



WINTER 2023

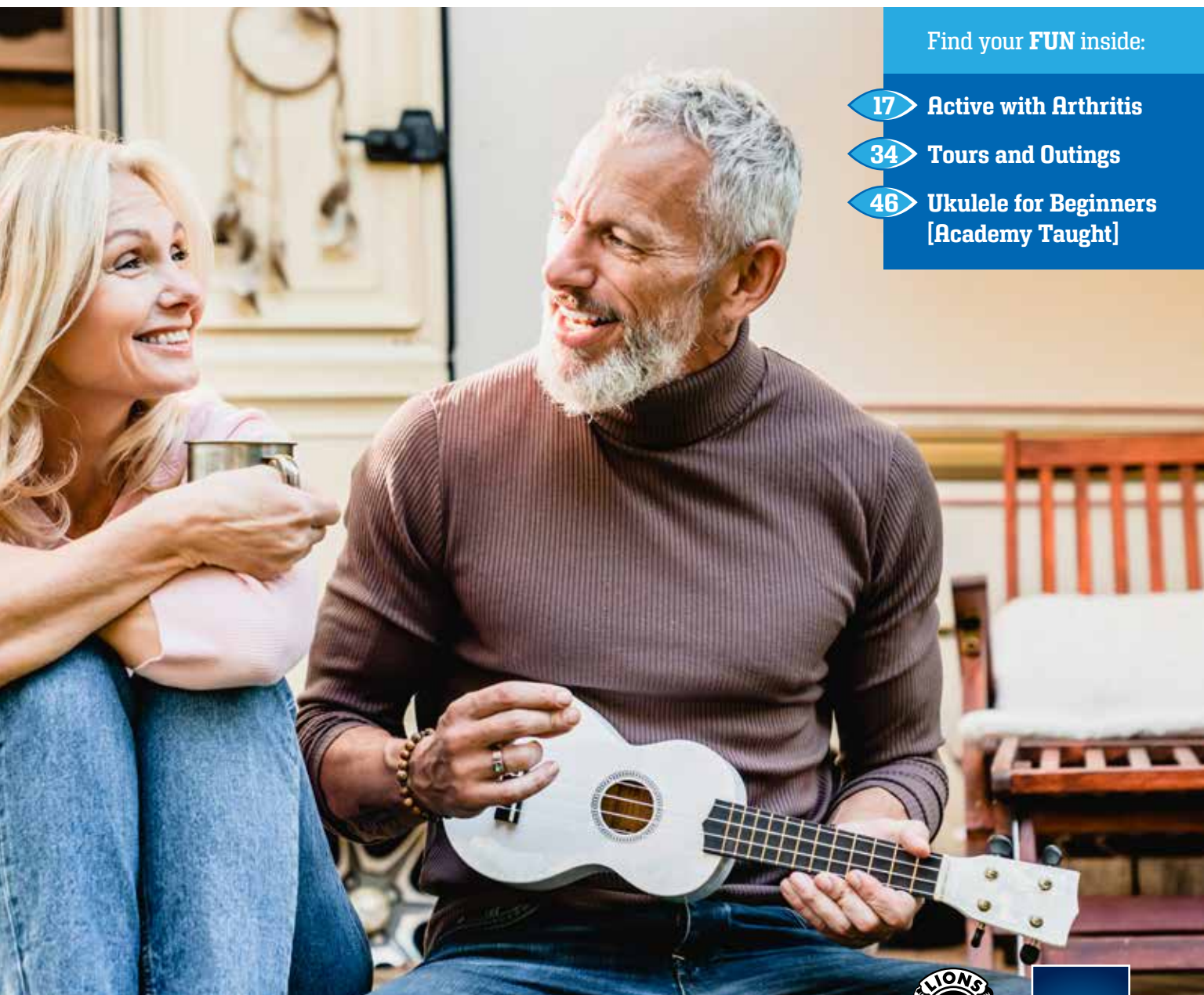
Registration Begins DECEMBER 12, 2022 at 8:30AM

# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your **FUN** inside:

- 17 Active with Arthritis
- 34 Tours and Outings
- 46 Ukulele for Beginners  
[Academy Taught]



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



Edmonton



7524 - 139 Avenue

# our history

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

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

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

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

Join us for Laughter,  
Learning, and Living!

*Fun Keeps You Young*

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# MEMBERSHIP INFORMATION

## WINTER 2023

### JOIN US FOR MEMBER MIXER MONDAY

See page 31 for more information about how you can connect with other NESAs Members!

Office Hours  
Mon to Fri 8:30AM - 4PM

Registration Begins:  
DECEMBER 12, 2022 @ 8:30 AM



### ANNUAL MEMBERSHIPS

**55+ MEMBERSHIP:** \$30/person

**Under 55 MEMBERSHIP:** \$60/person

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

#### How to Obtain:

[New Members](#) - Purchase In-person, Telephone, or Mail-in.

[Renewing Members](#) - Purchase Online, Telephone, In-person, or Mail-in.

### LIFETIME MEMBERSHIP

**GOLD MEMBERSHIP (85+): Free**

- Valid for a lifetime with no expiry.
- Full voting privileges at Annual General Meeting.
- Access to Fitness Centre with purchase of Fitness Pass.
- Access to NESAs programs and club enrollment at membership rates.

#### How to Obtain:

[New Members](#) - In-person, Telephone, or Mail-in.

[Renewing Members](#) - Automatically updated internally.

### LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 53 for more information about NESAs subsidy program.

### RECIPROCAL MEMBERSHIP

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

#### How to Obtain:

Purchase at participating Senior Recreation Centres.

### NON-MEMBERS

**Are you a non-member wanting to join us for a registered program?**

A NESAs membership is now required in order to participate in registered programs. Historically non-members were permitted to join if they paid the listed program fee *in addition* to the former 'non-member fee' of \$30 or \$60 for each program they wanted to enroll in. As NESAs would like to help you minimize extra fees being paid, the purchase of a membership is now required for all registered programs, allowing you to maximize on the savings all year round!

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

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

**NOT SURE IF YOU HAVE ALREADY PURCHASED A 2023 MEMBERSHIP? Call us at 780-496-6969 and we can look up your account and verify your membership status.**



# PROGRAM REGISTRATION INFORMATION & FORMS

register online

## REMINDER!

An active 2023 NESA Membership is required for most programs and activities at NESA. See Membership Application on page 5-6.

## HOW TO REGISTER:

### ONLINE REGISTRATION

**Already have your online account set up?** Please visit our website [www.nesa1.ca](http://www.nesa1.ca) and click on **'My Account'** to sign in and register as you did in the Fall of 2022.

**Haven't set up your online account yet?** Don't delay and call NESA before Monday, December 12, 2022 for assistance with getting your online account set up. For Account Support, call 780.496.6969 or visit [www.nesa1.ca](http://www.nesa1.ca) then click on **'My Account'** and review instructions provided about how to get started.

**Need to register a spouse or friend online?** Call or visit us before the first day of registration and ask a NESA staff to add them to your account!

**Need access to a computer?** The NESA computer lab will be open during office hours (8:30AM-4PM) on Dec 12-16, 2022. Please note this is self-serve only. Staff will not be available to assist you.

**For Technical Support**  
call: 780.496.6969

## DON'T HAVE ACCESS TO OUR ONLINE OPTION? REGISTER VIA MAIL OR IN-PERSON

To ensure patron safety, to prevent overcrowding and excessive lineups, and to provide a more efficient registration experience, it is *strongly encouraged* that members register for their activities and programs **online**. If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration with cheque payment.

While the NESA team will endeavour to provide members who choose in-person registration with a positive and successful experience, please be aware that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider **online** registration if possible as it proves to be the safest, most efficient, and fastest option.

### IN-PERSON

Visit the front desk during office hours, Monday to Friday, 8:30AM-4PM.

### MAIL-IN

Complete the **'Program Mail-In Registration'** form found in this guide on page 7 and mail it with a cheque payable to **North Edmonton Seniors Association**. Mail-in registrations will be processed at the end of day on the first day of online registration and as received thereafter.

### TELEPHONE

Please note that telephone registration will **not** be available on the first day of registration. Support will only be available for technical/online account assistance.

### CANCELLATIONS AND REFUNDS

**NO REFUNDS OR CREDITS** will be given for programs, clubs, presentations, tours, or fitness Centre passes unless canceled by NESA.

### LOW ENROLMENT POLICY

Avoid disappointment and register early! The programming team assesses enrolment one week prior to the start date of the class and if the minimum required registration is not met, the program may be canceled. **Don't delay registration, sign up today and secure your spot!**

### DISCLAIMERS

Opinions expressed by guest speakers do not reflect the views of NESA or the Board of Directors. NESA is not responsible for any physical injuries incurred during any programs. All participants must sign a waiver form before being permitted to partake in NESA programs, clubs, and outings. All programs are organized and operated by NESA.



## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

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

### OFFICE USE ONLY

55+ Membership ☐

Under 55 Membership ☐

Gold Membership ☐

Reciprocal Membership ☐

## NESA Membership Application

Please **PRINT** Clearly

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

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

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

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

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

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

PHONE NUMBER: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

*Email Address required for online registration access.*

BIRTH DATE (MM/DD/YYYY): \_\_\_\_\_

*Full birth date required for Membership Type criteria.*

☐ MALE ☐ FEMALE ☐ PREFER NOT TO DISCLOSE/UNSPECIFIED

### EMERGENCY INFORMATION:

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

EMERGENCY PHONE: \_\_\_\_\_ EMERGENCY RELATIONSHIP: \_\_\_\_\_

### OFFICE USE ONLY:

☐ MEMBERSHIP INFORMATION INPUT INTO BOOKING ON \_\_\_\_\_ (DATE) BY \_\_\_\_\_ (INITIALS)

☐ TERMS OF SERVICE ELECTRONICALLY SUBMITTED ON BOOKING

☐ EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS

☐ FORM ELECTRONICALLY SCANNED ON NESA SYSTEM

PLEASE ENSURE COMPLETED FORM IS FILED IN THE 'NEW MEMBERSHIP APPLICATIONS' FOLDER AT FRONT DESK AFTER PROCESSING

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

**SEE OTHER SIDE**





**North Edmonton Seniors Association**  
at Northgate Lions Seniors Recreation Centre  
7524 - 139 Avenue, Edmonton, AB T5C 3H7  
780.496.6969 | fax 780.496.4707 | [www.nesal.ca](http://www.nesal.ca)

## Terms of Service

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

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

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

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

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

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

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

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

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

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

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

I have read and understand the above Terms of Service.

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



**North Edmonton Seniors Association**  
at Northgate Lions Seniors Recreation Centre  
7524 - 139 Avenue, Edmonton, AB T5C 3H7  
780.496.6969 | fax 780.496.4707 | [www.nesal.ca](http://www.nesal.ca)

**Friendly Reminder!**

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

## Mail-In Registration Form

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

### Important – Mail-in registrations:

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

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

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone(s): \_\_\_\_\_ Email: \_\_\_\_\_

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

## COVID-19 and Operations Update



While we know that COVID-19 will remain an ongoing concern for all of us for months and likely years to come, we are confident that if everyone continues to do their part to keep one another safe, that we should be able to safely reconnect in person and enjoy activities together here at NESA this upcoming season. Having said this, we do recognize that at any time the province of Alberta and our partners at the City of Edmonton might require new guidelines and protocols be implemented if the pandemic situation changes. Should new changes be mandated we will update our membership and respond accordingly.

## Mask-Wearing at NESA/The Northgate Facility

As of March 8, 2022 masks are no longer a requirement when visiting the Northgate facility or when attending a program at NESA. We kindly ask that all patrons visiting these shared spaces continue to be kind to one another and respect one's decision about whether they choose to wear a mask.

**NOTE** Operational guidelines and protocols may be subject to change.

To find out more about what NESA is doing to keep its community safe and to learn about any operational updates, please visit [www.nesa1.ca](http://www.nesa1.ca)



## Patron safety remains our top priority. The following guidelines and measures have been implemented at the facility to keep you safe:

- Contactless registration continues to be encouraged (online or mail-in methods are preferred);
- Disinfection wipes and sanitizer stations will be available as well as sinks in many of the program and activity spaces for hand-washing;
- Program and activity maximum enrollment totals have been reduced to prevent overcrowding;
- Where possible, relocation of larger activity groups into alternate spaces;
- Staggering of start and end times of larger programs and activities to prevent overcrowding in common areas, change rooms, elevators, etc.;
- Where possible, use of alternate exits from the building is encouraged;
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts.

**THANK YOU FOR DOING  
YOUR PART TO KEEP YOUR  
RECREATION COMMUNITY SAFE.**

## What you can do to keep yourself and others safe:

- Participants are asked to arrive no more than five minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces;
- Though not required, participants are encouraged to bring their own program supplies (i.e. art supplies, handheld tools, instruments exercise mats and fitness equipment);
- When possible, participants should bring their own filled water bottles;
- Please limit the amount of personal items brought with you as locker space is limited. (Wallet and key lockers are available and remain complimentary);
- If possible, please wear your workout clothing to your fitness activity so you can minimize the amount of time spent in the change rooms;
- Ensure to bring your indoor footwear with you and leave any soiled or wet footwear on the provided shoe racks;
- 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;
- Ensure to conduct daily health assessments and if feeling unwell, please postpone your visit to NESA and return once you are feeling better.





**WINDOWS 10 IS INSTALLED ON ALL COMPUTERS IN THE COMPUTER LAB.**

**NEW! NESAs Tech Tutorial Thursdays**  
Shawn Gramiak

Do you need to: Learn how to use your phone, tablet or computer? Get your email under control? Learn some tips and tricks for making Word, Excel or other Microsoft stuff easier to use? What about how to figure out how to use the Google Drive, Docs, Sheets, Slides or other apps? Well wait no longer, we have some tutorials for you! On Thursdays, computer/device-tutor Shawn will offer hour-long tech tutorials. Book one or book a bunch! Closer to the start date of your session the instructor will contact you to review what your tutorial needs and goals are and will prepare for your time together accordingly. Just remember to bring your electronics' power adapters or cables to the session. No matter what the future holds, we will endeavor to answer your technical questions to the best of our ability and make sure you have fun while we do so!

**NOTE** These tutorials cover how to use the computer or device, NOT computer repair.

**4 SESSIONS/DAY**

Each session has four different 1 hour time intervals to choose from and they are as follows:

**A** Thu, Mar 2

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**B** Thu, Mar 9

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**C** Thu, Mar 16

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**D** Thu Mar 23

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**E** Thu, Mar 30

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**\$50 Per One-Hour Tutorial**

**QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?**

Email Instructor Shawn: [shawn@gruntmulti.com](mailto:shawn@gruntmulti.com)  
Please **DO NOT** contact the instructor about personal inquiries.



## Bird Carving: Cedar Waxwing (A Continuation)

**Diane Sharkey**

This program is a continuation from the previous season. Pre-requisite: *Fall 2022 Bird Carving - Cedar Waxwing*.

Wed, Jan 11-Mar 29 / 1-4 PM / Wks 12

**\$185**

## Ceramics

**Jackie Garrant**

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

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

Wed, Jan 11-Mar 29 / 12:30-3:30 PM / Wks 12

**\$120**

## PLEASE NOTE

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

## Creative Cards: For All Occasions

**Janelle Tameling**

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

**A** Fri, Jan 27 / 9 AM-3 PM / Wks 1

**\$48 NMW**

**B** Fri, Feb 24 / 9 AM-3 PM / Wks 1

**\$48 NMW**

**C** Fri, Mar 24 / 9 AM-3 PM / Wks 1

**\$48 NMW**

## NESA IS A NON-PROFIT ORGANIZATION

Which means that the fees are used to pay for the instructor and the space. When programs have a low enrollment we may have to cancel the program because we cannot afford to keep it going. Sometimes we use other programs to supplement a new program to get it up and running. This means that we have a **NO REFUND** policy. Thank you for understanding!



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

### **NEW!** Fluid Art Series: Acrylic Pouring in 3D Objects

**Janelle Tameling**

You don't need fancy brushes, special equipment, or an art degree to experience the fine art of "Acrylic Pouring". In this class, you will learn the art of Acrylic Paint Pouring and techniques to make interesting, one-of-a-kind creations on 3D objects. No previous painting experience is required. Wear old clothes and an apron. This could get messy! *All supplies included.*

Wed, Feb 22 / 6-8 PM / Wks 1

**\$48 EVENING NMW**

### Fluid Art Series: Acrylic Pouring on Canvas

**Janelle Tameling**

You don't need fancy brushes, special equipment, or an art degree to experience the fine art of "Acrylic Pouring". In this class, you will learn the art of Acrylic Paint Pouring and techniques to make interesting, one-of-a-kind creations on canvas. No previous painting experience is required. Wear old clothes and an apron. This could get messy! *All supplies included.*

Wed, Feb 08 / 6-8 PM / Wks 1

**\$48 EVENING NMW**

### Fluid Art Series: Alcohol Inks

**Janelle Tameling**

In this class, you will explore working with alcohol inks on a variety of surfaces. Come play and create unique projects that you can use for home decor or gifts. Wear old clothes and an apron. This could get messy! *All supplies included.*

Wed, Mar 08 / 6-8 PM / Wks 1

**\$48 EVENING NMW**



## Northgate Writing Society

### Northgate Writing Society

Our group of writers wishes to welcome any NESAs members who are interested in writing or have done some writing to join us. We share our stories during class and give each other feedback. We occasionally have a resource author/writing instructor/communications expert visit to assist us. As a group, we have published a number of books of short stories and recipe/story books. Samples of our books are available in the lobby. We encourage you to check out our blog at [nglswordweavers.blogspot.com](http://nglswordweavers.blogspot.com) where you will also be able to share your stories.

Fri, Jan 13-Mar 31 / 1-3 PM / Wks 12

**\$24**

## Soapstone Carving: Polar Bear

### Kay McCormack



Love sculpture?  
Love stone carvings?  
Here's your chance to create the iconic Polar Bear. Beginner

and intermediate carvers are welcome to spend a 4-day workshop with local soapstone artist Kay McCormack. In this workshop, you will learn the planning portion for your carving, the correct and safe use of hand tools and with Kay's guidance see your sculpture emerge. *All supplies included.*

Thu, Feb 16-Mar 09 / 12:30-3:30 PM / Wks 4

**\$156**

## **NEW!** Stained Glass Workshop: Spring Tulip

### NESA Stained Glass Club



Participants will learn the copper foil stained glass method to create a beautiful "Spring Tulip" suncatcher. Karen Phelan the workshop lead, joined by additional club workshop facilitators, will provide demonstrations

and guidance to learn to use the tools and techniques to complete your stained glass project. During our workshop you will learn to use patterns, tools, and techniques to cut and shape stained glass through to foiling, soldering, and finishing your suncatcher. Past participants found these interactive workshops to be enjoyable with guidance and support they received while developing some new skills. Join us to experience something new and make a beautiful suncatcher. Please wear comfortable clothing. *All supplies included.*

Fri, Mar 10-24 / 1-4 PM / Wks 3

**\$48**

## The Art of Redesigning Jewelry - An Introduction

### Shirley Zago

See the many possibilities for recreating your own pieces by taking apart necklaces, earrings, bracelets, broaches, etc. All tools are supplied, please bring your own costume jewelry.

Mon, Mar 06 / 9 AM-12 PM / Wks 1

**\$25 NMW**



## The Art of Redesigning Jewelry - Level 2

Shirley Zago

Having learned the use of the tools in the introduction course, you will now take apart and recreate jewelry using your and the instructor's supplies to make new pieces. Trends in jewelry are forever changing so come have fun and use your imagination! All tools supplied. Please bring your own costume jewelry and any other supplies such as chains, a package of findings including posts, earring hooks, clasps, etc.

Mon, Mar 13 / 9 AM-12 PM / Wks 1

\$25 **NMW**

## Water Marbling Workshop: Silk Scarf and Paper

Karen Selinger

Water Marbling is a centuries-old art form where paint is floated on water & special tools are used to create designs and patterns. The image is then captured by placing paper or fabric (or other porous materials) on top of the water where it is immediately transferred and permanently affixed. This is an introduction to this mystical art form where you will learn basic water marbling techniques. You will use simple tools such as rakes, sticks, combs, and splatter brushes to create unique, one-of-a-kind designs.



We will start the workshop by learning how the paints float and how the colors respond to each other. Next, we learn basic designs like freestyle, stone, peacock, and feather which we print to paper. Lastly, you will then apply these techniques to design a 14"x72" silk scarf. There are no special skills required, only the willingness to experiment and have fun! *All supplies included.*

**A** Fri, Feb 17 / 9 AM-12 PM / Wks 1

\$78 **NMW**

**B** Fri, Feb 17 / 12:30-3:30 PM / Wks 1

\$78 **NMW**

## EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed online or during NESAs regular business hours (Monday- Friday, 8:30 AM-4 PM).

## **NEW!** Whist and Table Games Tuesday

Lead by fellow game enthusiasts

Come and join fellow card and board game enthusiasts for an afternoon of game play and socializing. Whist will be the main activity played but for those interested in Scrabble we will have that available as well. If you are looking for other card games, please see page 48-49 for more information about the NESAs Cards Clubs.

Tue, Jan 10-Mar 28 / 1-3:15 PM / Wks 12

\$2 / Date



## EVERYTHING IS MORE FUN WITH A FRIEND!

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



## MATERIALS

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



### **NEW!** Acrylic Painting Workshop: Lighthouse in The Mist

Wendy Jensen



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

masterpiece to take home and display! *All supplies included.*

Wed, Mar 15 / 5:30-7:30 PM / Wks 1

**\$26 EVENING NMW**

### **NEW!** Acrylic Painting Workshop: Winter Forest

Wendy Jensen



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

home and display! *All supplies included.*

Wed, Feb 15 / 5:30-7:30 PM / Wks 1

**\$26 EVENING NMW**

### **NEW!** Colored Pencil Workshop: Lion Cub

Susan Casault

Whether you are a beginner, or already have some experience, join us for a workshop using pen & ink. You will learn the fundamentals of pen strokes and layering, and capture the character of these old workboots using a traditional cross hatching technique. Photo references will be provided by the instructor. You are welcome to bring a lunch or use the cafeteria.



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

Thu, Mar 23 / 9:30 AM-2 PM / Wks 1

**\$40 NMW**

### **NEW!** Pen & Ink Workshop: Old Boots

Susan Casault

Create a realistic drawing of a lion cub on black paper by working with textures and values to render soft fur. Some colored pencil experience would be helpful but is not mandatory. Learn by demonstrations and individual guidance. Reference photos will be provided by the instructor. You are welcome to bring a lunch or use the cafeteria.



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

Thu, Mar 16 / 9:30 AM-2 PM / Wks 1

**\$40 NMW**



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

See page 53 for information about NESA's Landry Leisure Pass.

## **NEW!** Watercolor Pencil Workshop: Wolf

**Susan Casault**

Do you have a set of watercolor pencils, but you're not sure what to do with them? Have you already tried them and would like to improve your skills? In this workshop you will experiment with colour, line, texture and washes to create a small painting of a wolf. Photo references will be provided by the instructor. You are welcome to bring a lunch or use the cafeteria.

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

Thu, Mar 30 / 9:30 AM - 2 PM / Wks 1

**\$40 NMW**

## **Watercolor with Willie For All Levels** **Willie Wong**

Learn how to paint with watercolors, no drawing or painting experience is 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!

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

Wed, Jan 18 - Mar 22 / 1-4 PM / Wks 8

**No class Feb 1, Mar 8**

**\$206**





## UNSURE OF WHICH FITNESS CLASS TO CHOOSE?

For help with determining what is most suitable based on your current fitness level and experience, see page 28 for a class selection overview.

**NEW!**

### 1- Day Fitness Workshop: Total Body Exercise Program

#### Edmonton North Primary Care Network

Are you looking to improve your balance, strength and coordination? This beginner exercise program will teach you simple exercises that you can do to improve all of these. All levels of fitness are encouraged to join. The instructor will provide various levels of difficulty based on your ability.

**A** Fri, Jan 27 / 2:45-3:45 PM / Wks 1

**\$2 NMW**

**B** Fri, Feb 24 / 2:45-3:45 PM / Wks 1

**\$2 NMW**

**C** Fri, Mar 24 / 2:45-3:45 PM / Wks 1

**\$2 NMW**

**NEW!**

### 7:15's with Jollean

Jollean Ferrari

Yes you read that right! Kickstart your day with an early morning workout with Jollean. This fast-paced full body workout is intended to get your muscles and joints moving and ready for whatever the day has in store for you. Expect to improve your cardio and endurance, strengthen and sculpt your muscles, and enhance your flexibility. New exercises introduced each week! Floor work is included in this exciting workout so please bring a mat!

**A** Tue, Jan 17-Feb 07 / 7:15-8:15 AM / Wks 4

**\$26**

**B** Thu, Jan 19-Feb 09 / 7:15-8:15 AM / Wks 4

**\$26**

**C** Tue, Feb 28-Mar 21 / 7:15-8:15 AM / Wks 4

**\$26**

**D** Thu, Mar 2-23 / 7:15-8:15 AM / Wks 4

**\$26**



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

### Active with Arthritis

**Kiersten van Leenen**

Physical activity is important for the management of joint pain or stiffness associated with Arthritis or other chronic conditions. This class will work through joint range of motion, stretching, strength and light aerobic activities to improve and manage these conditions. This program will help reduce stiffness and pain associated with Arthritis and of course can be modified to meet participant needs. Come and be active, moving through your personal range of activity for some active relief of stiffness and pain. No floor work.

**A** Tue, Jan 10-Mar 21 / 11 AM-12 PM / Wks 11

**\$72**

**B** Tue, Jan 10-Mar 21 / 1:30-2:30 PM / Wks 11

**\$72**

### Age Reversing Essentrics®

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Some movement modifications available. Please bring your own yoga mat.

**Samara Hipkin**

**A** Mon, Jan 09-Apr 03 / 10:15-11:15 AM / Wks 12

**No class No class Feb 20**

**\$136**

**Meaghan Hipkin**

**B** Fri, Jan 13-Mar 31 / 10:15-11:15 AM / Wks 12

**\$136**

### Barre Cardio

**Falon Fleming**

Rev up that intensity with a barre styled cardio to feel that extra burn and tone your muscles. Improve your endurance, strength and balance at the 'barre', with high repetitions and light resistance. Short cardio bursts incorporated to help keep up your heart rate while sculpting your body. Must be able to lower and rise from the floor for mat based exercises. Classes held in the auditorium. Please bring your own yoga mat.

Thu, Jan 12-Mar 30 / 9:15-10:15 AM / Wks 12

**\$78**

### Beginner Yoga

**Marguerite Critchley**

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

Mon, Jan 09-Apr 03 / 2-3:30 PM / Wks 12

**No class Feb 20**

**\$112**

### Cardio Plus

**Falon Fleming**

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

**A** Mon, Jan 16-Apr 03 / 8:30-9:30 AM / Wks 11

**No class Feb 20**

**\$72**

**B** Wed, Jan 18-Mar 29 / 8:30-9:30 AM / Wks 11

**\$72**

## Chair Stretch and Balance

**Marguerite Critchley**

A gentle session incorporating stretching and balance moves using a chair. Both seated and standing postures are explored with modifications where necessary. This class also focuses on muscle strengthening and breathing techniques to increase lung capacity. No floor work but bringing your own yoga mat to stand on is recommended.



Mon, Jan 09-Apr 03 / 12:45-1:45 PM / Wks 12

**No class Feb 20**

**\$78**

## Chair Total Body Workout

Designed for those with limited mobility, this class welcomes all levels of exercisers. Using modified movements, portable equipment, walls and chairs, this class focuses on improving strength, flexibility and balance.

**Maggie Nichol**

**A** Mon, Jan 09-Apr 03 / 11 AM-12 PM / Wks 12

**No class Feb 20**

**\$78**

**Kiersten van Leenen**

**NEW Time!**

**B** Tue, Jan 10-Mar 21 / 12:15-1:15 PM / Wks 11

**\$72**

**Kiersten van Leenen**

**C** Thu, Jan 12-Mar 23 / 1:45-2:45 PM / Wks 10

**No class Mar 2**

**\$65**





## Essentrics® for Seniors

**Liz Olson**

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

Thu, Jan 12-Mar 30 / 12:15-1 PM / Wks 12

**\$122**

## Essentrics® for Stretch and Tone

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

**Samara Hipkin**

**A** Mon, Jan 09-Apr 03 / 9-10 AM / Wks 12

**No class Feb 20**

**\$136**

**Meaghan Hipkin**

**B** Fri, Jan 13-Mar 31 / 9-10 AM / Wks 12

**\$136**

## Chair Yoga

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

**Beverley Moore**

**A** Tue, Jan 10-Mar 28 / 12:15-1:15 PM / Wks 12

**\$90**

**Barb Deneka**

**B** Thu, Jan 12-Mar 30 / 12:15-1:15 PM / Wks 12

**\$90**

## Cross Training

**Falon Fleming**

Come ready to take on a total body workout designed to improve strength, endurance, and balance. Work through a twelve-station class where you're guaranteed every muscle will work to help you improve every week. Become comfortable on the suspension trainers, improve your cardiovascular endurance, and increase your strength and stamina with diverse and unique movement patterns. Must be comfortable with floor work - please bring a yoga mat.

**A** Fri, Jan 13-Mar 31 / 9:45-10:45 AM / Wks 12

**\$78**

**B** Fri, Jan 13-Mar 31 / 11 AM-12 PM / Wks 12

**\$78**

## Essentrics® Release, Rebalance, and 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 your own yoga mat.

Thu, Jan 12-Mar 30 / 1:30-2:30 PM / Wks 12

**\$136**

## Fit For Your Life

Falon Fleming

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

**A** Mon, Jan 16-Apr 03 / 9:45-10:45 AM / Wks 11

**No class Feb 20**

**\$72**

**B** Wed, Jan 18-Mar 29 / 9:45-10:45 AM / Wks 11

**\$72**

## WHAT IS NESAS DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

## Fitness Centre - Tuesday Daytime Small Group Training

Kiersten van Leenen

Join Fitness Instructor Kiersten for a five-week small group training program where you will learn how to use NESAS's fitness centre machines and portable equipment, learn new ideas on how to workout at home, and become more familiar with what exercises best suit your needs. An exercise guide will also be provided at the end of the five week program so you can continue to work on what you have learned once the program is over!

**A** Tue, Jan 10-Feb 07 / 3-4 PM / Wks 5

**\$63**

**B** Tue, Feb 14-Mar 14 / 3-4 PM / Wks 5

**\$63**

## Fitness Centre - Thursday Daytime Small Group Training

Kiersten van Leenen

Join Fitness Instructor Kiersten for a five-week small group training program where you will learn how to use NESAS's fitness centre machines and portable equipment, learn new ideas on how to workout at home, and become more familiar with what exercises best suit your needs. An exercise guide will also be provided at the end of the five week program so you can continue to work on what you have learned once the program is over!

**A** Thu, Jan 12-Feb 09 / 3-4 PM / Wks 5

**\$63**

**B** Thu, Feb 16-Mar 23 / 3-4 PM / Wks 5

**No class Mar 2**

**\$63**





## Flexibility and Foam Rolling

**Falon Fleming**

Hit the mat to stretch muscles commonly overused to help relax the body. Discover proper foam rolling techniques to further reduce muscle tension. Must be able to comfortably and safely transition to and from the floor repeatedly.

Wed, Jan 18-Mar 29 / 11:30 AM-12:30 PM / Wks 11

**\$72**

## Fun and Fitness

**Maggie Nichol**

An hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous, low impact cardio, weights/resistance bands to improve overall strength, and activities that improve posture, balance and flexibility. Some mat work is required - please bring your own mat if you have one.

**A** Mon, Jan 09-Apr 03 / 12:15-1:15 PM / Wks 12

**No class Feb 20**

**\$78**

**B** Thu, Jan 12-Mar 30 / 1:30-2:30 PM / Wks 12

**\$78**

## Gentle Yoga

**Barb Deneka**

This yoga can benefit those with health conditions like fibromyalgia, chronic back pain, arthritis and other mobility issues. Focus is on gentle yoga stretches and poses, breathing and relaxation techniques to help alleviate pain and increase range of motion. Some mat work is required. Please bring your own yoga mat.

Thu, Jan 12-Mar 30 / 10:30 AM-12 PM / Wks 12

**\$112**

## One-Day Trial Nidra Yoga Session

**Christine Leach**

Yoga Nidra is said to aid in deconstructing limiting belief patterns and untethering our self from the ties that connect us to outdated habits and thoughts. During this practice, the body relaxes in sleep form while the mind remains alert and awake. Please dress comfortably, bring your yoga mat, a light blanket, a pillow for under your head, knees or both. You are welcome to bring socks, extra cushions, bolsters, eye pillows. Whatever helps you to remain comfortable. **NOTE** that floor work is required.

**A** Tue, Feb 21 / 2-3 PM / Wks 1

**\$5 NMW**

**B** Thu, Mar 23 / 3-4 PM / Wks 1

**\$5 NMW**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

## **NEW!** Gentle Yoga Explorations

Christine Leach

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

**A** Fri, Jan 13-Feb 17 / 11:30 AM-12:30 PM / Wks 6

**\$46**

**B** Fri, Feb 24-Mar 31 / 11:30 AM-12:30 PM / Wks 6

**\$46**

## Happy Hips

Kiersten van Leenen

This class is designed to increase hip health! Class will focus on increasing flexibility, strength, stability and balance of the hip joint. You will experience an array of yoga type postures and dynamic exercise movements to emphasize the health of this very important joint and leave feeling happy! All levels welcome. Some mat work will be involved in the happy hips sequence, so the ability to come to the floor is recommended. Please bring your own yoga mat.

**NEW Time!**

Mon, Jan 09-Mar 20 / 10:15-11:15 AM / Wks 10

**No class Feb 20**

**\$65**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

## 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. Please bring your own yoga mat.

Wed, Jan 11-Mar 29 / 2-3:30 PM / Wks 12

**\$112**

## Interval Training

Kiersten van Leenen

Join in on an invigorating total body workout exploring different exercises using various equipment and timed intervals. Some floor work may be required, please bring a mat if you have one.

**NEW Time!**

**A** Mon, Jan 09-Mar 20 / 9-10 AM / Wks 10

**No class Feb 20**

**\$65**

**NEW Time!**

**B** Wed, Jan 11-Mar 22 / 9-10 AM / Wks 11

**\$72**

## **NEW!** Stability Ball Strength

Falon Fleming

Focus on total body strength and stability in this program designed to increase your comfortability on the ball. Each class is designed to hit all muscle groups of the body, with a strong emphasis on core stability. We will incorporate strength based exercises, utilizing various equipment pieces such as bands and hand weights for this head to toe workout. Must be able to transition to the floor easily and enjoy mat based exercises.

Tue, Jan 17-Mar 28 / 9:15-10:15 AM / Wks 11

**\$72**

## **NEW!** Step it Up!

Kiersten van Leenen

Come and do some cardio and strength exercises incorporating Exercise Steppers to work balance, strength, and core. Some choreographed step movements will be included for some extra fun! This class will provide you with a complete body workout! Floor work is required so please bring your own mat if you have one.

**A** Wed, Jan 18-Feb 08 / 12:45-1:45 PM / Wks 4

**\$26**

**B** Wed, Feb 22-Mar 15 / 12:45-1:45 PM / Wks 4

**\$26**

## Want to try "Step it Up?"

Check out the following **FREE** trial classes:

**A** Wed, Jan 11 / 12:45-1:45 PM / Wks 1

**FREE** Registration is still required

**B** Wed, Feb 15 / 12:45-1:45 PM / Wks 1

**FREE** Registration is still required



## Stretch 'n Tone Yoga: Beginner

Beverley Moore

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

Tue, Jan 10-Mar 28 / 10:30 AM-12 PM / Wks 12

**\$112**

## Stretch 'n Tone Yoga: Intermediate

Barb Deneka

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

Thu, Jan 12-Mar 30 / 8:45-10:15 AM / Wks 12

**\$112**

## Strong and Stable

Kiersten van Leenen

Join in for a total body workout for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. No floor work.

**NEW** Time!

Wed, Jan 11-Mar 22 / 10:15-11:15 AM / Wks 11

**\$72**

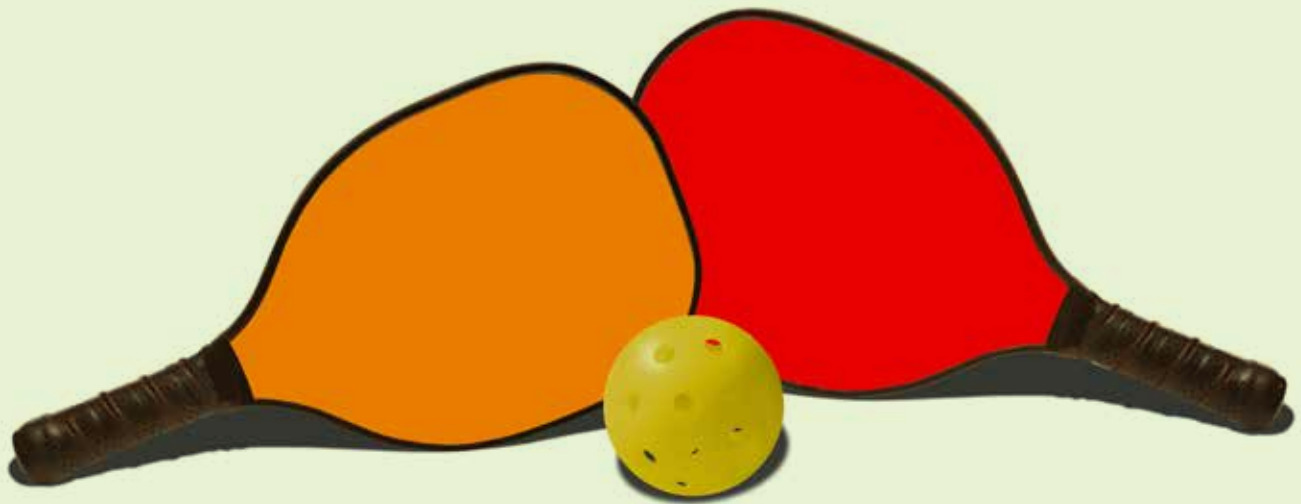
## Suspension Training for Beginners

Falon Fleming

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Take this class to learn the basics of how to use this equipment with just your body weight to help improve your strength, balance, flexibility and coordination. All fitness levels are welcome! No floor work.

Wed, Jan 18-Mar 29 / 12:45-1:45 PM / Wks 11

**\$72**



## Pickleball Programs at NESAs

Over the last few years NESAs has experienced a significant increase in demand for more pickleball programs for its members. At the start of each season, many members often had to be waitlisted for pickleball because there was no available program space for them to participate. In efforts to fulfill NESAs's goal to provide recreational opportunities and experiences for as many members as possible, we have reviewed all feedback and program suggestions from members, consulted with the membership via survey, enlisted professional Pickleball Instructors to review the most logistical and equitable options possible, and worked with the recreation centre's programming team to revamp its schedule to accommodate additional opportunities for more members to play this popular sport.

## Pickleball Matches and Schedule - New Format!

Moving forward, all weekly pickleball sessions will have reduced enrollment capacities to allow each member more time to play. There will be a **15-member maximum** per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

## PLEASE ARRIVE EARLY TO AVOID DISAPPOINTMENT !

To ensure all members sign up for and organize their pickleball matches in a timely manner, it is suggested to arrive at least five minutes prior to the start of the session. Late arrivals may be subject to reduced program time.

Thank you for your consideration and helping to ensure an enjoyable program time for all members.

## Pickleball Rules, Scoring and Group Support

To ensure that all pickleball registrants are familiar with the rules, scoring system, and how to organize their round robin matches, it is recommended that members new to the game register for one of the 'Learn to Play' two-week programs **prior** to participating in any of the weekly sessions of pickleball.

## Pickleball Paddles

Members are required to bring their own paddle to their program but if you do not have one, NESAs can provide a rental paddle to you for \$1/session.

All skill levels are welcome as these are non-competitive programs. Knowledge of the game and some experience is suggested as no instruction will be provided during these sessions.

## INTERESTED IN LEARNING HOW TO PLAY PICKLEBALL? NEED A REFRESHER ON THE RULES OF THE GAME?

Register for a Learn to Play program, please see page 25.



## Pick-Your-Pickleball – New format!

You asked for more options and registration flexibility and we are pleased to offer just that! Join in on as many sessions of pickleball as you'd like by choosing your preferred dates and times all at once or registering each week. Space is limited so it is advised that you pre-register for your sessions to secure a spot! If your preferred date is full, be sure to add your name to the **waitlist** so you can be contacted if a space becomes available. **NOTE** there is no cost to be on the waitlist.

### SESSION DETAILS

75-minutes / \$5 / 15 people max **PER SESSION**

All skill levels are welcome as these are non-competitive programs. Knowledge of the game and some experience is suggested as no instruction will be provided during these sessions.

#### NEW Schedule!

**MON:** Jan 9-Mar 27 / 1:40-2:55 PM or 3-4:15 PM

**No class Oct 10**

**TUE:** Jan 10-Mar 28 / 1:40-2:55 PM or 3-4:15 PM

**WED:** Jan 11-Mar 29 / 10:40-11:55 AM or 12-1:15 PM

**WED:** Jan 11-Mar 29 / 4:15-5:30 PM

**THU:** Jan 12-Mar 30 / 3-4:15 PM

**FRI:** Jan 13, Feb 3, 17, 24, Mar 3, 10 / 11:45 AM-1 PM

**\$5 PER SESSION, PER DATE AND TIME FRAME**

## Learn to Play Pickleball

Learn to play the popular sport of Pickleball in two 90-minute sessions lead by a qualified instructor who will give you the basics to play confidently with like-skilled players.

Fri, Jan 20 & 27 / 1:30-3 PM / Wks 2

**\$36**

## Level Up your Pickleball

This workshop is intended for those members who have played pickleball before and want to hone their skills. The instructor will help improve your techniques and understanding of the game through a series of drills and instruction.

Fri, Jan 20 & 27 / 11:45 AM-1:15 PM / Wks 2

**\$36**



## FAQ about Pickleball

### Why can't the pickleball programs be scheduled for longer than 75 minutes?

At this time, due to time and scheduling constraints, the 75-minute offerings are the only option available. If sessions were increased in duration it would mean that there were fewer options available to offer pickleball programs and less members would have the opportunity to play.

### Why have the fees for pickleball programs increased over the last year?

The increase in fees reflects the costs associated with the auditorium space usage for smaller-group play, equipment replacement and maintenance fees, and the program administration and support expenses.

### Where else can I play pickleball?

If you are looking for more dates and times to play we encourage you to visit the various seniors centre throughout the city along with the numerous City of Edmonton recreation facilities. Also consider checking out recreation facilities like the YMCA or various community leagues in your neighborhood as they may have hall and auditorium space available for pickleball.

### Where can I play competitively or rent my own court space?

Consider checking out the Edmonton Volleyball and Pickleball Centre or the B-Active Badminton Club for court rentals. Additionally our friends at the Central Lions Recreation Centre offer various levels of pickleball as they have two gymnasiums and the space to allow for multi-level pickleball programs!

### Why doesn't NESA offer different levels of pickleball?

At this time due to a limitation in scheduling options, NESA cannot offer specific levels of play as it may limit how many members are afforded the opportunity to play. Additionally, skill-level determination when done on a self-designated basis may result in groups where experience level may still differ significantly amongst participants.

As these programs are non-competitive in nature we hope that all members will be able to work together in creating an enjoyable, welcoming and fun experience for one another.

With the implementation of the new pickleball program format and from the support and guidance of the Pickleball Instructors, NESA may consider the offering of different levels of play in future seasons once the efficacy of the new format can be evaluated.



## Tai Chi (Yang Style) - Level 3

Leslie Sarabin

Invite discipline and grace into your life. Use fluid and yielding motions to strengthen and quiet the soul - this course is a continuation of the movements learned in Level 2. No floor work. Prerequisite: Level 2.

Mon, Jan 09-Apr 03 / 11:15 AM-12:15 PM / Wks 12

No class Feb 20

\$90

### LOOKING FOR A BEGINNERS TAI CHI PROGRAM?

While NESa has not secured an instructor yet, we are still working at this. Please stay tuned for future updates.

## 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.

**A** Tue, Jan 10-Mar 21 / 9:45-10:45 AM / Wks 9

No class Feb 14 & 21

\$59

**B** Thu, Jan 12-Mar 23 / 9:45-10:45 AM / Wks 9

No class Feb 16 & 23

\$59

## DID YOU KNOW?

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

GST Charitable #119060317 RR 0001

## Triple S - Suspension Training: Intermediate

Jollean Ferrari

**NOTE** Pre-requisite Triple S - Beginner

**A** Tue, Jan 10-Mar 21 / 8:30-9:30 AM / Wks 9

No class Feb 14 & 21

\$59

**NOTE** Pre-requisite Triple S - Beginner

**B** Thu, Jan 12-Mar 23 / 8:30-9:30 AM / Wks 9

No class Feb 16 & 23

\$59

## Yoga and Strength for your Back

Kiersten van Leenen

A gentle yoga and strength training class to help relieve lower back pain and improve flexibility of your lumbar spine. This class will also restore muscle balance by working on the core, which is directly related to your back. This class is suitable for anyone who can go to the floor. There will be an array of standing postures, chair postures and activities which require floor work. Please bring a yoga mat.

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

\$72



## Zumba® Daytime

**Marguerite Critchley**

Use of low-impact dance moves to Latin, American-based music, making this an exhilarating and perfect fit for both the seasoned Zumba student or those just starting their journey to a fit and healthy lifestyle.

**A** Tue, Jan 10-Mar 28 / 12:15-1:15 PM / Wks 12

**\$78**

**B** Thu, Jan 12-Mar 30 / 12:15-1:15 PM / Wks 12

**\$78**

## Zumba® Gold

**Bella Hanske**

This class is perfect for the active older adult who is looking for a modified Zumba® class that recreates the original moves you love at a lower intensity focusing on all elements of fitness including cardio, muscular conditioning, flexibility and balance!

**A** Mon, Jan 09-Jan 30 / 12-1 PM / Wks 4

**\$26**

**B** Mon, Feb 06-Mar 06 / 12-1 PM / Wks 4

**No class Feb 20**

**\$26**

**C** Mon, Mar 13-Apr 03 / 12-1 PM / Wks 4

**\$26**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESA's Landry Leisure Pass.

## Zumba® Gold Chair

**Bella Hanske**

This class is perfect for older adults who are looking for a modified Zumba® class while seated on a chair. We recreate the original moves you love at a lower-intensity while seated!

**A** Mon, Jan 09-Jan 30 / 1:15-2:15 PM / Wks 4

**\$26**

**B** Mon, Feb 06-Mar 06 / 1:15-2:15 PM / Wks 4

**No class Feb 20**

**\$26**

**C** Mon, Mar 13-Apr 03 / 1:15-2:15 PM / Wks 4


**\$26**

## 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.

# FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> <li>Age Reversing Essentrics®</li> <li>Cardio Plus</li> <li>Chair Total Body Workout</li> <li>Essentrics® Stretch and Tone</li> <li>Fit For Your Life</li> <li>Happy Hips</li> <li>Interval Training</li> <li>Tai Chi</li> </ul>	<ul style="list-style-type: none"> <li>7:15's with Jollean</li> <li>Active with Arthritis</li> <li>Stability Ball Strength</li> <li>Stretch 'n Tone Yoga (Beg.)</li> <li>Triple S (Beg.)</li> <li>Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>Cardio Plus</li> <li>Fit for Your Life</li> <li>Interval Training</li> <li>Strong and Stable</li> </ul>	<ul style="list-style-type: none"> <li>7:15's with Jollean Barre Cardio</li> <li>Gentle Yoga</li> <li>Stretch 'n Tone Yoga (Int.)</li> <li>Triple S (Beg.)</li> <li>Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>Age Reversing Essentrics®</li> <li>Cross Training</li> <li>Essentrics® Stretch and Tone</li> <li>Gentle Yoga Explorations</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>Beginner Yoga</li> <li>Chair Stretch and Balance</li> <li>Fun 'n Fitness</li> <li>Zumba® Gold</li> <li>Zumba® Gold Chair</li> </ul>	<ul style="list-style-type: none"> <li>Active with Arthritis</li> <li>Chair Total Body Workout</li> <li>Chair Yoga</li> <li>Fitness Centre Small Group Training</li> <li>Nidra Yoga Workshop (Feb 21)</li> <li>Zumba®</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility and Foam Rolling</li> <li>Hatha/Yin Yang Yoga</li> <li>Step it Up!</li> <li>Suspension Training for Beginners</li> <li>Yoga and Strength for Your Back</li> </ul>	<ul style="list-style-type: none"> <li>Chair Total Body Workout</li> <li>Chair Yoga</li> <li>Essentrics® For Seniors</li> <li>Essentrics® Release, Rebalance, and Restore</li> <li>Fitness Centre Small Group Training</li> <li>Fun 'n Fitness</li> <li>Nidra Yoga Workshop (Mar 23)</li> <li>Zumba®</li> </ul>	 <p><b>SPECIAL 1-DAY FITNESS EVENTS</b>  <b>Total Body Exercise Program</b>  <b>Jan 27, Feb 24, Mar 24 / 2:45-3:45 PM</b>  See page 16</p>

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

### Classes include:

7:15's with Jollean, Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Flexibility and Foam Rolling, Happy Hips, Cardio Plus, Fun 'n Fitness, Gentle Yoga Explorations, Gentle Yoga, Cross Training, Essentrics® Stretch and Tone, Hatha Yin Yang Yoga, Stability Ball Strength, Step it Up!, Stretch 'n Tone Yoga, Triple S, Yoga and Strength for Your Back, 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 Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Essentrics® Release, Rebalance, and Restore, Fit For Your Life, Fitness Centre Small Group Training, Strong and Stable, Suspension Training for Beginners, Tai Chi, Zumba® Gold and Zumba® Gold Chair.

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





## INTERESTED IN SMALL GROUP TRAINING IN THE FITNESS CENTRE?

Please see page 20.

## INTERESTED IN VOLUNTEERING AT THE FITNESS CENTRE?

Call our Volunteer Coordinator today for more information at 780.496.6969.

### Hours Of Operation

Monday, Wednesday, Friday / 8:30 AM - 4 PM

Tuesday, Thursday / 8:30 AM - 3 PM

\*Hours may be subject to change\*

**RESERVATIONS ARE NO LONGER REQUIRED**

**HAVE QUESTIONS?** Please call 780.944.7442 or 780.496.4915 for fitness centre inquiries.

### Closed on Weekends & Holidays

\*Hours may be subject to change; please see fitness centre for updates!

### Fitness Centre Admission Fees

Single Admission \$5      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 from date of purchase.

### What We Offer

The fitness centre is a welcoming, friendly and inclusive environment equipped with various cardio, resistance training, and portable equipment. While not required of members to participate in, a machine basic-operation orientation is available (by appointment) with a fitness centre volunteer.

Personal Training Services are 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.*

## 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!





**NEW!**

## Annual 2022 Global Financial Market Review and 2023 Outlook

**Weichurn Woo, Mackie Research Financial Advisor**

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2022, and look at forward guidance on what to expect for 2023.

Mon, Jan 30 / 10-11:30 AM / Wks 1

**\$2 NMW**

**NEW!**

## Armchair Travel: Newfoundland

**Marie and Al Tauber**

Newfoundland! It's got it all - history, culture, non-stop scenery, friendly people and loads of places, big and small, to explore and experience. Join Al and Marie as they share highlights from their self-drive last spring.

**A** Wed, Feb 15 / 10 AM-12 PM / Wks 1

**\$2 NMW**

**B** Tue, Mar 14 / 1-3 PM / Wks 1

**\$2 NMW**

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

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

**NEW!**

## Canada Revenue Agency and Digital Services

**CRA Outreach Worker**

Visit us today to learn more about the Canada Revenue Agency's 'MyAccount' services including how to register, features of the service, tax information that is available etc.. You will also learn more about the 'Autofill Return' and what help is available through the Community Volunteer Income Tax programs.

Mon, Mar 06 / 1:30-2:30 PM / Wks 1

**\$2 NMW**

**NEW!**

## Discovering and Interpreting Old Maps

**Barb Neil**

Find sources for old maps online. Discover their original uses and how they can be used today. Examples from Edmonton, England and Scotland will be used to illustrate techniques.

Tue, Feb 28 / 10:30 AM-12 PM / Wks 1

**\$10 NMW**



**NEW!** **Finding Your People: Making friends as an adult!**

**Life Change Agent of Charon Consulting**

Making friends is different and sometimes difficult as we age. Explore how social engagement and connecting to community can improve your quality of life. Learn what it takes to be a good friend and how to find friends that share your values. Discover new ways to find people to connect with.

Fri, Feb 03 / 1-3 PM / Wks 1

**\$20** **NMW**

**NEW!** **Getting Your Ducks In A Row Before You Die: Decision-making and conversation-planning around end-of-life preplanning.**

**Life Change Agent of Charon Consulting**

Want to go out in style? With dignity? With cake, balloons, jugglers, and an entire marching band? In this workshop you will explore the decisions to be made for disposal of remains and for commemorating a life. This will lay down groundwork for important conversations with those who matter to you. A non-financial preplanning workbook will be provided to help guide you through the process of such important preparations.

Fri, Feb 17-24 / 1-3 PM / Wks 2

**\$40** **NMW**

**NEW!** **Member Mixer Monday**  
**NESA Staff and Board**

Are you a new member to NESA or not yet as connected to our recreation community as you would like to be? Would you like to get to know other members and learn about the services NESA offers? Join in for a mix and mingle relaxed session to get to know some of the other members. Light refreshments will be served.

**ADVANCED REGISTRATION IS REQUIRED on or before Feb 23.**

Mon, Feb 27 / 1-2:30 PM / Wks 1

**FREE** **NMW**



**INTERESTED IN VOLUNTEERING?**

We are always accepting applications for volunteers in multiple roles, which include but are not limited to: administration and hospitality roles, governance and communication, fundraising, special events, working in the fitness centre, and within our Outreach and Home Supports programs. Connect with our Volunteer Coordinator by visiting us today or call 780.496.6969 for more information!

**NEW!** **Skills for Ancestry**  
**Barb Neil**

Get the most from your Ancestry site. Working in the NESA computer lab, skills for uploading and downloading files and records will be reviewed. Locating and integrating records outside Ancestry will be explored. Characteristics of high-value trees will also be illustrated and discussed.

Thu, Jan 26-Feb 09 / 11 AM-12:30 PM / Wks 3

**\$30**

**NEW!** **Tax Credits (Part I)**  
**CRA Outreach Worker**

Do you have questions about what tax credits are available to seniors? Visit us to learn more about various credits including: Medical Expenses, Home accessibility Tax Credit (HATC), the Canada Caregiver Credit (CCC) and the Disability Tax Credit (DTC).

Mon, Jan 23 / 1:30-2:30 PM / Wks 1

**\$2** **NMW**





## HAVEN'T SIGNED UP FOR YOUR ONLINE NESA ACCOUNT YET?

Please see page 4 of the guide for how to set up your online account ahead of time so you are ready for registration day!

### **NEW!** Tax Credits (Part II) CRA Outreach Worker

Join in on another session about tax credits and what you may be eligible for this upcoming tax season. Topics include pension income-splitting and the review of the various age and pension income amounts.

Mon, Jan 30 / 1:30-2:30 PM / Wks 1

\$2 **NMW**

### **NEW!** Understanding Fixed Income Investments

**Weichurn Woo, Mackie Research Financial Advisor**

2022 was the worst year in modern bond history for performance, following negative 2021 bond performance as well, opposite to expectations as bonds are supposed to provide protection in a retirement portfolio. What are the dangers as well as opportunities in what was traditionally supposed to be low-risk investments for retirees? This session is geared toward people who are interested in creating a reliable stream of income, covering bond, bond ETFs and bond mutual fund characteristics and features, as well as key strategies to get the most out of one's fixed-income investments in their private savings.

Mon, Feb 27 / 10-11:30 AM / Wks 1

\$2 **NMW**

## STAY IN THE KNOW

About upcoming events through the NESA E-News, our website: [www.nesa1.ca](http://www.nesa1.ca), or subscribing to receive email updates from us!



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESAs Landry Leisure Pass.

### **NEW!** Understanding the basic paperwork you signed at your investment institution

**Weichurn Woo, Mackie Research Financial Advisor**

It is not uncommon for the average person to not fully comprehend what they are signing at their investment firm, and instead fully trust that their investment advisor or financial advisor that full verbal disclosure is given to them for the important information they need before opening an account. With CRM2 (Client Relationship Management 2) regulations now in place for complete investment fees and cost transparency, as well as the recent media spotlight on the ethical questionability of "the big 5 banks", it is more crucial than ever for clients of investment firms to understand the legal paperwork they have signed with their accounts. Come join Wei Woo as we discuss the basic paperwork that most investment clients go through in their regular course of a client relationship with an investment firm.

Mon, Mar 27 / 10-11:30 AM / Wks 1

**\$2 NMW**



### **NEW!** When Hearing Aids are not the only answer!

**Cindy Gordon and Bowen Tang**

Are you or a loved one struggling with your hearing? You are not alone. If you are interested in learning about how to manage hearing loss and the available technology – how they work, candidacy and more, we can help.

During this seminar, we will:

- Share common signs of hearing loss in adults (what to look for and how to address it);
- Share the steps you can take to address you or your loved one's hearing loss;
- Explain the different types of hearing loss and what solution may be right for you;
- Highlight the importance of peer-to-peer support in the hearing loss community (CHHA).

Wed, Jan 18 / 10-11:30 AM / Wks 1

**\$2 NMW**

### **NEW!** You're an Executor... Now what?

**Life Change Agent of Charon Consulting**

Most people take on being an Executor with no previous experience or instructions and must perform their duties while dealing with their own grief and loss. In this session we will explore how to prioritize executor tasks, and what you must do to avoid the most common legal and financial pitfalls of the role.

Fri, Jan 27 / 1-3 PM / Wks 1

**\$20 NMW**



## River Cree Casino Outing

The River Cree Casino is the best casino in the Greater Edmonton Area. They offer the best entertainment in Edmonton in our 100% smoke-free facility. Participants will receive a \$5 gambling voucher and a lunch voucher for Tap 25 within the casino, which does not include drink or gratuity.

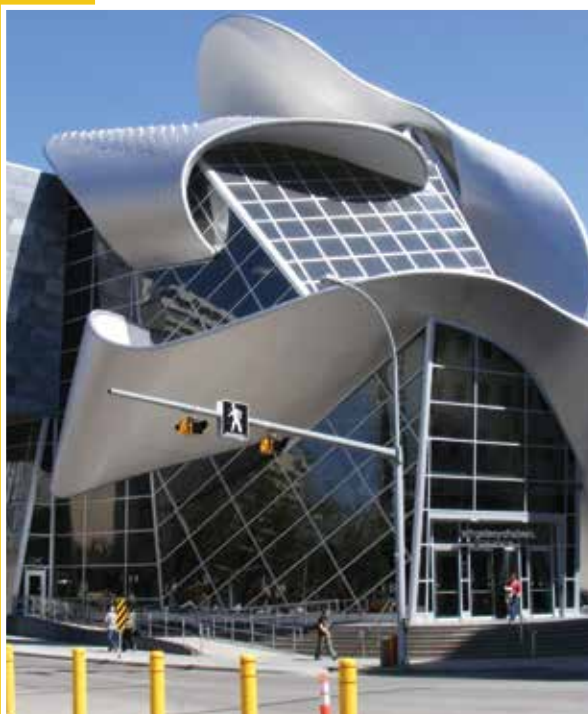
Come try your luck at the River Cree Casino!

**A** January 18

**B** January 24

Bus Departs: 10 AM / Bus Returns: 3 PM

**\$20** **NMW**



## Art Gallery and Coffee at Espresso Café

The Art Gallery of Alberta features Edmonton born Dean Drever's "Pass the Hat". He has created a 16 ft. totem pole made of 10,686 pieces of paper. It is a documentation of the strength of the Haida First Nation while addressing its fragility due to colonial practices of oppression.

Pass the Hat (paper) reconstitutes traditional totem pole construction through contemporary industrial processes.

Come join us in exploring Dean Drever's amazing art and discuss it over a coffee.

**NOTE** The cost for refreshments is not included, members will be responsible for their own purchases.

February 22

Bus departs: 12:30 PM / Bus Returns: 4 PM

**\$30 (Bus and Admission)** **NMW**

**NMW** (Non-members welcome)



## Early Morning/Evening Classes at NESAs

We are excited to have a few early morning and early evening programs for you during the Winter 2023 season. We are hopeful that this is just the beginning of our afterhours programming – stay tuned for more updates and class offerings.

Please refer to the below page numbers provided for more information about each program and activity!

### EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed online or during NESAs regular business hours (Monday-Friday, 8:30 AM-4 PM).

<b>CRAFTS AND HOBBIES</b>	<b>PAGE</b>
Fluid Art Series: Acrylic Pouring	<b>11</b>
Fluid Art Series: Acrylic Pouring in 3D Objects	<b>11</b>
Fluid Art Series: Alcohol Inks	<b>11</b>
<b>DRAWING AND PAINTING</b>	
Acrylic Painting Workshop: Lighthouse in the Mist	<b>14</b>
Acrylic Painting Workshop: Winter Forest	<b>14</b>
<b>FITNESS AND SPORTS</b>	
7:15s with Jollean	<b>16</b>
Pick-Your-Pickleball	<b>25</b>
<b>MUSIC, SONG, AND DANCE</b>	
Clogging: New Dancers (Free Trials)	<b>42</b>
Clogging: New Dancers	<b>42</b>

### NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESAs Landry Leisure Pass.



## **NEW!** **Alzheimers and Dementia Information Session**

**Alzheimer Society of Alberta**

A staff member from the Alzheimer Society of Alberta and Northwest Territories will present on:

- The difference between dementia and Alzheimer Disease;
- Warning signs to be aware of;
- Practical tips to help yourself and those living with dementia how to have better quality of life.

Join us for an informative afternoon, come with questions and leave with answers!

Thu, Jan 19 / 1-2:30 PM / Wks 1

**\$2 NMW**

## **NEW!** **Arthritis Management for Seniors**

**Chelsey Hobson**

Arthritis is one of the most common issues affecting seniors. It can cause inflammation and pain that makes it difficult to stay active. Join physiotherapist Chelsey Hobson for an informative and interactive session on how to properly detect, manage and prevent common arthritis concerns.

Tue, Feb 21 / 1:30-2:30 PM / Wks 1

**\$2 NMW**

### **WHAT IS NESA DOING TO KEEP YOU SAFE?**

Disinfecting wipes and sanitizer stations will be available as well as sinks in many of the program and activity spaces for hand-washing.

## **NEW!** **Better Choices, Better Health®- Chronic Pain Self-Management Program**

**Alberta Health Services**

This program is a peer-led, six-week workshop for adults who have experience living with (or supporting someone who has) a chronic pain condition. Some topics covered include techniques to control pain and other symptoms, tips for healthy eating and physical activity, strategies for talking with healthcare teams, and methods for dealing with difficult emotions. If you are interested in exploring ways to take care of yourself and your pain to enjoy a better quality of life, this workshop is for you!

**NOTE** Continuous masking is required for this AHS hosted workshop - all participants will have to wear a mask during the session.

Thu, Feb 09-Mar 16 / 9:15-11:45 AM / Wks 6

**\$12 NMW**

## **NEW!** **Boosting Your Brain Health**

**Alberta Health Services**

This four-week AHS program is for adults who are motivated to take action on improving brain health and maintaining an active mind. It is delivered and lead by an Occupational Therapist along with guest speakers. The workshop focuses on the importance of managing chronic health conditions and making lifestyle changes to support overall brain health. You will learn:

- How our brains change as a result of our lifestyle and health conditions;
- New ways to improve our brain health;
- How to set goals for day to day life that can benefit brain health.

**NOTE** Continuous masking is required for this AHS hosted workshop - all participants will have to wear a mask during the session.

Thu, Feb 02-Feb 23 / 1-3:30 PM / Wks 4

**\$8 NMW**



## EVERYTHING IS MORE FUN WITH A FRIEND!

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

### Connections

**Carole Furgala**

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

Mon, Jan 09-Apr 03 / 10 AM-12 PM / Wks 12

**No class Feb 20**

**\$24**

**NEW!**

### Diet and Exercise for Arthritis

**Edmonton North Primary Care Network**

Arthritis is very common as you age. Maintaining a healthy diet and regular exercise is important to help maintain your health and mobility. This session will take you through the details of a healthy diet with arthritis and how to ensure you are exercising safely for your condition.

Tue, Feb 28 / 1-2 PM / Wks 1

**\$2 NMW**

**NEW!**

### Dizziness and Vertigo

**Providence Chiropractic Clinic**

Are you suffering from dizziness and vertigo? Come and join us as we learn more about the causes and treatment available to you.

Wed, Mar 15 / 10-11:30 AM / Wks 1

**\$2 NMW**

### DON'T FORGET

Check out our website: [www.nesa1.ca](http://www.nesa1.ca) for some of our latest news on programs and upcoming events!

mind

Body

### **NEW!** Introduction to Meditation Christine Leach

This is real-life meditation, the kind that is simple, friendly, and accessible. Gently guided to relax the body and quiet the mind. You will learn relaxation techniques such as deep breathing, visualization, and progressive muscle relaxation. When meditation is practiced regularly, it can lead to a reduction in everyday stress levels and boost feelings of joy and serenity. Participants will be asked to situate themselves comfortably in a chair or on a yoga mat. Come learn the benefits of meditation and ways to assist in building your mindfulness muscles. No experience necessary. All levels welcome.

**NOTE** Please bring a yoga mat if you have one.

**A** Fri, Jan 13-Feb 17 / 1:30-2:30 PM / Wks 6

**\$46**

**B** Fri, Feb 24-Mar 31 / 1:30-2:30 PM / Wks 6

**\$46**

### **NEW!** Let's talk about Cannabis! The Clinic Network

Do you have questions about cannabis and what medical conditions and purposes it is used for? Bring your questions to this presentation and have them answered by a Nurse and Educator from the Clinic Network.

Wed, Feb 22 / 1-2 PM / Wks 1

**\$2 NMW**

### **NEW!** Mental Health and Depression Awareness

Edmonton North Primary Care Network

Depression and mental health concerns are very common. In this session you will learn the common signs and symptoms of depression and other mental health concerns. We will also review the supports that are available to you in the community.

Wed, Feb 22 / 10-11 AM / Wks 1

**\$2 NMW**

### **NEW!** Migraines and Headaches Providence Chiropractic Clinic

Do you suffer from headaches and migraines? Come and join us as we learn more about the causes and treatments available to you.

Wed, Jan 25 / 10-11:30 AM / Wks 1

**\$2 NMW**

## STAY IN THE KNOW

About upcoming events through the NESAs newsletter, our website:  
[www.nesa1.ca](http://www.nesa1.ca), or subscribing to receive email updates from us!





## **Movement is Life**

**Providence Chiropractic Clinic**

Movement and an active lifestyle adds life to your years!! Come and learn why it is so important and how you can tap into this fact to improve your life.

Wed, Feb 8 / 1-2:30 PM / Wks 1

**\$2 NMW**



## **Pelvic Health**

**Chelsey Hobson**

Do you pee when you laugh, sneeze or cough? Have you been diagnosed with a pelvic organ prolapse? Do you experience pelvic pain or discomfort with intercourse? If you answered yes to any of these questions, join pelvic physiotherapist Chelsey Hobson to find out how you can fix these common pelvic health concerns!

Tue, Jan 24 / 1:30-2:30 PM / Wks 1

**\$2 NMW**



## **Plant Based Diets**

**Edmonton North Primary Care Network**

Have you ever been curious about plant based diets? Are you uncertain about getting all of your nutrients? Or do you just want to learn more about how to reduce the amount of animal-based proteins in your diet? Then this session is for you. We will take you through all of the ins and outs of a plant-based diet.

Tue, Mar 28 / 1-2 PM / Wks 1

**\$2 NMW**



## **Sangha Meditation**

**Christine Leach**

One simple definition of Sangha Meditation is to think of it as our like-minded friends or a community gathering, sitting, practicing, and growing our love and kindness. It is sometimes difficult to practice meditation or mindfulness all by yourself, and there is no reason you must do it alone. Sangha is one of the universal jewels that when we gather to create peace within ourselves it helps to build a more mindful community. Come learn the benefits of Sangha Meditation (community meditation) and ways to assist in practicing and building our mindfulness muscles.

Suitable for: beginners with some meditation experience; people who have been away from their meditation practice for a while; people who have a strong meditation practice. Low intensity. All levels welcome. Some meditation experiences are beneficial. Must be comfortable with sitting either in a chair, on the floor or meditation pillow for up to 20 minutes. Please bring whatever props make your meditation practice most comfortable.



Fri, Jan 13-Feb 17 / 12:45-1:15 PM / Wks 6

**\$24**



Fri, Feb 24-Mar 31 / 12:45-1:15 PM / Wks 6

**\$24**



## **Sleep Management**

**Edmonton North Primary Care Network**

Are you having trouble sleeping? Sometimes, just a few changes can help you make improvements in your sleep. Find out how to sleep better. We will discuss facts about sleep, what plays into its difficulties, some keys to changing sleep behavior, and what you might consider doing to improve your current habits.

Tue, Jan 31 / 1-2 PM / Wks 1

**\$2 NMW**

## OUR CENTRE IS A SCENT FREE ZONE

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

### Spanish - Beginner

Tania Oyarzun

Join in on this beginner's class to develop the skills to talk, read, write and listen in Spanish.

**Textbook is required:** *Spanish Vocabulary* by Dorothy Richmond (ISBN 978-1-260-02622-1).

**NOTE** If you own the *Spanish Now* textbook you do not have to purchase the new suggested textbook.

Tue, Jan 10-Feb 21 / 10 AM-12 PM / Wks 7

\$102

### Spanish - Intermediate

Jorge Oyarzun

Take the next step for your language comprehension and learn how to put emphasis in the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening for the students to communicate in Spanish.

**Textbook is required:** *Spanish Verb Tenses* by Dorothy Richmond (ISBN 978-0-07-163930-9).

**NOTE** If you own the *Spanish Now* textbook you do not have to purchase the new suggested textbook.

Tue, Jan 10-Feb 21 / 10 AM-12 PM / Wks 7

\$102

## STAY IN THE KNOW ABOUT ALL THINGS NESA!

Sign up to be on our email list!

Visit [www.nesa1.ca](http://www.nesa1.ca) and subscribe to receive the latest news and updates from the North Edmonton Seniors Association!

LEARN  
A NEW LANGUAGE







## Choralaires

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

Raise your voice in song and join this fun-loving mixed chorus. You will have the opportunity to learn about choral singing and to share your special talents at "sing-outs" in the community. New singers are always welcome!

**NOTE** Classes will be held at McClure Church [13708 74 Street].

Tue, Jan 10-Mar 28 / 1-2:30 PM / Wks 12

\$85

## 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, Jan 11-Mar 29 / 1:30-2:30 PM / Wks 12

\$83

## Clogging: EZ Intermediate

**Adele Brewer**

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

Wed, Jan 11-Mar 29 / 2:45-3:45 PM / Wks 12

\$83

## WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

## 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, Jan 09-Apr 03 / 2:15-3:15 PM / Wks 12

No class Feb 20

\$83

## Clogging: Intermediate (Advanced Steps Add-on)

**Adele Brewer**

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

Mon, Jan 09-Apr 03 / 3:15-3:45 PM / Wks 12

No class Feb 20

\$58



## Clogging: New Dancers

Adele Brewer

Clogging is a fun, rhythmic form of dance and is a great way to get that heart rate up while getting in those daily steps. No experience is necessary, no partner and no clogging shoes are required.

**A** Mon, Jan 23-Apr 03 / 1-2 PM / Wks 10

No class Feb 20

\$69

**B** Wed, Jan 25-Mar 29 / 6-7 PM / Wks 10

\$69 **EVENING**

## Want to try “Clogging: New Dancers?”

Check out the following **FREE** trial classes:

**A** Mon, Jan 09 / 1-2 PM / Wks 1

**FREE** Registration is still required

**B** Wed, Jan 11 / 6-7 PM / Wks 2

**FREE** Registration is still required **EVENING**

**C** Mon, Jan 16 / 1-2 PM / Wks 1

**FREE** Registration is still required

**D** Wed, Jan 18 / 6-7 PM / Wks 1

**FREE** Registration is still required **EVENING**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 53 for information about NESAs Landry Leisure Pass.

### Guitar: Blues Level 1

Gilles Benoiton

Participants will look at 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Prerequisite: Guitar Level 2 recommended.

**A** Fri, Jan 13-Feb 17 / 1-2 PM / Wks 5

No class Feb 10

\$33

**B** Fri, Feb 24-Mar 31 / 1-2 PM / Wks 5

No class Mar 10

\$33

### Guitar: Finger Pickin' 201

Gilles Benoiton

This intermediate class will introduce participants to picking with their fingers! The focus will be placed on various picking patterns, chord progressions, and some finger-picking repertoire pieces. Being able to play basic open chords such as G, A, Am, C, D, Dm, E, and Em is a good indication you are ready for this course. Prerequisite: Guitar Level 2 is recommended.

**A** Fri, Jan 13-Feb 17 / 10-11 AM / Wks 5

No class Feb 10

\$33

**B** Fri, Feb 24-Mar 31 / 10-11 AM / Wks 5

No class Mar 10

\$33



### Guitar: Level 1

Gilles Benoiton

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

**A** Wed, Jan 11-Feb 15 / 11:45 AM-12:45 PM / Wks 5

No class Feb 8

\$33

**B** Wed, Feb 22-Mar 22 / 11:45 AM-12:45 PM / Wks 5

\$33

### Guitar: Level 2

Gilles Benoiton

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

**A** Wed, Jan 11-Feb 15 / 1-2:30 PM / Wks 5

No class Feb 8

\$48

**B** Wed, Feb 22-Mar 22 / 1-2:30 PM / Wks 5

\$48



## **NEW!** Guitar: Level 2.5

**Gilles Benoiton**

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

**A** Wed, Jan 11-Feb 15 / 10-11:30 AM / Wks 5

**No class Feb 8**

**\$48**

**B** Wed, Feb 22-Mar 22 / 10-11:30 AM / Wks 5

**\$48**

## **Guitar: Level 3**

**Gilles Benoiton**

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on chords (including F and Bm), chord progressions, various strumming patterns, and some single-note lines. Appropriate pieces will be brought into play. Students are encouraged to suggest selections! Guitar Level 2 is recommended.

**A** Fri, Jan 13-Feb 17 / 11:15 AM-12:45 PM / Wks 5

**No class Feb 10**

**\$48**

**B** Fri, Feb 24-Mar 31 / 11:15 AM-12:45 PM / Wks 5

**No class Mar 10**

**\$48**

## **Handbells**

**Wendy Hoskin**

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

Thu, Jan 12-Mar 30 / 10-11:30 AM / Wks 12

**\$68**

## **Latin Dance: Solo**

**Emily Soriano**

Latin it up with Emily! This class includes dances like Salsa, Cumbia, Cha-Cha, Merengue, and Bachata! No partner is needed.

Wed, Jan 25-Mar 29 / 5-6 PM / Wks 10

**\$60 EVENING**

## **Line Dancing: Back to the Grassroots**

**Dwayne Tulik**

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

Tue, Jan 10-Mar 28 / 8:45-10:15 AM / Wks 12

**\$81**





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

**Reinhard Kroller**

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

**A** Thu, Jan 12-Mar 30 / 9-9:30 AM / Wks 12

**\$360**

**B** Thu, Jan 12-Mar 30 / 9:30-10 AM / Wks 12

**\$360**

**C** Thu, Jan 12-Mar 30 / 10-10:30 AM / Wks 12

**\$360**

**D** Thu, Jan 12-Mar 30 / 10:30-11 AM / Wks 12

**\$360**

**E** Thu, Jan 12-Mar 30 / 11-11:30 AM / Wks 12

**\$360**

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

**\$360**

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

**\$360**

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

**\$360**

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

**Suzan & John Shewchuk**

Suzan and John enjoy all types of music! They find singing joyful and like to share that joy with others. They have been active members of various jammer groups in Edmonton, St. Albert, and surrounding areas - including two at NESAs, for approximately 5 years. Since retiring last year, they began performing at Senior Lodges, Condominium functions, and occasional birthdays and other parties. Join Suzan and John for a sing-a-long! Songbooks with over 200 songs of various genres spanning decades are provided. Participants will take turns selecting their favorite songs to sing. No musical experience is necessary.

Wed, Jan 25-Mar 29 / 1:30-3 PM / Wks 10

**\$72**



## Ukulele: Group Lessons

The Good Times Ukulele Group from Classic Studios Music Academy is the always-wanted-to, never-had-the-chance, could've, should've, would've program designed especially for you! Come experience recreational music making at its finest. Feel both the mental and physical benefits of music! Join Justin Smith and "Let the Good Times Roll!"

### **NEW!** Ukulele: Level 1 Justin Smith

It's perfect for beginners (under a year's experience) or those who want to brush up on the basics. You will learn the following: your instrument; how to play basic chords; how to play in a group; basic improv and how to read music. The group is flexible and its members have a say in what kind of music they want to play.

Wed, Jan 25-Mar 29 / 9:30-10:30 AM / Wks 10

**\$70**

### **NEW!** Ukulele: Level 2 Justin Smith

It's perfect if you have had lessons or have played for a year, know how to play beginning chords, can read tab and the treble clef and really want to get deeper into your instrument. You will learn the following: how to play advanced chords; how to play in a group with improvisation; pentatonics and advanced scales for improv; challenging repertoire; reading that includes ledger lines. The group is flexible and its members have a say in what kind of music they want to play.

Wed, Jan 25-Mar 29 / 10:45-11:45 AM / Wks 10

**\$70**

# NESA CLUBS AT A GLANCE



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

	Monday	Tuesday	Wednesday	Thursday	Friday
A M C L U B S	<b>Stained Glass</b> 9:30AM-4PM	<b>Carpet Bowling</b> 10:30AM-12PM  <b>Creative Greeting Cards</b> 9AM-12PM  <b>Music Makers</b> 9:30AM-12:30PM  <b>Silversmithing</b> 9AM-4PM  <b>Weavers</b> 10AM-4PM	<b>Badminton</b> 8:30-10:30AM  <b>Travel Club</b> 10-11:30AM (See schedule)  <b>Washi Chigiri-e</b> 9AM-12PM  <b>Wizards of Odds 'n Ends</b> 11:30AM-2:30PM	<b>Carpet Bowling</b> 10:30AM-12PM  <b>Wildlife Carving</b> 9AM-12PM	<b>Badminton</b> 8:30-11:30AM  <b>Book Lover's Club</b> 10:30AM - 12PM (See schedule)  <b>Chip Carvers</b> 9AM-12PM  <b>Cribbage</b> 9:45AM-12PM  <b>Pins and Needles Quilting</b> 9:30AM -12:30PM
P M C L U B S	<b>Art</b> 1-4PM  <b>Stained Glass</b> 9:30AM-4PM	<b>Jammers</b> 1-4PM  <b>Silversmithing</b> 9AM-4PM  <b>Weavers</b> 10AM-4PM	<b>Garden Club</b> 12:30-2PM (See schedule)  <b>Wizards of Odds 'n Ends</b> 11:30AM-2:30PM	<b>Bridge</b> 12-3:45PM  <b>Canasta</b> 1-4PM  <b>Fiber Arts</b> 1-4PM  <b>Guitar Jam</b> 12:30-3:30PM	<b>Cribbage</b> 12:45-3PM  <b>Golf Club Mtg.</b> Mar 31 / 1-3 PM

**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.

**NOTE** Reciprocal memberships are not accepted as admission into NESA Clubs.



### Art Club

Complete those unfinished art projects or just do your own thing in the supportive company of fellow art students. All mediums are welcomed if they are non-toxic and solvent and odor-free.

Mon, Jan 9-Apr 3 / 1-4 PM / Wks 12

No session Feb 20

\$24

### Badminton Club

Join fellow badminton players for some fun on the court! Experience with racquet sports and the rules of the game are recommended as no formal instruction is provided. No drop-ins permitted.

Wed, Jan 11-Mar 29 / 8:30-10:30 AM / Wks 12

Fri, Jan 13-Mar 31 / 8:30-11:30 AM / Wks 12

\$60 (for all 24 dates)

### Book Lover's Club

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

Fri, Jan 20, Feb 17, & Mar 17 / 10:30AM-12PM / 3 dates

\$6

### Bridge Club

Join fellow bridge players for an afternoon of fun; we welcome novice players as well as those experienced with the game!

Thu, Jan 12-Mar 30 / 12-3:45 PM / Wks 12

\$24

## CLUBS ARE FOR NESA MEMBERS ONLY

You must be a current member of North Edmonton Seniors Association.

The North Edmonton Seniors Association clubs provide an opportunity to get together on a regular basis in a fun and relaxed atmosphere, with other members who share similar interests. No formal instruction is provided.

**NOTE** NESA Club fees must be paid prior to the start date of your club. **THERE IS NO PRORATING FOR CLUBS.** If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available.

Some clubs may still have additional dues to pay for supplies, etc. and these are payable to the club coordinators.

### Canasta Club

All are welcome including those new to the game of Canasta! Please arrive at 12:50 PM for table assignment.

Thu, Jan 12-Mar 30 / 1-4 PM / Wks 12

\$24

### Carpet Bowling

A year-round sport that resembles lawn bowling. All are welcome. Teams and members were selected in September and will continue to play as teams during the Winter Session on Thursdays. New players and existing spares are welcome to play each Tuesday and as spares on Thursday if there are teams missing team players. Ad Hoc teams are selected each Tuesday for play that day.

Tue & Thu, Jan 10-Mar 30 / 10:30AM-12PM / 24 dates

\$48

## INTERESTED IN MORE CARD AND TABLE GAMES?

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



## NESA CLUBS . . . continued

### INTERESTED IN MORE CARD AND TABLE GAMES?

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

#### 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! **NOTE** All equipment is provided and all carving projects and materials can be purchased from the Club Coordinator.

Fri, Jan 13-Mar 31 / 9 AM-12 PM / Wks 12

**\$24**

#### Creative Greeting Cards Club

Create cards using different techniques and materials. Some equipment is available for use at the club. Knowledge of card making is necessary and you are required to bring your own supplies as they are not provided. No formal instruction offered but help is available.

Tue, Jan 10-Mar 28 / 9 AM-12 PM / Wks 12

**\$24**

#### Cribbage Club

No partner necessary. Challenge your skills with fellow crib players.

**NOTE** Please arrive five to ten minutes prior to start time for team assignment. Late arrivals will not be permitted to play.

**A** Fri, Jan 13-Mar 31 / 9:45 AM-12 PM / Wks 12

**\$24**

**B** Fri, Jan 13-Mar 31 / 12:45 PM-3 PM / Wks 12

**\$24**

### WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

#### Fiber Arts Club

Fiber Arts is a group of like-minded crafters who by using needle and thread create a variety of embroideries, beading, felting and more. Experience with needlework is required as no formal instruction is available.

Thu, Jan 12-Mar 30 / 1-4 PM / Wks 12

**\$24**

#### Garden Club

Join fellow garden enthusiasts on a monthly basis to talk plants, gardening and more!

Wed, Feb 15 & Mar 15 / 12:30 PM-2 PM / 2 dates

**\$4 (for both dates)**

#### Golf Club

Join us for our Annual General Meeting on Friday, March 31, 2023 from 1-3pm as we discuss plans for the start of our 2023 golf season. (April 25-August 29, 2023). If you would like to join us, register for this meeting for more information about our season, the year-end banquet, and more club details. Please note that in addition to having a 2023 NESA Membership, \$2 club dues and a \$25 banquet fee will need to be paid by the meeting date. (The \$25 cash banquet fee will be collected by the Club Coordinator during the meeting).

Fri, Mar 31 / 1-3 PM / 1 date

**\$2**

## NESA CLUBS . . . continued

### Guitar Jam Club

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

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

**\$24**

### Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Jan 10-Mar 28 / 1-4 PM / Wks 12

**\$24**

### Just For the Company Club

After 20+ years the Just For The Company Club is saying goodbye. Thank you to all club members who have supported our gatherings and activities over the years and helped create an amazing social community. Thank you for the good times and the great memories. We hope to reconnect with you at future NESA events and activities!

### Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Jan 10-Mar 28 / 9:30 AM-12:30 PM / Wks 12

**\$24**

### 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, Jan 13-Mar 31 / 9:30 AM-12:30 PM / Wks 12

**\$24**

### Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction, experience required.

Tue, Jan 10-Mar 28 / 9 AM-4 PM / Wks 12

**\$48**

### Stained Glass Club

Experienced stained glass enthusiasts share ideas. New members welcome (must have taken stained glass classes before joining this club). **Interested in trying Stained Glass?** See page 12 for the *Stained Glass Spring Tulip Workshop*.

Mon, Jan 9-Apr 3 / 9:30 AM-4 PM / Wks 12

**No session Feb 20**

**\$48**

### Travel Club

The Travel Club arranges with providers to present to the club members a variety of travel options including coach tours, ocean or river cruises, sun destination getaways and international destinations. The providers are Travel Agents, Tour Bus Operators, or Tour companies. We like to have these providers present to our club members a few specific travel destinations at our club meetings.

We allow one presenter per monthly meeting. These destinations could be multi-day, week-long or more. There are options for members to visit casinos, sunny destinations in the Caribbean, Mexico, or the USA, International destinations such as Ireland, Croatia, Greece or others. We do try as much as possible to get presenters to offer destinations suggested by the club at the best value for our members.

Wed, Jan 11, Feb 8, & Mar 8 / 10-11:30AM / 3 dates

**\$6 (for all 3 dates)**

**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.**

## Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing Japanese washi paper. Some handmade or machine made of various color combinations, weaves, texture, and weight then gluing them on a canvas to make a picture. That picture may look like a watercolor, a pastel, or an oil painting (or a combination of all these). Experience with chigiri-e or painting is required as no formal instruction is provided. Kit fees are \$16.50 and can be paid directly to the club coordinator.

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

Wed, Jan 11-Mar 29 / 9AM-12PM / Wks 12

**\$24**

## Weavers Club

We are fun, friendly, and love to weave! Basic weaving experience is required as no formal instruction is provided.

Tue, Jan 10-Mar 28 / 10AM-4PM / Wks 12

**\$48**

## 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.

Thu, Jan 12-Mar 30 / 9AM-12PM / Wks 12

**\$24**

## Wizards of Odds 'n Ends Club

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

Wed, Jan 11-Mar 29 / 11:30AM-2:30PM / Wks 12

**Free**

## Woodworking Club

Winter 2023 Update: The woodworking space remains unavailable for NESA members at this time. The potential for future woodworking workshops and independent shop-time is still under review. Please stay tuned for more information in future e-communications and announcements. Thank you for your patience and understanding!





# NESA Events

January 2	<b>NESA CLOSED / STAT HOLIDAY / NEW YEARS DAY (IN LIEU)</b>
Jan 5-7	<b>WINTER BOOK, PUZZLE, &amp; JEWELRY SALE</b> 9 AM-3 PM / FREE PARKING / CAFÉ OPEN <b>NMW</b>
February 10	<b>VALENTINES DAY TEA</b> 2-3:30 PM / Tickets: \$15 each (On sale Jan 16-31) <b>NMW</b>
February 20	<b>NESA CLOSED / STAT HOLIDAY / FAMILY DAY</b>
March 17	<b>ST. PATRICK'S DAY TEA</b> 2-3:30 PM / Tickets: \$15 each (On sale Feb 13-Mar 7) <b>NMW</b>
March 24	<b>DANCE NIGHT - EDMONTON SWING BAND</b> 7-10 PM / Tickets: \$12 each in advance (On Sale Feb 24 onwards) or \$15 each at door <b>NMW</b>
March 24	<b>NESA ANNUAL GENERAL MEETING</b> 1:30 PM
April 4	<b>SPRING REGISTRATION BEGINS</b>
April 7	<b>NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY</b>
April 10	<b>NESA CLOSED / STAT HOLIDAY / EASTER SUNDAY (IN LIEU)</b>
April 14	<b>DINNER THEATRE - TRIBUTE TO CCR</b> 5 PM Start / Tickets: \$60 each (On sale Mar 13-31) <b>NMW</b>
April 17	<b>SPRING 2023 SEASON BEGINS</b>

## PLEASE NOTE

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

**NMW** (Non-members welcome)



# NESA's LANDRY LEISURE PASS



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

## Things to Know

You can now register for the 2022/2023 LLP program.

## How do I qualify?

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

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

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

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

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

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

## INTERESTED? HAVE QUESTIONS?

For more information or to register for the Landry Leisure Pass, contact our Outreach Workers at 780.414.8790

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

- Ensure to have your LLP status updated/active with Outreach **PRIOR** to registering so your member account can be updated.
- Complete the NESA registration process (See page 4 for available options).
- If registering online, your subsidy will automatically be applied to eligible programs. If mailing in your payment, please pay only your portion. 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. (This can include NESA's Fitness Centre's Annual, Monthly, 10-visit, or single admission passes. Arrangements for Fitness Centre cost reduction, must be completed during NESA's hours of operation [8:30AM-4PM]).

## \*NOT eligible for discount:

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

## Need assistance with getting to your NESA Programs?

With the support from a New Horizons Federal grant and in collaboration with Drive Happiness, NESA members in need of assistance with getting to their programs are encouraged to call Outreach Services at 780.496.3171 or 780.414.8790 to determine if they may be eligible for our new transportation subsidy program.

# HOME SUPPORTS & OUTREACH SERVICES



## Home Supports 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 East 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
- Information regarding transportation services, homecare, housing options and food provisions
- Leisure Access passes for NESA and the City of Edmonton
- Resources to reduce isolation
- Navigating the health care system



## Cherrydale Café

EMMA Catering is the exclusive caterer at the Northgate Lions Recreation Centre. With over 18 years of experience, and capacity for small and large groups, EMMA Catering is able to offer a wide range of affordable catering options, on-site and off.

While EMMA Catering hasn't yet confirmed what delicious meals and menus they have in store for you, please give them a call or join their e-mail list to learn more about their catering services and what's going to be planned for future seasons!

**Contact Dragana** and the catering team at **780.406.0840** or via email at **[emmacateringveg@gmail.com](mailto:emmacateringveg@gmail.com)** for more information.

If you would like to sign up for EMMA Catering's e-communications, visit the below website to add your name to the list!  
**[nesa1.ca/what-we-do/cherrydale-cafe.html](http://nesa1.ca/what-we-do/cherrydale-cafe.html)**

**Check out the NESA Events on page 52 for information about upcoming special events, dances and dinners.**



## 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!**



**EMMA Catering**  
**780.406.0840**

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



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.

CREATE



VOLUNTEER



FUN



**Please recycle!**

– And pass this program guide on to a friend