while seated – all wheels are welcome! Join Emily and the group for a fun, exciting and creative dance and exercise class.

Fri, Sep 18-Oct 16 / 12:45-1:45 PM / Wks 5

\$30

Clogging for Beginners

Adele Brewer

No experience or clogging shoes required.

Mon, Sep 14-Oct 19 / 1-2 PM / Wks 5

No class Oct 12

\$48

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!

Wed, Sep 16-Oct 14 / 1:30-2:30 PM / Wks 5

\$48

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.

Wed, Sep 16-Oct 14 / 2:45-3:45 PM / Wks 5

\$48

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!

Mon, Sep 14-Oct 19 / 2:15-3:15 PM / Wks 5

No class Oct 12

\$48

Guitar: Blues Level I

Brett Hansen

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

Fri, Sep 18-Oct 16 / 12:45-1:45 PM / Wks 5

\$30

Guitar: Finger Pickin' 201

Brett Hansen

This intermediate class will introduce participants to picking with their fingers! 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 II is recommended.

Fri, Sep 18-Oct 16 / 9:45-10:45 AM / Wks 5

\$30

Guitar: Level III

Brett Hansen

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 notes lines. Appropriate pieces will be brought in to play. Students are encouraged to suggest selections! Guitar Level II is recommended.

Fri, Sep 18-Oct 16 / 11 AM-12:30 PM / Wks 5

\$44

Handbells: Intermediate Group 1

Wendy Hoskin

This course is for anyone with some handbell experience, and will continue to build on the skills learned in previous sessions culminating into performances at various venues chosen by the group.

Thu, Sep 17-Oct 15 / 9:30-10:30 AM / Wks 5

\$29

Handbells: Intermediate Group 2

Wendy Hoskin

This course is for anyone with some handbell experience, and will continue to build on the skills learned in previous sessions culminating into performances at various venues chosen by the group.

Thu, Sep 17-Oct 15 / 10:45-11:45 AM / Wks 5

\$29

Hawaiian Dance

Emily Soriano

Join Emily and friends for a weekly escape to the Hawaiian Islands! Learn basic Hula Dancing for fun or for performance. This is a great exercise class to help improve your posture and coordination!

Fri, Sep 18-Oct 16 / 11:30 AM-12:30 PM / Wks 5

\$30

Line Dancing: Back to Grassroots (Level 1)

Dwayne Tulik

Kick up your heels and join us for some fun while toning muscles, stimulating our brain and strengthening your heart! Learn the basic steps to a variety of popular line dances. Bring comfortable or low-heeled indoor shoes.

Tue, Sep 15-Oct 13 / 9-10:30 AM / Wks 5

\$52

Line Dancing: Level II

Dwayne Tulik

If you've taken the Level I class, you're ready for more advanced boot-scootin'! This class will challenge you with more turns, longer routines and a little faster pace.

Thu, Sep 17-Oct 15 / 3-4 PM / Wks 5

\$35

NESA CLUBS AT A GLANCE



COME AND CHECK US OUT. STOP BY AT
OUR SCHEDULED TIME **FOR A CHAT**

	Monday	Tuesday	Wednesday	Thursday	Friday
A M C L U B S		Creative Greeting Cards (A) 9-12PM	Washi Chigiri-e 9-12PM		Hardanger Embroidery 9AM -12PM
					Pins and Needles Quilting 9:30AM -12:30PM
			Wizards of Odds 'n Ends (A) 9-11:45AM		Termites Chip Carvers 9AM-12PM
					Wildlife Carving 1-4PM
T B A	<ul style="list-style-type: none"> • Art - AM • Badminton • Stained Glass 	<ul style="list-style-type: none"> • Carpet Bowling • Music Makers • Silversmithing/ Jewelry • Travel • Weavers 	<ul style="list-style-type: none"> • Badminton • Garden • Pickleball 	<ul style="list-style-type: none"> • Carpet Bowling 	<ul style="list-style-type: none"> • Badminton • Book Club • Cribbage • Pickleball • Woodworking
P M C L U B S		Jammers 1-4PM	Wizards of Odds 'n Ends (B) 12-2:45PM	Fibre Arts 1-4PM	
		Creative Greeting Cards (B) 12:30-3:30PM			
T B A	<ul style="list-style-type: none"> • Art - PM • Stained Glass 	<ul style="list-style-type: none"> • Artists Club • Silversmithing/ Jewelry • Weavers 	<ul style="list-style-type: none"> • Guitar Jam • Just For The Company 	<ul style="list-style-type: none"> • Bridge • Canasta 	<ul style="list-style-type: none"> • Cribbage • Woodworking

TBA - NOT CURRENTLY IN SESSION

These clubs are not currently scheduled for this season. Please stay tuned for more details about what will be planned in the coming seasons.

For more information about these clubs,
please ask at the front desk or call
780.496.6969.

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



CURRENTLY IN SESSION

Creative Greeting Cards Club

Greeting cards using: parchment, embroidery, 3D or paper piercing, always new ideas and techniques. No formal instruction – lots of help available.

A Tue, Sep 15-Oct 13 / 9AM-12PM / Wks 5

B Tue, Sep 15-Oct 13 / 12:30-3:30PM / Wks 5

\$10 / TIMEFRAME

Fibre Arts Club

Fibre art is a style of fine art which uses textiles such as fabric, yarn and natural and synthetic fibres, often by using multiple techniques for weaving or knotting the materials. Join the club of like-minded artists to work on various fibre art projects!

Thu, Sep 17-Oct 15 / 1-4PM / Wks 5

\$10

Hardanger Embroidery Club

Some Norwegian embroidery experience necessary. New members welcome.

Fri, Sep 18-Oct 16 / 9AM-12PM / Wks 5

\$10

Jammers Club

An acoustic guitar group who meet for fellowship!

Tue, Sep 15-Oct 13 / 1-4PM / Wks 5

\$10

Pins and Needles Quilting Club

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

Fri, Sep 18-Oct 16 / 9:30AM-12:30PM / Wks 5

\$10

Termites Chip Carvers Club

Using only a knife, join the group for the creation of some simple wood projects like coasters and jewelry boxes. No formal instruction provided however beginners are welcome!

Fri, Sep 18-Oct 16 / 9AM-12PM / Wks 5

\$10

Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing paper from Japan and gluing the paper onto a canvas to make a picture. The paper is handmade or machine made in various colors, weaves, textures and weight.

Wed, Sep 16-Oct 14 / 9AM-12PM / Wks 5

\$10

Wildlife Carving Club

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

Fri, Sep 18-Oct 16 / 1-4PM / Wks 5

\$10

Wizards of Odds 'n Ends Club

The Wizards are a fundraising group. We socialize and have fun while we sew, knit, crochet, etc., The items we make are sold with all funds donated to NESA!

A Wed, Sep 16-Oct 14 / 9-11:45AM / Wks 5

B Wed, Sep 16-Oct 14 / 12-2:45PM / Wks 5

Free but registration is required

NESA CLUBS . . . continued



PLEASE NOTE

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

MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

CLUBS ARE FOR 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 at the front desk before 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.

NOT CURRENTLY IN SESSION

These clubs are not currently scheduled for this season. Please stay tuned for more details about what will be planned in the coming seasons.

Art Club - AM

Art Club - PM

Artists Club

Badminton Club

Book Lover's Club

Bridge Club

Canasta Club

Carpet Bowling

Cribbage Club

Garden Club

Golf Club

Guitar Jam Club

Just For The Company

Music Makers Club

Pickleball Club

Silversmithing Club

Stained Glass Club

Travel Club

Weavers Club

Woodworking Club

In compliance with the current Guidelines and Protocols implemented by Alberta Health Services and the City of Edmonton, all Dances, Teas, Dinner Theatres and other public events are required to be postponed until further notice.

The Special Events team will be working on organizing and offering alternate social activities that do adhere to the new restrictions. Please stay tuned for future updates!

NOTE If you are interested in assisting with the planning and implementation of these events in a volunteer capacity, please contact the Volunteer Coordinator, Marley, at 780-496-4776.

Have you missed Wednesday Night Dinners? So has E.M.M.A's Catering!

Even though we can't physically come together like the good ol' days, we can still provide you with the delicious home cooked meals that you're used to. We will be providing dinners for pick-up and delivery beginning in September.

For more information about how to reserve dinner, contact E.M.M.A's at 780.406.0840 or email laskovicdragana@hotmail.com

September 9 – Salmon Dinner

September 16 – Chicken & Roasted Potatoes

September 23 – Ham & Scalloped Potatoes

September 30 – Sweet and Sour Ribs

Stay tuned for October & November Menus



Banquet Hall & Meeting Rooms

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

**Hall Rentals
780.496.4928**

**Space available for
Birthdays, Anniversaries,
Weddings, Banquets,
Meetings & much more!**



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

**Superb home cooked meals
@ Excellent prices!**

LANDRY LEISURE PASS @ NESAs



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

Things to Know

You can now register for the 2020 LLP card.

How do I qualify?

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

1 Person Household: An income of **\$29,069 or less.**

2 Person Household: An income of **\$36,189 or less.**

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

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

- Ensure to have your updated/active LLP card **PRIOR** to registering.
- Complete the NESAs registration form as required and proceed through the registration process.
- Prior to payment, present your LLP card to the program staff to receive the discounted rate. Program cost is reduced by 75%, therefore you pay 25% of the regular program cost. You may receive a discount on up to 10 programs a year.
- You may also receive a discount at our Fitness Centre on the Annual, Monthly, 10-visit Drop-in or single visit passes. Arrangements for Fitness Centre cost reduction, must be completed during NESAs hours of operation (8:30AM-4PM).

NOTE *The purchase of a fitness pass (annual, monthly or 10 visit) counts as one of your eligible subsidized programs.*



NOT eligible for discount:

- NESAs membership fee
- Club fees
- Additional supplies needed for some programs
- Tours and Outings
- Cherrydale Café
- Personal Training
- NESAs Social or Fundraising Events
- NESAs swag (T-shirts, mugs, etc.)
- Programs, workshops or presentations less than \$20
- The Connections program

INTERESTED?

For more information or to register for a LLP, contact our Outreach Workers at 780.414.8790



Home Support Services

For more information, please call 780.944.7470

The Seniors Home Supports Program is a referral service for Edmonton Seniors. The goal of this program is to assist seniors with remaining in their homes longer, safely and independently. We have a list of screened service providers who offer assistance in the following categories:

Snow Removal - includes roof snow removal

Yard Maintenance - includes spring and fall clean-ups, tree and shrub trimming/removal

Housekeeping - includes light housekeeping or bigger jobs

Home Repair and Maintenance - includes deck repair, hand rail installation, replacement of door knobs and/or light bulbs, furnace repairs, electricians, plumbers and more!

Personal Services - includes mobile hair and foot care, and both medical and non-medical homecare.

Moving Help - includes organizing, declutter, downsizing, junk removal

Six senior organizations participate in this program and coordinate the program in their districts. NESA's district covers North East Edmonton.

Postal Codes:

T5A, T5B, T5C, T5W, T5Z, T5Y, T6S



Here to help you find the right community and social services. You can dial **2-1-1** to speak to an Information and Referral Specialist about

Financial social assistance, housing, food assistance and meal programs, Senior Services and home care, Disability supports and more!

Outreach Services

For more information, please call 780.414.8790

The Outreach program at the North Edmonton Seniors Association provides support and information to seniors living in North Edmonton. Our team strives to be advocates and community navigators for seniors. We conduct individual confidential consultations with seniors to help determine their aspirations, assets and needs. We will provide education and information so that seniors can make informed decisions to achieve their goals and meet their needs. We liaise with community partners to proactively reach out to the most vulnerable and at-risk seniors living in our community.

We provide assistance with:

- Information and referrals to community programs and services
- Completing forms and applications for financial benefits
- Emotional support
- Friendly phone call program
- Information regarding transportation services, housing options and food provisions
- Leisure Access passes for NESA and the City of Edmonton
- Resources to reduce isolation
- Navigating the health care system

DONATION REQUEST FROM NESA!

Have any worsted weight yarn you're not using? If so, please bring it to NESA 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!



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.

RELAX



CRAFT



LEARN



Please recycle!

– And pass this program guide on to a friend