



nesa1.ca

PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your **FUN** inside:

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DON'T HAVE A COMPUTER? Or do you need some assistance with registering? Check out our options on Page 4-5.



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 Senior Centres 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 200 volunteers give over 30,000 hours of their time collectively, annually.

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MISSION STATEMENT

Supporting the mental, physical, social, and emotional well-being of adults 55+ by encouraging and enabling them to participate in NESA programs and activities.

VISION STATEMENT

To foster a diverse and inclusive, vibrant community that supports the well-being of adults 55+.

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

MEMBERSHIP INFORMATION WINTER 2025

Office Hours

See page 4 for more details.

Registration starts December 6, 2024 @ 8:30AM/9AM*
(*Please see page 4 for registration update)
Programs start January 13, 2025

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.
- Priority access to NESAs programs and club enrollment at membership rates. (Not required for special events and various one-day lectures or presentations).

How to Obtain: Purchase online (nesa1.ca), by calling 780.496.6969, in person (see page 4 for office location details), or via mail.

LIFETIME MEMBERSHIP

GOLD MEMBERSHIP (85+): Free

- Member must have turned 85 before January 1st of the current year.
- Valid for a lifetime with no expiry.
- Full voting privileges at Annual General Meeting.
- Access to NESAs programs and club enrollment at membership rates.

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 59 for more information about NESAs's subsidy program.



RECIPROCAL MEMBERSHIP

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

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

NON-MEMBERS

Just wanting to join us for a special event, one-day workshop, outing, 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 2025 MEMBERSHIP?

Call us at 780.496.6969 and we can look up your account and verify your membership status.

PROGRAM REGISTRATION INFORMATION & FORMS

WINTER REGISTRATION BEGINS
DECEMBER 6, 2024 AT 8:30AM/9AM*

HOW TO REGISTER:

ONLINE REGISTRATION

Already have your online account set up?
Please visit our website www.nesa1.ca and click on 'My Account' to sign in and register.

Don't have an account? Please visit our website www.nesa1.ca and click on 'My Account' and then select the 'Click here to create a New Account' option.

Need to register a spouse or friend online? Make sure we have received their permission for you to do this ahead of time and a NESA staff can make arrangements to add them to your account.

For Technical Support call: 780.496.6969

NESA'S OFFICE LOCATION

Northgate Lions Seniors Recreation Centre
7524 139 Avenue

REGULAR HOURS OF OPERATION

Effective January 13, 2025, NESA office will be open weekdays from 8:30AM-4PM. Closed on weekends and all statutory holidays.

*IMPORTANT NOTICE: STAGGERED REGISTRATION FOR THIS SEASON

To help our software development team identify and resolve ongoing delays with in-person registration, we will be staggering the start times for in-person and online registration this season.

- **In-person registration will begin at 8:30AM**
- **Online registration will begin at 9AM**

This adjustment will allow the software developers to observe the first 30 minutes of in-person registration to pinpoint any issues contributing to delays, which we've experienced over the past few seasons.

We want to emphasize that **online registration remains the most efficient and effective method**. We strongly encourage those able to register online to do so, as it has consistently proven to be faster and more reliable.

Thank you for your understanding and cooperation as we continue to work on improving our registration processes.

~The NESA Programming Team

TEMPORARY OFFICE HOURS (DURING NESA'S NEXT PHASE OF RENOVATIONS)

Dates: December 16-20, December 30-31, 2024 and January 2-10, 2025 from 9AM-3PM.

The office will temporarily be relocated to the Annex, accessible by entering the building at the east entrance of the building.

NOTE NESA's Holiday Closure is from December 23-27, 2024 and January 1, 2025

register online

REMINDER!

An active 2025 NESAs Membership is required for most programs and activities at NESAs. See Membership Application on pages 6-7.

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

MAIL-IN REGISTRATION Please see page 8 for the mail-in registration form, upon its completion please mail it back to NESAs (with a cheque payable to North Edmonton Seniors Association). Mail-in registrations will only be processed if full payment is provided. A receipt will be sent back via mail to members who have successfully been enrolled in their program(s).

IN-PERSON REGISTRATION If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration with cheque payment.

Please note that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider online registration if possible as it proves to be the safest, most efficient, and fastest option.

TELEPHONE Please note that telephone registration is not available on the first day of the new season's registration period. Telephone support will only be available for technical or online account assistance.

CANCELLATIONS AND REFUND POLICY No refunds or credits will be given for programs, clubs, presentations, tours, or Fitness Centre passes unless canceled by NESAs.

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



North Edmonton Seniors Association
 at Northgate Lions Seniors Recreation Centre
 7524 - 139 Avenue, Edmonton, AB T5C 3H7
 780.496.6969 | fax 780.496.4707 | www.nesa1.ca

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

NESA Membership Application

Please **PRINT** Clearly

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

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

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

FIRST NAME: _____ SURNAME: _____

ADDRESS: _____

CITY: _____ PROVINCE: _____ POSTAL CODE: _____

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

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

MALE FEMALE PREFER NOT TO DISCLOSE/UNSPECIFIED

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: _(____) _____ - _____ EMERGENCY RELATIONSHIP: _____

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

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

SEE OTHER SIDE 



North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

Terms of Service

[Last updated November 21, 2024]

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

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

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

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

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

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

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

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

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

Photography Consent: I acknowledge that photographs may be taken at NESAs programs, activities and events. If I do not wish to have my photograph taken, I will inform the photographer, who will make arrangements to ensure that I am not included in any images.

I have read and understand the above Terms of Service.

Signed: _____ Date: _____



North Edmonton Seniors Association
 at Northgate Lions Seniors Recreation Centre
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 780.496.6969 | fax 780.496.4707 | www.nesa1.ca

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

Mail-In Registration Form

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

Important – Mail-in registrations:

- Will be processed **at the end of day** on the day they are received;
- Are accepted on a space availability basis and a space in class is not guaranteed;
in-person and online registration receives priority;
- Must be **received a minimum of one business day prior to the club or program start date** to allow processing time;
- Failure to have a completed membership will result in your registration not being processed. An active/current membership is **required**. Please see **Membership Information** for further details and fees. Ensure these costs are added to your total below if necessary;
- For further resources (printable forms or online support) visit www.nesa1.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
Payment: Payment in full must accompany registration. Please do NOT send cash. Cheques must be made payable to: North Edmonton Seniors Association .			Total	Supply lists Required/Added? <input type="checkbox"/> YES <input type="checkbox"/> NO

One-Day Workshops & Presentations at NESA



NMW (Non-members welcome)

JOIN THE FUN: ONE-DAY WORKSHOPS FOR EVERYONE!

Discover the joy of learning and exploring with our one-day workshops! Perfect for those with busy schedules, or who want to try something new! These engaging sessions allow you to explore new topics, enhance your well-being, and gain valuable knowledge. Whether you're interested in personal development, fitness, health and wellness, or general interests, our workshops provide a supportive and informative environment. Sign up today and take the first step toward a healthier, more informed you!

Computers & Device workshops . . . Page 10-11

General Interest workshops . . . Pages 35-40

Health & Wellness workshops . . . Pages 41-46

Join us for our exciting one-day "Make-and-Take" workshops! These hands-on sessions allow you to create beautiful, personalized projects to take home and enjoy. Perfect for all skill levels, our workshops provide all the materials and guidance you need to complete your masterpiece. Whether you're crafting a unique gift or making something special for yourself, you'll love the sense of accomplishment and creativity these workshops offer.

**Check out pages 12-19 for all of the
Crafts & Hobbies and Drawing & Painting Workshops!**

SIGN UP TODAY!





3 SESSIONS/DAY

Each week has five different 1-hour time intervals to choose from and they are as follows:

1:1 Tech Tutorials

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 Wednesdays, 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.

- A Wed, Jan 15**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- B Wed, Jan 22**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- C Wed, Jan 29**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- D Wed, Feb 5**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- E Wed, Feb 12**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- F Wed, Feb 19**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- G Wed, Feb 26**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- H Wed, Mar 5**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- I Wed, Mar 12**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- J Wed, Mar 19**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM
- K Wed, Mar 26**
 1 10-11AM 2 11:15-12:15PM 3 12:30-1:30PM

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

Email Instructor Shawn: shawn@gruntmulti.com
 Please **DO NOT** contact the instructor about personal inquiries.

\$50 Per One-Hour Tutorial

NEW! Facebook 101: Stay Connected with Ease!

Addison Sharrun

Are you ready to explore Facebook but not sure where to begin? Join Addison, a patient and friendly tech enthusiast, for an easy-to-follow workshop. You'll learn how to reconnect with friends, family, and groups that share your interests. We'll guide you step-by-step through using Facebook Messenger to stay in touch with loved ones and explore the Marketplace for local deals. Most importantly, you'll gain valuable tips on staying safe online. Whether you're new to Facebook or just want to feel more confident, this workshop is perfect for you.

Fri, Feb 28 / 1-2PM / 1 Wk

\$8 **NMW**

NEW! Tech Time: Android Phones and Tablets

Edmonton Public Library

Need some tech help? Bring your Android device and a tech-related question or challenge you would like to explore with a savvy staff member from the Edmonton Public Library. Get help navigating a new device, accessing e-books and other online library resources, creating a social media account, adjusting device settings, or managing files and photos. Library staff will customize the group's learning to address your pressing questions. We are unfortunately not qualified to fix a damaged device or replace components.

Tue, Feb 18 / 1-2:30PM / 1 Wk

\$2 **NMW**



NEW! Tech Time: Apple iPhones and iPads

Edmonton Public Library

Need some tech help? Bring your Apple device and a tech-related question or challenge you would like to explore with a savvy staff member from the Edmonton Public Library. Get help navigating a new device, accessing e-books and other online library resources, creating a social media account, adjusting device settings, or managing files and photos. Library staff will customize the group's learning to address your pressing questions. We are unfortunately not qualified to fix a damaged device or replace components.

Tue, Jan 21 / 1-2:30PM / 1 Wk

\$2 **NMW**

WELCOME NEW TALENT

NESA is thrilled to introduce new instructors to our Arts, Crafts, Drawing, and Painting classes! Our new teachers bring a wealth of experience, creativity, and passion, ensuring that students of all skill levels will find inspiration and guidance.

Whether you're a beginner eager to learn the basics or an experienced artist looking to refine your technique, our instructors are here to support your artistic journey. Join us in welcoming them and discover the joy of creating in a vibrant, supportive environment!

DONATION REQUEST FROM NESA!

Have any worsted weight yarn you're not using? If so, please bring it to the Northgate Lions Seniors Recreation Centre (7524-139 Avenue) and have it donated to 'Knitting From the Heart' so this volunteer group can turn the yarn into amazing creations that will be donated to those in our community who need them most! Thank you!



PLEASE NOTE

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

NEW! Beading Workshop: Chickadee on Branch

Jenna Werhun



Learn to create your very own beaded chickadee to adorn your home or gift to someone you love. All crafting materials will be included to create this unique project - a beaded chickadee applique perched on a branch. This multi-day workshop will include beading skills such as flat stitch work and mixed-media techniques. A frame will also be provided to complete your project.

All supplies included.

A Tue, Feb 18-Mar 11 / 9:30-11:30AM / 4 Wks

\$72

B Wed, Feb 19-Mar 12 / 5:30-7:30PM / 4 Wks

\$72 EVENING



NEW! **Bird Carving: Downy Woodpecker**

Diane Sharkey

Join Diane Sharkey, a dedicated instructor and member of the Alberta Wildlife Carving Association, for an in-depth bird carving workshop. With nine years of experience and training under world-champion carvers, Diane brings both expertise and enthusiasm, making this workshop ideal for beginners and experienced carvers alike. Each project begins in September and runs through to May or June, spanning three seasons. Registration is required at the beginning of each season, so you will register three times to complete a single project, **with only those who registered in September eligible to continue in Winter and Spring.** Supplies, approximately \$20, are payable to the instructor.

Tue, Jan 21-Mar 25 / 9:30AM-12:30PM / 10 Wks

\$155

NEW! **Bird Carving: Flying Barnswallow**
Diane Sharkey

Join Diane Sharkey, a dedicated instructor and member of the Alberta Wildlife Carving Association, for an in-depth bird carving workshop. With nine years of experience and training under world-champion carvers, Diane brings both expertise and enthusiasm, making this workshop ideal for beginners and experienced carvers alike. Each project begins in September and runs through to May or June, spanning three seasons. Registration is required at the beginning of each season, so you will register three times to complete a single project, **with only those who registered in September eligible to continue in Winter and Spring.** Supplies, approximately \$20, are payable to the instructor.

Tue, Jan 21-Mar 25 / 1-4PM / 10 Wks

\$155

Ceramics

Jackie Garrant

Discover the art of creating beautifully crafted ceramic pieces with the guidance of a skilled instructor. In this engaging workshop, you will learn about the tools and techniques necessary to create your masterpiece. Enjoy a relaxed environment where social interaction is strongly encouraged, making it a perfect setting for both beginners and experienced crafters.

 **Click Here to download your supply list, otherwise supplies required will be confirmed during registration.**

Wed, Jan 22-Mar 26 / 12:30-3:30PM / 10 Wks

\$115

Creative Cards Workshop: All Occasions

Janelle Taveling

Join us at the Creative Card Buffet for a delightful day of card-making! Work at your own pace to create a variety of cards for all occasions. Choose from over a dozen designs, including birthday cards for him and her, sympathy cards, thank you cards, and more. Each kit includes all the necessary materials and instructions, so you can focus on stamping, assembling, embellishing, and adding your personalized message. Your handmade cards will surely impress their recipients. The class fee covers supplies for up to 20 cards with envelopes, with additional cards available for \$2 each.

All supplies included.

A Fri, Jan 31 / 9AM-3PM / 1 Wk

\$48 **NMW**

B Fri, Mar 28 / 9AM-3PM / 1 Wk

\$48 **NMW**

NEW!

Crescent Moon Wreath Workshop: Winter Frost



Janelle Taveling

Celebrate the winter season with a whimsical and unique lighted crescent moon wreath that adds charm and warmth to your home during the chilly months. Janelle

will walk you through creating a beautiful piece using soft winter tones and charming accessories including foliage, florals, and other adornments.

All supplies included.

Wed, Jan 22 / 6-8PM / 1 Wk

\$54 **NMW** **EVENING**

NEW!

Felting Workshop: Inspired by Margaret Jane



Cass Miller, Studio YEG ART

In this five-session workshop, learn wet and needle felting techniques to create your own abstract or

landscape-inspired artwork. Class 1: Introduction to felting techniques and project planning, including sketches and basic felt elements. Each attendee will choose between an abstract or landscape piece. Class 2: Build a sturdy base layer through wet felting and experiment with colors and textures. Class 3: Add dimension with needle felting, focusing on layering and color blending. Class 4: Refine details and secure layers to enhance depth. Class 5: Final adjustments, group display, and light critique. Optional framing tips will be provided (framing materials available for purchase). No experience is necessary—just bring your creativity!

All supplies included.

Wed, Feb 12-Mar 12 / 9AM-12PM / 5 Wks

\$190

NEW! **Frame Drum Making Workshop Demo**



Carlo Marrazzo

This is a suggested prerequisite to the Drum Making Workshop. Carlo will show us his technique from start to finish on how to make a hand held frame drum. Everyone is welcome.

A Wed, Feb 26 / 1-3PM / 1 Wk

FREE Registration is still required **NMW**

B Wed, Mar 12 / 1-3PM / 1 Wk

FREE Registration is still required **NMW**

NEW! **Frame Drum Making Workshop**
Carlo Marrazzo

Spend the afternoon making a 37cm/14.5" frame drum.



Carlo will guide us from cutting the lacing to stretching the hide and creating a handle, and of course making a drum stick. We will be using Deer rawhide on a Cedar frame.

All materials and tools are supplied. Please note. Good hand strength is required for this workshop. **Participation in one of the drum making demos is highly recommended.**

All supplies included.

Wed, Mar 26 / 12-4PM / 1 Wk

\$240 **NMW**

NEW! **Mountain Sign Workshop**
Lynette Steingard



In this hand-painted wooden mountain sign workshop, Lynette provides step-by-step instructions suitable for all skill levels. Students

will have the opportunity to personalize their piece by selecting from a variety of colors provided in class. All materials and supplies are included, so participants only need to bring their creativity. By the end of the session, each student will leave with a finished mountain sign, ready to display. **The deadline to register is February 18, 2025.**

All supplies included.

Tue, Feb 25 / 1-4PM / 1 Wk

\$44 **NMW**

NEW! **Pysanky Workshop**
Lyrissa Sheptak

Learn the art of writing Ukrainian Easter eggs. If you are a beginner, you are welcome to learn the Ukrainian art of wax resist Easter eggs. If you are a pro, you are welcome to join the class and work on your own creation. Full instruction will be provided, and all supplies (including eggs) are included — just bring yourself and your willingness to learn!

All supplies included.

A Wed, Mar 26 / 5-8PM / 1 Wk

\$30 **NMW** **EVENING**

B Mon, Mar 31 / 1-4PM / 1 Wk

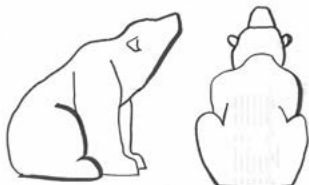
\$30 **NMW**

NEW! Soapstone Carving: Sitting Polar Bear (Beginner)

Kay McCormack

Love sculpture?
Love stone carvings?

Here's your chance to create the iconic Polar Bear. Spend a 3-day workshop with local soapstone artist Kay McCormack, perfect for both beginner and intermediate carvers. You will learn: the planning process for your carving, the correct and safe use of hand tools, and techniques to bring your sculpture to life. With Kay's expert guidance, watch as your Polar Bear sculpture emerges from the stone. Join us for an immersive and creative experience.



All supplies included.

Thu, Mar 6-20 / 12:30-3:30PM / 3 Wks

\$130

NEW! Stained Glass Workshop: Hummingbird Suncatcher

Sharon Waunch Tomljenovich



Join instructor Sharon for a hands-on workshop where you'll create your own beautiful hummingbird suncatcher while exploring the art of stained glass. Perfect for beginners, this class

provides all materials, including pre-cut glass pieces, so you can focus on the fun part— assembling and bringing your suncatcher to life! No prior experience is needed, just bring your creativity and leave with a unique piece of art to brighten any window.

All supplies included.

Mon, Mar 24 / 9AM-1PM / 1 Wk

\$96 NMW

NON-MEMBERS WELCOME

Grab a friend and join us for our fun and inspiring one-day workshops! You don't need to be a member to participate – just look for the symbol **NMW**. Our workshops are the perfect way to try something new, learn a new skill, or simply spend quality time with a friend. Sign up today!

NEW! Stained Glass Workshop: Mountains Suncatcher

Sharon Waunch Tomljenovich



Join instructor Sharon for a hands-on workshop where you'll create your own beautiful mountain-themed suncatcher while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass

pieces, so you can focus on the fun part— assembling and bringing your suncatcher to life! No prior experience is needed, just bring your creativity and leave with a unique piece of art to brighten any window.

All supplies included.

Mon, Mar 3 / 9AM-1PM / 1 Wk

\$96 NMW

YOUR FEEDBACK IS ESSENTIAL

Your feedback is essential in helping us improve our programs and generate new ideas! We value your insights and experiences, and we encourage you to share them with us. Evaluation forms are available on our website [nesa1.ca](https://www.nesa1.ca), or can be picked up at the front desk. By providing your feedback, you play a crucial role in shaping the future of our offerings. Thank you for helping us create the best possible experience for everyone!



MATERIALS

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

NEW! **Acrylic Paint Workshop:
Be My Valentine**

Wendy Jensen



Spend two delightful hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced painters alike, this class offers an enjoyable creative

escape. By the end of the session, you'll have your own 12" x 12" masterpiece to take home.

All supplies included.

Wed, Feb 12 / 5:30-7:30PM / 1 Wk

\$36 **NMW EVENING**

NEW! **Acrylic Paint Workshop:
Modern Sunflower**

Linda Finstad



Join Linda for a step-by-step Acrylic Paint Workshop to create a stunning sunflower painting. In this workshop, you'll learn techniques to achieve vibrant colors on a black background, understand values

and their impact on composition, and use a dotting tool to enhance your artwork. This class is open to all skill levels and includes a 16x20 black canvas, artist-grade acrylic paints, and all specialty brushes and dotting tools needed for the project. Just bring an apron or wear an old shirt to protect your clothing, and get ready to dive into the art of acrylic painting!

All supplies included.

Wed, Mar 19 / 1-3:30PM / 1 Wk

\$54 **NMW**

NEW! **Acrylic Paint Workshop:
Northern Lights Winter**

Linda Finstad



Join Linda for a step-by-step Acrylic Paint Workshop to create a breathtaking Northern Lights winter scene. In this workshop, you'll learn how to blend backgrounds seamlessly, paint multi-toned Northern Lights, and

master the fan brush technique. You'll also experiment with heavy textures and get an introduction to palette knife painting. A 16x20 black canvas, artist-grade acrylic paints, and all specialty brushes and palette knives needed for this project are provided. Just bring an apron or wear an old shirt to protect your clothing, and immerse yourself in the art of capturing winter's magic on canvas!

All supplies included.

Wed, Feb 19 / 1-3:30PM / 1 Wk

\$54 **NMW**

EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed online or during NESAs's regular business hours. See page 4 for office hour information.

NEW! **Acrylic Paint Workshop:
Textured Birch Forest**

Linda Finstad



Join Linda for a step-by-step Acrylic Paint Workshop to create a beautifully textured birch forest scene. In this workshop, you'll learn to build a unique textured background using tissue paper, create depth within the forest,

introduce directional light, and paint realistic birch trees with a fan brush. An 11" x 14" pre-textured canvas, artist-grade acrylic paints, and all specialty brushes and palette knives are supplied. Just wear an apron or an old shirt to protect your clothing, and enjoy the experience of bringing this serene forest landscape to life!

All supplies included.

Wed, Feb 26 / 1-3:30PM / 1 Wk

\$54 **NMW**

NEW! **Acrylic Paint Workshop:
Tropical Sunset**

Wendy Jensen



Spend two delightful hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced painters alike, this class offers an

enjoyable creative escape. By the end of the session, you'll have your own 12" x 12" masterpiece to take home.

All supplies included.

Wed, Mar 12 / 5:30-7:30PM / 1 Wk

\$36 **NMW** **EVENING**

NEW! **Acrylic Paint Workshop:
Winter Red Barn**

Wendy Jensen



Spend two delightful hours painting with Wendy in this engaging and relaxing workshop. Perfect for beginners and experienced painters alike, this class offers an enjoyable creative escape. By the end of the session, you'll have your own 12" x 12" masterpiece to take home.

All supplies included.

Wed, Jan 29 / 5:30-7:30PM / 1 Wk

\$36 **NMW** **EVENING**

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!

NEW!

Oil Painting: Robins Eggs

Adrian Zorzut, The Adrian Zorzut School of Fine Art



This two-session course, taught by Adrian Zorzut from the Adrian Zorzut School of Fine Art, guides students in creating a textured painting of "Robin's Eggs in a Nest" using palette knives and

brushes. Students will work on a 10" x 10" or 12" x 12" canvas (brought from home), while all necessary paints and palette knives are provided. Brushes will be available for loan, with the option to purchase if needed. Through step-by-step instruction, students will learn to build layers and create depth using knife techniques, blending, and brush detailing. This course is ideal for beginners and intermediate artists looking to explore knife painting and improve their brushwork.

All supplies included.

Mon, Feb 24-Mar 3 / 9AM-12PM / 2 Wks

\$84

NEW!

Pastels: Landscape

David Shkolny



Learn to create vibrant landscapes in the fantastic medium of (chalk) pastel! In this introductory class you will be

taught the fundamentals of this flexible medium, including how to create a strong foundational drawing, applying various colours in layers, and understanding how to achieve depth. Demonstrated in a simple step-by-step method, the instructor will guide you through to completion individually. Lively group discussion is encouraged.

All supplies included.

Fri, Feb 14-Mar 21 / 9:30AM-12PM / 6 Wks

\$210

UNLEASH YOUR INNER ARTIST

Unlock your creative potential and discover the joy of artistic expression. Whether you're interested in drawing, painting, or crafting, our classes offer a welcoming environment for artists of all levels. Embrace your creativity, learn new techniques, and connect with fellow art enthusiasts. Don't miss the chance to explore your artistic side and bring your imagination to life.

NEW!

Pen & Wash

Lily Jeong



In this course, students will create expressive drawings by sketching with a fountain pen filled with water-soluble black ink, and then applying water to add soft washes and shading.

Beginning with the pen sketch, participants will use water and a brush to bring depth and texture to their work. The relaxed, step-by-step approach allows students to explore ink wash techniques and experiment with blending effects. If students have their own fountain pen and brush, they're encouraged to



bring them; however, instructor Lily will have supplies available to lend. All participants must bring the required materials, a medium-sized round watercolor brush, a watercolor sketchbook, a cotton rag, and a water cup.



Click Here to download your supply list, otherwise supplies required will be confirmed during registration.

Thu, Feb 13-Mar 20 / 9:30AM-12PM / 6 Wks

\$135

Fitness Workshops at NESAs



NMW (Non-members welcome)

COME GET MOVING WITH NESAs'S EXCITING FITNESS WORKSHOPS!

This season, we're offering a series of dynamic 1-hour fitness workshops at NESAs! Whether you're looking to try new workouts, explore different types of equipment, or meet some amazing personal trainers and instructors, we've got something for everyone!

Each workshop is designed to be fun, informative, and just the right amount of challenge. **Join us for one workshop—or as many as you'd like—and discover something new every time!**

Here's your chance to:

- **Mix up your routine** with different workout styles
- **Try new equipment** in a supportive, beginner-friendly environment
- **Meet expert trainers** who will guide you every step of the way

It's only an hour, but you'll walk away with **new skills, tips, and a fresh sense of motivation!** Don't miss out—**come for an hour, learn a whole lot, and get fit while having fun!**

Introduction to Weightlifting Page 43

Band Total Body Workout Page 41

Fitness Centre 101 Page 25

Hip Health is Wealth Page 42

Lower Body Strength Training Page 43

Strengthen Your Core, Steady Your Balance Page 44

Strong and Stable, Back and Shoulders Page 44

Suspension Training Page 28

Upper Body Strength Training Page 45

SIGN UP TODAY!





7:15's with Jollean

Jollean Ferrari

Want to kickstart your day with an early morning workout? Join Jollean for an action-packed workout which will include the use of suspension trainers and interval and circuit work. This full body workout will leave you feeling energized and ready to take on the day ahead. All fitness levels welcome but please note that there is a fair amount of cardio/aerobic activity and this workout may include floor work.

A Tue, Jan 14-Mar 25 / 7:15-8:15AM / 9 Wks

No class Feb 11, 18

\$59

B Wed, Jan 15-Mar 26 / 7:15-8:15AM / 9 Wks

No class Feb 12, 19

\$59

C Thu, Jan 16-Mar 27 / 7:15-8:15AM / 9 Wks

No class Feb 13, 20

\$59

Active with Arthritis

Amy Petersen

Physical activity is important for the management of joint pain or stiffness associated with Arthritis or other chronic conditions. Join us for a light-intensity, gentle and safe workout while experiencing some relief to your muscle and joint discomfort through a series of different movements that will include various stretching, strengthening and light aerobic activities with the goal to help improve and better manage these conditions. No floor work.

A Tue, Jan 14-Mar 25 / 10:30-11:30AM / 11 Wks

\$72

B Thu, Jan 16-Mar 27 / 10:30-11:30AM / 11 Wks

\$72

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 and view the 'Get Involved' section to learn about how you can make an impact in our community.



Age Reversing Essentrics®

Meaghan Hipkin, eOne Fitness Ltd

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.

Fri, Jan 17-Mar 28 / 10:30-11:30AM / 11 Wks

\$125

Barre Cardio

Falon Fleming

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

Thu, Jan 23-Mar 27 / 9-10AM / 9 Wks

No class Mar 6

\$59

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 13-Mar 31 / 1:15-2:45PM / 9 Wks

No class Feb 3, 10, 17

\$101

Bender Ball: Total Body Workout

Falon Fleming

A total body workout designed to improve strength from head to toe. Each class is designed to target all muscle groups with a strong emphasis on core stability. We will incorporate strength based exercises, utilizing various equipment pieces such as bands, hand weights, and like the name states, the bender ball. Must be able to transition to the floor easily and be comfortable with mat-based exercises.

Tue, Jan 14-Mar 25 / 8:30-9:30AM / 10 Wks

No class Mar 4

\$65

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. Classes held in the Auditorium.

A Mon, Jan 20-Mar 31 / 8:30-9:30AM / 10 Wks

No class Feb 17

\$65

B Wed, Jan 22-Mar 26 / 8:30-9:30AM / 9 Wks

No class Mar 5

\$59

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 13-Mar 31 / 12-1PM / 9 Wks

No class Feb 3, 10, 17

\$59

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.

Falon Fleming

A Mon, Jan 20-Mar 31 / 11AM-12PM / 10 Wks

No class Feb 17

\$65

Maggie Nichol

B Thu, Jan 16-Mar 27 / 2:45-3:45PM / 11 Wks

\$72

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.

Makaela Paynter

A Tue, Feb 11-Mar 25 / 11AM-12PM / 7 Wks

\$53

Beverley Moore

B Tue, Jan 14-Mar 25 / 12:15-1:15PM / 11 Wks

\$84

Barb Deneka

C Thu, Jan 16-Mar 27 / 10:45-11:45AM / 11 Wks

\$84

Cross Training

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. 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.

Falon Fleming

A Tue, Jan 14-Mar 25 / 9:45-10:45AM / 10 Wks

No class Mar 4

\$65

Jollean Ferrari

NEW Time!

B Thu, Jan 16-Mar 27 / 12-1PM / 11 Wks

\$72

Tom Hughes

NEW Time! NEW Instructor!

C Fri, Jan 17-Mar 28 / 10:15-11:15AM / 11 Wks

\$72

UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

Essentrics® for Seniors

eOne Fitness Ltd

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.

Meaghan Hipkin

A Mon, Jan 13-Mar 31 / 10:30-11:15AM / 11 Wks

No class Feb 17

\$112

Liz Olson

B Thu, Jan 16-Mar 27 / 11-11:45AM / 11 Wks

\$112

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 33 for a class selection overview.

Essentrics® for Stretch and Tone

Meaghan Hipkin, eOne Fitness Ltd

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.

A Mon, Jan 13-Mar 31 / 9:15-10:15AM / 11 Wks

No class Feb 17

\$125

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

\$125

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. Classes held in the Auditorium.

A Mon, Jan 20-Mar 31 / 9:45-10:45AM / 10 Wks

No class Feb 17

\$65

B Wed, Jan 22-Mar 26 / 9:45-10:45AM / 9 Wks

No class Mar 5

\$59



Fitness Centre 101

Jollean Ferrari

Do you have questions about how to use NESAs fitness centre equipment? Need some ideas for exercise modifications? Join Jollean for a fitness centre orientation and learn more about what exercises you can do while working out! Please note, individualized fitness programming will not be provided as this is a group session.

A Tue, Jan 14 / 4-5:30PM / 1 Wk

\$10

B Tue, Jan 21 / 4-5:30PM / 1 Wk

\$10

C Tue, Jan 28 / 4-5:30PM / 1 Wk

\$10

D Tue, Feb 4 / 4-5:30PM / 1 Wk

\$10

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 59 for information about NESAs Landry Leisure Pass.

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 15-Mar 26 / 1:30-2:30PM / 10 Wks

No class Mar 5

\$80

Fun and Fitness

Join us for an hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous, low impact cardio, weights/resistance bands to improve overall strength, and activities that improve posture, balance and flexibility. Some floor work is required. Please bring a yoga mat. Classes held in the Auditorium.

Falon Fleming

A Mon, Jan 20-Mar 31 / 12:15-1:15PM / 10 Wks

No class Feb 17

\$65

Maggie Nichol

B Thu, Jan 23-Mar 27 / 1:30-2:30PM / 10 Wks

\$65

NEW! **Hula Hoop Fitness for Seniors**
Olivia Flows

This class will be a blast from the past! This senior hula hoop fitness class combines both functional training and low impact exercise; designed to improve strength and stamina, while also improving dexterity and fine motor skills, along with postural alignment and balance. This class is great for older adults as it works the whole body and can be completed from a seated or standing position, and is suitable for all fitness levels. This class will not include hooping around the waist! This fitness class is similar to barre as there will be a higher amount of reps and a lower weight; however, we will be using the hula hoops as weights! Hula hooping is good for the brain as it helps improve coordination by building neurological connections in the body, which is important in seniors as people tend to be less mobile as they age. This hour-long class will consist of a warmup, an exercise portion that focuses more on sets/reps, a games portion and a cool down. Give this new form of fitness a go and try something new!

TRIAL Wed, Jan 22 / 11:45AM-12:45PM / 1 Wk

FREE Registration is still required **NMW**

NEW Time!

A Wed, Jan 29-Feb 19 / 11:45AM-12:45PM / 4 Wks

\$40

TRIAL Wed, Feb 26 / 11:45AM-12:45PM / 1 Wk

FREE Registration is still required **NMW**

NEW Time!

B Wed, Mar 5-26 / 11:45AM-12:45PM / 4 Wks

\$40

NON-MEMBERS WELCOME

Grab a friend and join us for our fun and inspiring one-day workshops! You don't need to be a member to participate – just look for the symbol **NMW**. Our workshops are the perfect way to try something new, learn a new skill, or simply spend quality time with a friend. Sign up today!

Interval Training

Jollean Ferrari

Join us for a low-impact light-moderate intensity total body workout. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. Mat-based exercises may be included in the program but modifications for standing and/or chair options will also be provided

Wed, Jan 15-Mar 26 / 9:45-10:45AM / 9 Wks

No class Feb 12, 19

\$59

NEW! **Seated Stretch and Strengthening**

Tom Hughes

Strengthen your body while also working on flexibility, endurance and well being. Combining gentle stretching with a range of movements to strengthen muscles and joints. This 60 minute class will have you feeling flexible as well as more strong and stable. No floor work and modifications will be provided.

NOTE This class is offered for only four weeks and then Chair Yoga **A** will be scheduled in its place. Please ensure to sign up for both programs if you wish to participate in classes from 11AM-12PM for the entire Winter 2025 season.

Tue, Jan 14-Feb 4 / 11AM-12PM / 4 Wks

\$31

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 14-Mar 25 / 1:30-3PM / 11 Wks

\$123

Stretch 'n Tone Yoga: Intermediate

Barb Deneka

Expect a well balanced practise including floor work and standing poses. Yoga fosters the connection between mind, body and breath. Tone your body while improving flexibility, balance and strength. Enjoy the energizing effects of yoga under the guidance of an experienced teacher. Modifications will be made to suit your body. Please bring a yoga mat and firm blanket.

Thu, Jan 16-Mar 27 / 9-10:30AM / 11 Wks

\$123

Strong and Stable

Amy Petersen

Join us for a gentle and light-intensity total body workout. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. All levels of fitness welcome! No floor work.

A Tue, Jan 14-Mar 25 / 9:15-10:15AM / 11 Wks

\$72

B Thu, Jan 16-Mar 27 / 9:15-10:15AM / 11 Wks

\$72

NEED HELP GETTING TO YOUR PROGRAM?

Please email us at transportation@nesa1.ca so the team can determine if you may be eligible for NESAs transportation subsidy program.

Suspension Training

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Already taken classes in the past? Well get in on the fun and take this class to learn (or revisit) the basics of how to safely 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.

Tom Hughes

NEW Time! NEW Instructor!

A Mon, Jan 13-Mar 31 / 9-10AM / 11 Wks

No class Feb 17

\$88

Jollean Ferrari

B Wed, Jan 15-Mar 26 / 8:30-9:30AM / 9 Wks

No class Feb 12, 19

\$72

Falon Fleming

C Thu, Jan 16-Mar 27 / 1:30-2:30PM / 11 Wks

\$88

Tom Hughes

NEW Time! NEW Instructor!

D Fri, Jan 17-Mar 28 / 9-10AM / 11 Wks

\$88

DONATION REQUEST FROM NESAs!

Have any worsted weight yarn you're not using? If so, please bring it to the Northgate Lions Seniors Recreation Centre (7524-139 Avenue) and have it donated to 'Knitting From the Heart' so this volunteer group can turn the yarn into amazing creations that will be donated to those in our community who need them most! Thank you!





NEW! **Suspension Training Express**
Jollean Ferrari

Looking for a short but effective workout? Want to supplement your current fitness program using just your body weight and the suspension trainers? Join Jollean for a 30 minute class where she will lead you through a safe, low impact and fun workout - sign up today and come and 'hang out'! No floor work, no experience necessary, and all fitness levels welcome.

A Tue, Jan 14-Feb 4 / 8:30-9AM / 4 Wks

\$16

B Thu, Jan 16-Feb 6 / 8:30-9AM / 4 Wks

\$16

C Tue, Mar 4-Mar 25 / 8:30-9AM / 4 Wks

\$16

D Thu, Mar 6-Mar 27 / 8:30-9AM / 4 Wks

\$16

NEW! **Suspension Training Workshop**
Jollean Ferrari

Join Jollean for a one-hour introductory class on how to use the suspension trainers for a safe, fun, and low impact workout. No experience is necessary and all fitness levels are welcome. No floor work.

A Tue, Jan 21 / 12-1PM / 1 Wk

\$10 **NMW**

B Wed, Feb 26 / 11AM-12PM / 1 Wk

\$10 **NMW**

C Fri, Mar 14 / 1-2PM / 1 Wk

\$10 **NMW**

Yang Style Tai Chi - An Introduction

Weston Benjamin

This class is an introduction to Yang-style Tai Chi. Tai Chi is a popular exercise and martial arts system originating in China. Tai Chi improves a person's flexibility and balance and the overall well-being of the body's joints, muscles, and connective tissues. Students will be taught a form called Yang 24 during this eleven-week session. All are welcome. No floor work is required.

Mon, Jan 13-Mar 31 / 10-11AM / 11 Wks

No class Feb 17

\$99

Yang Style Tai Chi - Level 1

Leslie Sarabin

Tai Chi is a gentle exercise that stretches, tones and relaxes the muscles. It also improves our ability to focus, concentrate and balance. The arms and legs are slowly moved through different positions with one movement connecting to the next, training the body and mind to work in coordination. Leslie teaches a traditional style of Yang Tai Chi. Leslie has been doing Tai Chi for 30 years under the instruction of Andy Wong and has been teaching her own classes since 2000. Leslie has also worked as an Occupational Therapist for 38 years in the areas of Geriatrics and Community Rehabilitation and has a passion for wellness as we age.

Thu, Jan 16-Mar 27 / 1:15-2:15PM / 11 Wks

\$99

Yang Style Tai Chi - Level 2

Leslie Sarabin

This program is a continuation of Traditional Yang Style Tai Chi for students who have completed Traditional Yang Style Tai Chi - Level 1.

Thu, Jan 16-Mar 27 / 2:30-3:30PM / 11 Wks

\$99

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.

NEW Time and Duration!

Wed, Jan 15-Mar 26 / 11:30AM-1:15PM / 10 Wks

No class Feb 5

\$142

Zumba®

Marguerite Critchley

Join us for a class where we enjoy some low-impact dance movements while listening to Latin American-based music along with your favorite classics, making this an exhilarating and fun workout, perfect for both the seasoned Zumba student or those just starting their journey to a fit and healthy lifestyle. Please Note: Seated chair modifications can be offered for those with movement limitations.

A Tue, Jan 21-Mar 25 / 12:15-1:15PM / 9 Wks

No class Feb 4

\$59

B Thu, Jan 23-Mar 27 / 12:15-1:15PM / 9 Wks

No class Feb 6

\$59

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 13-Feb 24 / 12-1PM / 6 Wks

No class Feb 17

\$48

B Mon, Mar 3-Mar 31 / 12-1PM / 5 Wks

\$40

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 13-Feb 24 / 1:15-2:15PM / 6 Wks

No class Feb 17

\$48

B Mon, Mar 3-Mar 31 / 1:15-2:15PM / 5 Wks

\$40





Introducing Pickleball Levels at NESAs, starting in January 2025!

As we continue to grow our pickleball program, we are exploring ways to better accommodate the different skill levels within our group of 140+ members. In an effort to enhance the playing experience for all, we are introducing different levels of play for pickleball. The goal is to create a more enjoyable and accessible experience for everyone, allowing players to engage in matches that best suit their skill and comfort level.

We will offer three different levels of pickleball across our two venues:

- **Beginner:** New to the game, rules and how to keep score. Limited experience with backhand, overhead and volley strokes.
- **Novice:** Understands the fundamentals of pickleball and all rules including the two bounce rule; understands scoring and player position relative to scoring, and has played for approximately one year.
- **Intermediate:** Demonstrates all skillsets from Novice level, can maintain a rally for 1+ minute, and have been playing for more than one year.

Additionally we will also continue to offer our current **Mixed Levels** approach, allowing all players of all levels to participate together if they so choose.

While not everyone thinks pickleball levels are necessary, we are excited to try this approach and see if it helps maximize the number of play opportunities for everyone. Our intention is to provide an environment where all participants can enjoy non-competitive, fun, and social pickleball.

NOTE If the proposed levels do not meet the required minimum number of players, we will adjust by combining groups into Mixed Level play, ensuring that everyone has the chance to participate.

Pickleball Schedule Format

The format for this season's pickleball will remain the same as previous seasons. There will be a **15-member maximum** per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

Pickleball Rules, Scoring and Group Support

To ensure that all pickleball registrants are familiar with the rules, scoring system, and how to organize their round robin matches, it is recommended that only members with experience playing the game or those who have taken one of NESAs's previous 'Learn to Play' workshops register as there will be no instruction or support available for those new to the game.





AT TWO LOCATIONS!

Northgate Lions (7524 139 Avenue)

Rundle Park (2909 113 Avenue)

BEGINNER

Northgate Lions (7524 139 Avenue)

Tue. Jan 21-Mar 25 / 2:50-4:05PM / Wks 10

\$55

Northgate Lions (7524 139 Avenue)

Thu. Jan 23-Mar 27 / 2:50-4:05PM / Wks 10

\$55

NOVICE

Northgate Lions (7524 139 Avenue)

Mon. Jan 20-Mar 31 / 2:50-4:05PM / Wks 10

Omit Feb 17

\$55

Northgate Lions (7524 139 Avenue)

Wed. Jan 22-Mar 26 / 2:50-4:05PM / Wks 10

\$55

INTERMEDIATE

Rundle Park (2909 113 Avenue)

Mon. Jan 13-Mar 31 / 9:15-10:30AM / Wks 11

Omit Feb 17

\$60.50

Rundle Park (2909 113 Avenue)

Mon. Jan 13-Mar 31 / 10:35-11:50AM / Wks 11

Omit Feb 17

\$60.50

Northgate Lions (7524 139 Avenue)

Mon. Jan 20-Mar 31 / 1:30-2:45PM / Wks 10

Omit Feb 17

\$55

Northgate Lions (7524 139 Avenue)

Wed. Jan 22-Mar 26 / 1:30-2:45PM / Wks 10

\$55

Rundle Park (2909 113 Avenue)

Fri. Jan 17-Mar 28 / 9:15-10:30AM / Wks 11

\$60.50

Rundle Park (2909 113 Avenue)

Fri. Jan 17-Mar 28 / 10:35-11:50AM / Wks 11

\$60.50

MIXED LEVELS

Rundle Park (2909 113 Avenue)

Mon. Jan 13-Mar 31 / 2:05-3:20PM / Wks 11

Omit Feb 17

\$60.50

Northgate Lions (7524 139 Avenue)

Tue. Jan 21-Mar 25 / 1:30-2:45PM / Wks 10

\$55

Rundle Park (2909 113 Avenue)

Fri. Jan 17-Mar 28 / 2:05-3:20PM / Wks 11

\$60.50





Looking for NESA's Learn to Play Pickleball or Level Up your Pickleball workshops?

NESA does not currently have any scheduled for the Winter 2025 season but hopes to have more scheduled in the near future. Stay tuned for more information and workshop opportunities.

Credits/Refunds for Missed Pickleball Sessions

No refunds will be issued unless NESA cancels this program. NESA requires all registrants to pay in full for the entire season so we can ensure that the space will remain reserved and booked for NESA. NESA is unable to refund or credit any pickleball sessions you may be unable to attend. You are however encouraged to report any known absences to pickleball@nesa1.ca with as much notice as possible so the Programming team can attempt to find a replacement for you. If a replacement player can be found during your absence(s), your NESA account will be credited for the amount the missed session(s) are worth.

Waitlist Reminder

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

Interested in a single-session of pickleball?

On occasion there may be member absences from one of the weekday pickleball sessions. If you are interested in being contacted for a single session of pickleball, be sure to add your name to the waitlist on the weekday and timeframe of pickleball you would be interested in joining and you will be contacted should a space open up. (There is no cost to be on the waitlist).

Where else can I play pickleball?

If you are looking for more dates and times to play we encourage you to visit the various seniors centres throughout the city along with the numerous City of Edmonton recreation facilities that offer drop-in, registered programs, and private court rentals.

Central Lions Recreation Centre

11113-113 Street / 780.496.7369 / www.centrallions.org

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

Edmonton Pickleball Center

11420 170 Street / 587.873.3233 / www.edmontonpickleballcenter.com

Edmonton Volleyball Pickleball Center

9455 45 Avenue / 587.499.0858 / www.evpcenter.com

North West Edmonton Seniors Society

12963-120 Street / 780.451.1925 / www.nwess.ca

Southeast Edmonton Seniors Association

9350-82 Street / 780.468.1985 / www.seesa.ca

Westend Seniors Activity Centre

9629-176 Street / 780.483.1209 / www.weseniors.ca

FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> • Cardio Plus • Chair Total Body Workout • Essentrics® for Seniors • Essentrics® Stretch and Tone • Fit For Your Life • Suspension Training • Yang Style Tai Chi (Introduction) 	<ul style="list-style-type: none"> • 7:15s with Jollean • Active with Arthritis • Bender Ball: Total Body Workout • Chair Yoga • Cross Training • Seated Stretch and Strengthening • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • 7:15s with Jollean • Cardio Plus • Fit For Your Life • Hula Hoop Fitness • Interval Training • Suspension Training • Yin/Yang Yoga 	<ul style="list-style-type: none"> • 7:15s with Jollean • Active with Arthritis • Age Reversing Essentrics® • Barre Cardio • Chair Yoga • Essentrics® for Seniors • Stretch 'n Tone Yoga (Int). • Strong and Stable • Suspension Training Express 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Cross Training • Essentrics® Stretch and Tone • Suspension Training
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Stretch and Balance • Fun and Fitness • Zumba® Gold • Zumba® Gold Chair 	<ul style="list-style-type: none"> • Chair Yoga • Stretch 'n Tone Yoga (Beg). • Zumba® 	<ul style="list-style-type: none"> • Flexibility and Foam Rolling • Hula Hoop Fitness • Yin/Yang Yoga 	<ul style="list-style-type: none"> • Chair Total Body Workout • Cross Training • Fun and Fitness • Suspension Training • Yang Style Tai Chi – Level 1 and Level 2 • Zumba® 	<p>One-day Fitness Workshops - See pages 25, 28, & 41-46.</p>



difference between our low to moderate intensity-based programs.

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

Classes include:

Active with Arthritis, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fit For Your Life, Hula Hoop Fitness, Interval Training, Seated Stretch and Strengthening, Strong and Stable, Suspension Training, Suspension Training Express, Yang Style Tai Chi Introduction and Level 1, Zumba®, Zumba® Gold and Zumba® Gold Chair.

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

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

Classes include:

7:15s with Jollean, Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Bender Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Stretch 'n Tone Yoga, Yang Style Tai Chi Level 2, and Yin/Yang Yoga.

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



Temporary Fitness Centre Hours (During NESAs next phase of renovations)

During the week of December 16-19, the fitness centre will be accessible by entering the building at the north entrance doors (near the men's change rooms) from 8:30AM-3PM.

NOTE Due to scheduled floor cleaning the Fitness Centre will be closed on **Friday, December 20.**

Please check website for temporary fitness centre entranceway access and schedule, after NESAs Holiday Closure (December 23-27).

Regular Fitness Centre Hours

Effective Monday, January 13, 2025, the fitness centre will be open weekdays from 8:30AM-4PM. **Closed on weekends and all statutory holidays.**

Fitness Centre Admission Fees

Single Admission	\$5
10-Visit Pass	\$30
Monthly Pass	\$35
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.*

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

HAVE A QUESTION ABOUT YOUR FITNESS CENTRE PASS VALIDITY?

Any fitness pass eligible for an extension due to the 12-month Northgate closure will be updated to reflect the new expiry date. Please note, an active 2025 NESAs Membership will still be required to access the fitness centre. Please visit the fitness centre for more information.

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, please visit the Fitness Centre for more details.



Workshop Spotlight: Protecting Pollinators, a Bee Hotel Workshop



Hosted by The
Edmonton and
Area Land Trust

As part of its protecting pollinators program, the Edmonton and Area Land Trust offers Bee Hotel building workshops. Bee hotels provide artificial nesting sites for solitary bees, which can supplement their habitat in areas where natural habitat is hard to find.

In a rapidly changing world, the critical importance of pollinators to both the environment and food security is becoming increasingly evident. Many of our food crops require pollination by insects, as do the native plants that wildlife rely on for food and cover. Community and backyard gardens, as well as local farms, are gaining popularity as more people seek to produce and consume local, sustainably sourced food. Pollinators are essential to both sustainably produce local food and the healthy functioning of native ecosystems.

Some flowering plants that produce our food are pollinated by wind or water, but about 3/4 of all the flowering plants in the world rely on insect pollinators to reproduce. Pollinators include bats and birds, but the majority are insects including butterflies, moths, flies, beetles, wasps, and especially bees. Alberta is home to over 300 species of native bees, most of which are solitary bees. Solitary bees are also very efficient pollinators!

However, pollinators are declining for a number of reasons, including habitat loss, degradation, and fragmentation, pesticide use, and climate change.

To help our Urban bees, you can build a bee hotel! Bee hotels attract tunnel - nesting solitary bees and other solitary pollinators, which lay their eggs in the tunnels of the hotel. This is especially valuable in areas where Native nesting habitat, such as decaying old wood, is less available. Join us for our one day Bee Hotel Workshop at NESA and create your very own Bee Hotel.

Wed, Feb 5 / 10AM-1PM / 1 Wk

\$50 **NMW** Registration is required by Jan 29, 2025



HOW DO BEE HOTELS WORK?

01 LAY EGGS

In late summer to early fall, solitary bees will lay eggs in the tunnels of the bee hotel. Each egg is surrounded with pollen or nectar and separated from eggs beside it by leaves or mud.



02 CAP HOLES

Depending on the bee species, the mother will then use a piece of grass, wax, resin, straw, or mud to close off the tunnel, protecting the eggs developing inside.



03 OVERWINTER

The eggs will continue to develop inside the tunnels of the bee hotel over the winter, using the pollen and nectar left by their mother as a food source.



04 HATCH IN SPRING

In early spring, the bees will hatch and emerge from the bee hotel, males leaving first and females following after them to prepare to mate and start their life cycle all over again! Remember, this is the timeline for some bees, but not all.



CONNECT WITH US
#101, 10471 178 Street, Edmonton AB, T5S 1R5
780-483-7578 | ealt.ca | @EdAreaLandTrust





NON-MEMBERS WELCOME

Grab a friend and join us for our fun and inspiring one-day workshops! You don't need to be a member to participate – just look for the symbol **NMW**. Our workshops are the perfect way to try something new, learn a new skill, or simply spend quality time with a friend. Sign up today!

NEW! Alternate Investing: Reduce Risks, Enhance Returns

Weichurn Woo, Mackie Research Financial Advisor

Beyond the traditional retirement savings portfolio of stocks and bonds that many retirees have, there is a third asset class that many large pension managers such as the Canadian Pension Plan, but not individual retail investors, use to reduce risk in the markets. They are called alternative assets. Recently made available to individual investors, liquid alternative assets provides access to a diversified portfolio of non-traditional investments, designed to complement the traditional balanced retirement portfolio. Come join Wei Woo as we discuss the possibilities given the stock markets and economy we are currently in.

Tue, Mar 25 / 1-2:30PM / 1 Wk

\$2 **NMW**

NEW! Annual 2024 Global Financial Market Review

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 back in 2024, and look at forward guidance on what to expect for 2025 new year. With a change of an American president, we will dive into what it means for the markets and the implications for the world.

Tue, Jan 28 / 1-2:30PM / 1 Wk

\$2 **NMW**

NEW! **Caring for the Caregiver**
Gina Vliet of Charon Consulting

Discuss what caregiver self-care looks like. Delve into resources, stress management, and other areas of control that will allow for respite and avoiding caregiver burnout.

Fri, Mar 21 / 1-3PM / 1 Wk

\$20 **NMW**

NEW! **Departure Planning: Creating an Ethical Will/Legacy Letter**

Gina Vliet of Charon Consulting

Learn what goes into an Ethical Will/Legacy Letter to begin building this legacy gift to leave your loved ones. Discover ways to document your values, experiences, life lessons, and other important messages you would like to pass down and leave behind.

Fri, Mar 28 / 1-3PM / 1 Wk

\$20 **NMW**

NEW! **Executorship Q & A**

Gina Vliet of Charon Consulting

This informal Q&A session is meant to help supplement your knowledge of executorship, be it administration and record keeping, communication, or delegation of tasks. Meant as a learning resource only; no professional or situation-specific advice given.

Fri, Jan 24 / 1-2PM / 1 Wk

\$10 **NMW**

NEED HELP GETTING TO YOUR PROGRAM?

Please email us at transportation@nesa1.ca so the team can determine if you may be eligible for NESAs transportation subsidy program.



INTERESTED IN VOLUNTEERING?

We are always accepting volunteer applications for various roles, including administration, hospitality, community engagement, club and committee coordination, knitting, program support, board governance, fundraising, and special events. To learn more, please contact our Volunteer Coordinator at volunteer@nesa1.ca or call 780.496.6969!

NEW! **Existence and Meditation**

Paul Yapp

This presentation discusses Existence as Form and Intelligence, exploring the relationship between Awareness and Consciousness, examining the impermanence of human forms due to Time and suggesting Intelligence as a life continuum. Topics include the nature of time, desires' origins, meditation's purpose, types, and the definition of the Creator or God, focusing on intellectual pursuit and precise definitions. Come with an open mind. Discussion and questions encouraged.

Thu, Mar 6 / 1:30-3:30PM / 1 Wk

\$15 **NMW**

DID YOU KNOW?

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

NEW! General Investing for Seniors Allied Asset Management

You've decided to call it a career – how is your income going to change? Retirement income can come from many different sources – CPP/Old Age Security, Guaranteed Income Supplement, your employer's pension, RRSP's, TFSA's, and the list goes on. How do we tie all these potential sources together to help you ensure your retirement is everything you want it to be? Join Jonathan Lesyk, a Financial Advisor with Raymond James with over 10 years industry experience, for a presentation that will answer all of your questions. Jonathan offers tips on how to incorporate various income sources into your retirement plan, how to optimize your hard-earned savings, and how to keep the tax folks at bay so your paychecks will be streamlined and your retirement can be more “fun” and less “finance”.

Mon, Feb 24 / 10:30AM-12PM / 1 Wk

\$2 **NMW**

NEW! Internet Safety and Privacy Edmonton Public Library

In this class you will be introduced to the risks involved in using the Internet as well as ways to identify threats and protect yourself and your devices. Please bring your own device if possible. A limited number of laptops will be provided.

Tue, Mar 18 / 1-2:30PM / 1 Wk

\$2 **NMW**

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.

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! Member Mixer 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 us for a mix and mingle relaxed session to get to know some of our other members. Light refreshments will be served; advanced registration is required. **(Registration required by January 28, 2025).**

Tue, Feb 4 / 1:30-3PM / 1 Wk

FREE Registration is still required

NEW! Retirement Income Blueprint Weichurn Woo, Mackie Research Financial Advisor

Feeling the burden of less money and high taxes? The Retirement Income Blueprint Program is designed to show retirees how to address special issues and draw out retirement income in the most tax efficient manner. Topics covered include the key differences between the accumulation and the “income” market, tax-efficient disassembly of RRSPs, future financial concerns such as health care costs, and more. Take home practical tools and strategies all reflecting a proven process.

Tue, Feb 25 / 1-2:30PM / 1 Wk

\$2 **NMW**



NEW! **Retirement Income Planning**
Allied Asset Management

Bulls. Bears. Interest rates. Current headlines. ETF's. Cryptocurrency. "Don't put all your eggs in one basket". Gold. GIC's. Cash in the mattress. We live in an age with rapid access to information and more investment choices than ever before. How do we sift out what's useful and what's just noise? Join Jonathan Lesyk, a Financial Advisor with Raymond James with over 10 years industry experience, for a presentation where he will deliver valuable insight on principles of successful investing, how to adopt basic core strategies, and how to build an investment portfolio that is tailored to you and your unique goals.

Mon, Jan 27 / 10:30AM-12PM / 1 Wk

\$2 **NMW**

NEW! **Retirement Planning**
Jaime Araujo, CPA

The dream of retiring comfortably has captured more attention than ever as people rethink their relationship with work and life balance. The rising cost of living, housing, healthcare and other daily expenses underscores the importance of early and effective retirement planning. Financial security is just one piece of the retirement puzzle - topics such as emotional readiness, lifestyle planning, designing your retirement income, including how income taxes will impact your income will be covered. We will also look at common pitfalls to avoid when putting your financial plan together.

Mon, Feb 3 / 10-11:30AM / 1 Wk

\$2 **NMW**

NEW! Scam Alert

Former Global TV Trouble Shooter and peace officer, Julie Matthews

Back by popular demand! Join Julie for her second presentation at NESAs to talk about all things Fraud! Fraud is the fastest growing crime in Canada, and it's difficult to stay on top of the latest schemes that are rampant online and in our community. The fraudsters are technologically savvy and convincing, tempting you online, on your phone, in your mailbox and at your door. Seniors are among the groups most often targeted by scammers. Learn how to spot the scams and recognize the red flags to keep from becoming a victim. Know the steps to take if you have been victimized. Education on fraud tactics is critical to help us keep our families and communities safe. Former Global TV Trouble Shooter and peace officer, Julie Matthews shares personal stories along with tips and tricks to spot the latest frauds and scams. She will be available to answer your questions and openly discuss the latest scams. Let's fight fraud together!

Mon, Mar 17 / 1-2:30PM / 1 Wk

\$8 **NMW**

NEW! The 6 Biggest Mistakes Seniors make in Real Estate

Rod Phillips of Maxwell Real Estate

Please join Maxwell Real Estate Agent Rod Phillips to learn about what mistakes are made in real estate and find out how to avoid these pitfalls. Additionally you will gain the knowledge to confidently understand the Real Estate processes in today's market; you have worked hard to achieve where you are today, it is important to protect one's self and assets. This will be an informative and friendly seminar that will answer all your questions.

Wed, Feb 5 / 1:30-3:30PM / 1 Wk

\$2 **NMW**

40 **NESA** North Edmonton Seniors Association at Northgate Lions Seniors Recreation Centre

NEW! The Edmonton and Area Land Trust presents Protecting Pollinators: Build Your own Bee Hotel



Edmonton and Area Land Trust

Please see page 35 for more information about this amazing workshop.

Wed, Feb 5 / 10AM-1PM / 1 Wk

\$50 **NMW** Registration is required by Jan 29, 2025

NEW! What is the CANDORA Society of Edmonton?

The Candora Society of Edmonton

The CANDORA Society of Edmonton is a grassroots charity organization providing FREE programs, events, and resources for children, adults, and families in Northeast Edmonton. During our presentation, we'll be sharing more about our Community Resource Centre and the different services we provide such as assistance with government applications, free tax clinics, and emergency supplies.

We'll also chat about our family programs, events, and volunteer opportunities. We look forward to meeting you and answering any questions you may have!

CANDORA invites the NESAs Community to participate in its upcoming Friends and Neighbours Soirée happening from 6:30-9PM on Friday, December 6/24 and its Santa's Village Event on Saturday, December 7/24 from 12-4PM. Visit their website at candora.ca or call 780.474.5011 for more information and to get your tickets!

Wed, Mar 26 / 1:30-2:30PM / 1 Wk

\$2 **NMW**

Mindfulness

NEW! An Introduction to Mindfulness and Self-Compassion

Carol Kodish-Butt, Retired Social Worker

Mindfulness means paying attention to the present moment without judgement; self-compassion means being kind to ourselves when we do that. Through a series of practices and discussion, we will look at how these concepts translate into everyday life. An mp3 recording of all mindfulness and self-compassion exercises used in class will be provided for those who wish to continue practicing at home.

Thu, Feb 6-Feb 27 / 1:30-3PM / 4 Wks

\$58

NEW! Band Total Body Workout

Amy Petersen, NESAs Personal Trainer

Join Amy for an afternoon workout where you will review a safe and effective total body workout using just a resistance band. Amy will explore safe movement mechanics while helping you achieve your strength and flexibility goals. A takeaway sample program will also be provided. No floor work.

A Tue, Jan 28 / 12-1PM / 1 Wk

\$10 NMW

B Tue, Feb 25 / 12-1PM / 1 Wk

\$10 NMW

Connections

Carole Furgala

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

A Mon, Jan 13-Mar 31 / 10AM-12PM / 11 Wks

No class Feb 17

\$22

B Mon, Jan 13-Mar 31 / 1-3PM / 11 Wks

No class Feb 17

\$22

NEW! Elder Abuse and the SAGE Seniors Safe House

SAGE Seniors Association

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

Thu, Jan 30 / 10:30-11:30AM / 1 Wk

FREE Registration is still required NMW

NEW! Fall Prevention: What Services are Available!

InHome Physiotherapy Solutions

Spend an afternoon with Calvin from the InHome Physical Therapy Team who will review the importance of fall education and prevention. Together you will explore the different reasons why falling is so prevalent amongst the older adult and senior demographic and about what is being done to help this population remain independent and prevent injuries and accidents. Come and learn about the InHome Fall Prevention Program and about what assessments and programs may be available to help you or a loved one reduce the risk of falling. In this session you will also learn about the assessment clinics Calvin will be hosting in Edmonton on February 24-25 and learn how to register for your spot.

Mon, Jan 27 / 1-2:30PM / 1 Wk

\$2 **NMW**

NEW! Finding Your Way through Grief and Loss

Carol Kodish-Butt, Retired Social Worker

No matter what we do in life, we experience change – and loss. In a safe and supportive setting, this six-week group will cover both theory and a chance for personal reflection. The focus is on each individual's unique grief journey and the understanding that we do not have to do this alone. All participants will be invited to explore their own way and own time through grief.

Wed, Jan 29-Mar 5 / 1:30-3PM / 6 Wks

\$72

NEW! Healthy Homes for Seniors Odette Bose, Health Canada

Learn about environmental factors affecting your health and the health of your family. Everyday we are exposed to chemicals and pollutants in the air, water, soil, food and products we use at work, home and play. Health Canada will provide information and resources on how to help protect yourself and those around you. These resources will include information on radon, air quality and chemicals management.

Mon, Mar 10 / 1:30-3PM / 1 Wk

\$2 **NMW**

NEW! Herbal Remedies for Arthritis and Inflammation

Herbal Trail

Join Rebecca from Herbal Trail for a presentation about what herbal remedies are available to help better manage arthritis and inflammatory conditions.

Thu, Mar 20 / 10-11:30AM / 1 Wk

\$2 **NMW**

NEW! Hip Health is Wealth

Amy Petersen, NESAs Personal Trainer

Do you experience stiff or sore hips? Has your mobility reduced over the years? Join Amy for a safe and gentle workout that will have you learn how to maximize your hip range of motion while stretching and strengthening the muscles of the hip and knee complex. A takeaway sample program will also be provided. No floor work.

A Tue, Feb 4 / 12-1PM / 1 Wk

\$10 **NMW**

B Tue, Mar 4 / 12-1PM / 1 Wk

\$10 **NMW**



NEW! Introduction to Weightlifting

Tom Hughes

Spend an hour with NESAs Personal Trainer and Strength Coach Tom who will teach you the basics of safe and effective weight training. Together you will review a full body workout along with different variations and modifications on how to build a simple, safe and effective strength training program that will meet your training and fitness goals. Modifications will be provided ensuring that everyone will be able to participate. No floor work.

A Mon, Jan 20 / 10:30-11:30AM / 1 Wk

\$10 **NMW**

B Mon, Mar 3 / 10:30-11:30AM / 1 Wk

\$10 **NMW**

NEW! Lower Body Strength Training Workshop

Tom Hughes

Join NESAs Personal Trainer and Strength Coach Tom who will walk you through a comprehensive lower body strength training routine using various portable exercise equipment including bands, weights, and suspension trainers. Modifications will be provided ensuring that everyone will be able to participate. No floor work.

A Mon, Feb 3 / 10:30-11:30AM / 1 Wk

\$10 **NMW**

B Mon, Mar 17 / 10:30-11:30AM / 1 Wk

\$10 **NMW**

NEW! Nervous System Reset

Terri Jones, retired Occupational Therapist, Yoga & Meditation Instructor

Our busy world can put us in a place of constant sympathetic dominance in our nervous systems. The nervous system is the connection between our mind and body and when it is dysregulated it can lead to digestive issues, sleep issues, muscle tightness, fatigue, feeling overwhelmed or anxious or chronic pain.

Join Terri Jones, retired Occupational Therapist, yoga and meditation instructor, to learn strategies to activate relaxation in our nervous system and bring us back to balance. Each workshop is a chance to learn about the science of the nervous system and then practice tools and techniques to build your resilience. Join one, two or all three events to practice concrete skills that unwind the stress response and maximize your wellbeing. Each session will begin with a short educational component, followed by guidance through a variety of different mindfulness techniques - breath/body awareness and regulation, somatic techniques, guided visualizations, progressive relaxation techniques, yoga nidra, restorative yoga and sound healing. Participants will need to bring a yoga mat and blanket to each session in order to comfortably lie on the floor. Those who are unable to get down to the ground will be accommodated in a seated position.

A Fri, Jan 17 / 1-2PM / 1 Wk

\$15 **NMW**

B Fri, Feb 14 / 1-2PM / 1 Wk

\$15 **NMW**

C Fri, Mar 14 / 1-2PM / 1 Wk

\$15 **NMW**

NEW! Seniors' Vision and Eye Health

Alberta Association of Optometrists

Join in on a presentation hosted by the Alberta Association of Optometrists on all things eye health! Explore common age-related vision problems and how to promote healthy aging for optimal eye health.

Thu, Jan 30 / 1:30-2:30PM / 1 Wk

\$2 **NMW**

NEW! Strengthen Your Core, Steady Your Balance

Amy Petersen, NESA Personal Trainer

Join Amy for a Balance and Core workshop, designed specifically for older adults looking to enhance their functional mobility, strengthen muscles, and boost neuromuscular efficiency. This 60 minute workshop will focus on exercises and techniques that improve balance, stability, and core strength, helping you maintain independence and reduce the risk of falls. Whether you're new to exercise or looking to refine your skills, this workshop offers supportive, easy-to-follow routines tailored to your needs. Come prepared to move, engage, and have fun as we work together towards better health and stability. Leave this workshop with your own balance and core program to continue practicing on your own!

A Tue, Feb 11 / 12-1PM / 1 Wk

\$10 **NMW**

B Tue, Mar 11 / 12-1PM / 1 Wk

\$10 **NMW**

NON-MEMBERS WELCOME

Grab a friend and join us for our fun and inspiring one-day workshops! You don't need to be a member to participate – just look for the symbol **NMW**. Our workshops are the perfect way to try something new, learn a new skill, or simply spend quality time with a friend. Sign up today!

NEW! Strong and Stable Back and Shoulders

Amy Petersen, NESA Personal Trainer

Come by for an afternoon workout where Amy will lead you through a gentle workout targeting range of motion improvement and the strengthening of muscles in your shoulders and back. Learn gentle and safe movements that will allow you to feel stronger, improve your posture, and improve your flexibility. A takeaway sample program will also be provided. No floor work.

A Tue, Feb 18 / 12-1PM / 1 Wk

\$10 **NMW**

B Tue, Mar 18 / 12-1PM / 1 Wk

\$10 **NMW**

NEW! Strong Self-Advocacy in Health Care for Seniors

Office of the Alberta Health Advocates

Strong Self -Advocacy in Health Care – Why is Important? Join the Office of the Alberta Health Advocates for a presentation that will include an important discussion on self advocacy and the valuable insights into the long-term benefits of self-advocacy in health care. You will also learn more about the common barriers to self-advocacy for older adults and about the practical strategies and improved awareness regarding communication styles that support strong self-advocacy.

Wed, Jan 29 / 1:30-2:30PM / 1 Wk

FREE Registration is still required **NMW**



INTERESTED IN VOLUNTEERING?

We are always accepting volunteer applications for various roles, including administration, hospitality, community engagement, club and committee coordination, knitting, program support, board governance, fundraising, and special events. To learn more, please contact our Volunteer Coordinator at volunteer@nesa1.ca or call 780.496.6969!

NEW! Understanding Adult Day Programs

ElderCare

Join ElderCare Edmonton for an informative session on Adult Day Programs (ADPs) and discover how they support seniors' health, well-being, and social connections. Learn about the range of activities and services offered, from cognitive and physical exercises to caregiver support, and how ADPs can enhance the lives of seniors while providing much-needed respite for families. This session will cover eligibility, program benefits, and how to get involved. Ideal for seniors, caregivers, and anyone interested in community support for aging adults.

Thu, Jan 23 / 10-11AM / 1 Wk

\$2 **NMW**

NEW! Upper Body Strength Training Workshop

Tom Hughes

Looking to strengthen your shoulders, back and core? Spend an hour with NESA's Personal Trainer and Strength Coach Tom who will lead you through an upper body workout, offering different exercises to help you improve your strength while at the same time, improve your range of motion and posture. Modifications will be provided ensuring that everyone will be able to participate. No floor work.

A Mon, Jan 27 / 10:30-11:30AM / 1 Wk

\$10 **NMW**

B Mon, Mar 10 / 10:30-11:30AM / 1 Wk

\$10 **NMW**



NEW! **What is Osteoarthritis and How to Manage it?**

InHome Physiotherapy Solutions

Spend an hour with the InHome Physiotherapy Team to learn about Osteoarthritis and how it can affect you. While it might be a pain in the joints, in this session you will learn about some different care and treatment options so you can find ways to get stronger and better manage this condition.

Mon, Mar 31 / 1-2PM / 1 Wk

\$2 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.

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 59 for information about NESA's Landry Leisure Pass.

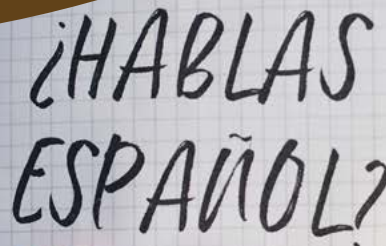
NEW! **What is Rheumatoid Arthritis and How to Manage it?**

InHome Physiotherapy Solutions

Spend an hour with the InHome Physiotherapy Team to learn about Osteoarthritis and how it can affect you. While it might be a 'pain in the joints', in this session you will learn about some different care and treatment options so you can find ways to get stronger and better manage this condition. This is an informative session you 'kneed' to attend!

Mon, Feb 24 / 1-2PM / 1 Wk

\$2 NMW



¿HABLAS
ESPAÑOL?

Spanish - Beginner

Tania Oyarzun

Join in on this beginner's class to develop the skills to talk, read, write and listen in Spanish. Textbook is required: Spanish Vocabulary: Practice Makes Perfect by Dorothy Richmond, Fourth Edition (ISBN 978-1-264-26424-7). Note: If you own the Spanish Now or Spanish Vocabulary Third Edition textbook you do not have to purchase the new suggested textbook.

Wed, Jan 15-Mar 26 / 9:30-11:30AM / 11 Wks

\$160

Spanish - Intermediate

Jorge Oyarzun

Take the next step for your language comprehension and learn how to put emphasis in the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening for the students to communicate in Spanish. Textbook required: Spanish Verb Tenses by Dorothy Richmond (ISBN 978-0-07-163930-9). Note: If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

Wed, Jan 15-Mar 26 / 9:30-11:30AM / 11 Wks

\$160

LEARN
A NEW LANGUAGE





ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

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

Choralaires

Director: Sandi Ollenberger, Pianist: Vicki McClelland

Raise your voice in song and join this fun-loving mixed chorus. This course offers the opportunity to learn about choral singing, develop your vocal skills, and share your talents at "sing-outs" in the community. Whether you are a seasoned singer or new to choral singing, all voices are welcome and valued. Come experience the joy of making music together!

📍 McClure United Church (13708 74 Street)

Tue, Jan 7-May 6 / 1-3PM / 18 Wks

\$120

Clogging: Beginner Level 2 and 3

Adele Brewer

Practice, practice, practice! This clogging class is designed to help you build the confidence needed to move to the next level. Come for the workout, stay for the fun, and enhance your clogging skills in a supportive and energetic environment.

Wed, Jan 22-Mar 26 / 1:30-2:30PM / 10 Wks

\$69

Clogging: EZ Intermediate

Adele Brewer

Now that you've mastered the basic steps, it's time to take your clogging skills to the next level. In this class, you'll expand on your movements to include more subtle rhythmic and visual variations. Enhance your technique and enjoy the complexity of advanced clogging in a fun and supportive environment.

Wed, Jan 22-Mar 26 / 2:45-3:45PM / 10 Wks

\$69

Clogging: Intermediate

Adele Brewer

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! Enjoy the energetic beats and diverse rhythms while enhancing your fitness and coordination in this fun and engaging class.

Mon, Jan 20-Mar 31 / 2:15-3:15PM / 10 Wks

No class Feb 17

\$69

Clogging: Intermediate (Advanced Steps Add-on)

Adele Brewer

Join Adele for this mini 30-minute challenge to learn advanced clogging steps. This session is designed for those who are also enrolled in the 'Clogging: Intermediate' program. Enhance your skills and take on new rhythmic challenges in this quick, intensive practice.

Mon, Jan 20-Mar 31 / 3:15-3:45PM / 10 Wks

No class Feb 17

\$35

Guitar: Level 1

Gilles Benoiton

No musical experience is necessary – just a desire to have some fun! This class is designed for absolute beginners. You will learn to play simple one and two-finger chords such as G, C, A, and E, which are found in many sing-along songs. Arrangements can be made with the instructor to borrow a guitar if needed. Join us and start your musical journey in a fun and supportive environment!

Fri, Jan 24-Mar 21 / 8:45-9:45AM / 8 Wks

No class Feb 7

\$51

Guitar: Level 2

Gilles Benoiton

If you have experience with 3-finger open chords like D and E and feel comfortable using them, this workshop is for you. You'll learn additional chords, work your way up to the B7 chord, and practice the pick and strum method. Plus, you'll get to play new songs. Enhance your guitar skills and enjoy making music in a supportive and engaging environment! Prerequisite: Level 1

Wed, Jan 22-Mar 19 / 1:15-2:15PM / 8 Wks

No class Feb 5

\$51

Guitar: Level 2.5

Gilles Benoiton

Join Gilles in this fun-filled class, playing and singing all your favorite tunes. This program is ideal for those who are ready to move on from Level 2 but not quite ready for Level 3. Guitar: Level 2.5 combines more challenging songs from Level 2 with some early concepts from Level 3. Enhance your skills and enjoy making music in a supportive environment as you bridge the gap to the next level. Prerequisite: Guitar: Level 2

Wed, Jan 22-Mar 19 / 11:30AM-1PM / 8 Wks

No class Feb 5

\$75



Guitar: Level 3

Gilles Benoiton

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on expanding your chord repertoire (including F and Bm), mastering chord progressions, exploring various strumming patterns, and learning some single-note lines. Appropriate pieces will be introduced, and students are encouraged to suggest selections! Take your guitar skills to the next level in this engaging and collaborative class! Prerequisite: Guitar Level 2.5.

Fri, Jan 24-Mar 21 / 11:15AM-12:45PM / 8 Wks

No class Feb 7

\$75

Guitar: Level 3+ Acoustic Blues

Gilles Benoiton

Participants will delve into 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Expand your musical horizons and deepen your understanding of the blues in this dynamic and immersive class. Join us to master the techniques and styles that define this iconic genre! Prerequisite: Guitar Level 3.

Fri, Jan 24-Mar 21 / 1-2PM / 8 Wks

No class Feb 7

\$51



Guitar: Level 3+ Finger Pickin'

Gilles Benoiton

This intermediate class will introduce participants to finger-picking techniques! The focus will be on various picking patterns, chord progressions, and some finger-picking repertoire pieces. If you can play basic open chords such as G, A, Am, C, D, Dm, E, and Em, you're ready for this course. Join us to enhance your guitar skills and explore the art of finger-picking! Prerequisite: Guitar Level 3.

Fri, Jan 24-Mar 21 / 10-11AM / 8 Wks

No class Feb 7

\$51

Handbells

Wendy Hoskin

If you can count, you can ring handbells! Beginning ringers will be mentored by an experienced partner to learn the necessary skills. Our goal is to have fun and make music that is good for the body, mind, and soul. While being able to read music is helpful, it is not necessary. Join us to experience the joy of handbell ringing in a supportive and enjoyable environment!

Thu, Jan 23-Mar 27 / 10-11:30AM / 10 Wks

\$55

UNIQUE IDEA FOR A CLASS

Our program team is always on the lookout for fresh ideas and talented instructors to enhance our offerings. We strive to bring innovative and engaging programs to our community, and your suggestions can make a big difference. If you have a unique idea for a class or know someone who would be a fantastic instructor, we would love to hear from you! Together, we can continue to provide diverse and enriching experiences for everyone.

NEW! Hands on Hand Drumming (Djembe) Workshop

Bill Mitchell

This Hands-On Hand Drumming workshop introduces participants to the art of playing the djembe, a West African drum with an 800-year history. Through simple syllables and vocal patterns, students will learn to recreate African rhythms and explore polyrhythmic music by combining multiple patterns. The workshop covers the three fundamental djembe sounds, teaching participants to bring rhythm from voice to hand. Patterns will be adjusted to suit both beginners and those with prior experience. Drum is provided.

Fri, Feb 21 / 1-2:30PM / 1 Wk

\$30 NMW

Line Dancing: Kick up Your Heels and Have Some Fun! (Level 1)

Dwayne Tulik

Kick up your heels and join us for some fun while toning your muscles, stimulating your brain, and strengthening your heart! Learn the basic steps to a variety of popular line dances. Bring comfortable or low-heeled indoor shoes. Enjoy a lively and engaging workout that will keep you moving and smiling!

Tue, Jan 21-Mar 25 / 8:45-10:15AM / 10 Wks

\$68



Line Dancing: Level 2

Tracy Walters

In this program, you will learn dances to a variety of music genres, including country, rock, dance, hip hop, Irish, and more. Participants must have experience with a beginner or level 1 line dancing program. Shoes with leather soles are recommended, but not required. No partner needed. Join Tracy for some Line Dancin' fun and enjoy dancing to diverse music while enhancing your skills and having a great time!

Tue, Jan 21-Mar 25 / 1:30-2:30PM / 10 Wks

\$48

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

Mike Chenoweth

Discover the joy of playing music with personalized, one-on-one instruction in a supportive and encouraging environment. Open to all levels, from beginners to advanced, and accommodating any type of music. Current students have reserved spaces, while new students will be booked on a first-come, first-served basis. Each session lasts 30 minutes. Join us to enhance your musical skills and enjoy the benefits of private lessons!

A Tue, Jan 21-Mar 25 / 9-9:30AM / 10 Wks

\$200

B Tue, Jan 21-Mar 25 / 9:30-10AM / 10 Wks

\$200

C Tue, Jan 21-Mar 25 / 10-10:30AM / 10 Wks

\$200

D Tue, Jan 21-Mar 25 / 10:30-11AM / 10 Wks

\$200

E Tue, Jan 21-Mar 25 / 11-11:30AM / 10 Wks

\$200

F Tue, Jan 21-Mar 25 / 11:30AM-12PM / 10 Wks

\$200

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

Reinhard Kroller

Discover the joy of playing music with personalized, one-on-one instruction in a supportive and encouraging environment. Open to all levels, from beginners to advanced, and accommodating any type of music. Current students have reserved spaces, while new students will be booked on a first-come, first-served basis. Each session lasts 30 minutes. Join us to enhance your musical skills and enjoy the benefits of private lessons!

A Thu, Jan 23-Mar 27 / 9-9:30AM / 10 Wks

\$290

B Thu, Jan 23-Mar 27 / 9:30-10AM / 10 Wks

\$290

C Thu, Jan 23-Mar 27 / 10-10:30AM / 10 Wks

\$290

D Thu, Jan 23-Mar 27 / 10:30-11AM / 10 Wks

\$290

E Thu, Jan 23-Mar 27 / 11-11:30AM / 10 Wks

\$290

F Thu, Jan 23-Mar 27 / 11:30AM-12PM / 10 Wks

\$290

G Thu, Jan 23-Mar 27 / 12-12:30PM / 10 Wks

\$290

H Thu, Jan 23-Mar 27 / 12:30-1PM / 10 Wks

\$290

Sing, Sing, Sing

Suzan and John Shewchuk

Join Suzan and John for a joyous group sing-a-long! With a passion for all types of music, they have been sharing their love for singing in various communities for over five years. Now they invite you to join them in a fun and inclusive musical experience. Whether you're a seasoned singer or a complete novice, come and enjoy singing your favorites from a songbook featuring over 200 songs spanning multiple genres and decades. No musical experience is necessary- just bring your enthusiasm and love for music.

Wed, Jan 22-Mar 26 / 1-2:30PM / 10 Wks

\$72

NESA TOURS & OUTINGS



At this time, the NESA Programming Team is unable to confirm any outings or offsite activities for the Winter 2025 season. While we are optimistic about offering more experiences to our members in the future, we're unable to make any commitments right now. Please stay tuned for further updates and information. We appreciate your patience and understanding.



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	Stained Glass 9AM-4PM	Carpet Bowling 10:30AM-12PM Creative Greeting Cards 9AM-12PM Music Makers 9:30AM-12:30PM Silversmithing 9AM-4PM Weavers 10AM-4PM	Book Lovers 10:30AM-12PM (See schedule) Washi Chigiri-e 9AM-12PM	Carpet Bowling 10:30AM-12PM Wildlife Carving 9AM-12PM	Badminton 9-11AM Cribbage ^A 9:45AM-12PM Pins and Needles Quilting 9:30AM -12:30PM	
	P M C L U B S	Art 1-4PM Stained Glass 9AM-4PM Whist 12:45-2:45PM	Jammers 1-4PM Silversmithing 9AM-4PM Weavers 10AM-4PM	Late Bloomers Garden Club 12-2PM (See schedule) Travel Club 1-3PM (See schedule) Wizards of Odds 'n Ends 12-2:30PM	Bridge 12-3:45PM Canasta 1-4PM Fiber Arts 1-4PM Guitar Jam 12-3PM	Cribbage ^B 12:45-3PM Creative Writing 1-3PM

FOR MORE INFORMATION ABOUT THESE CLUBS,
please email info@nesa1.ca or call 780.496.6969.

Club days/times are subject to change.

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

NESA CLUBS



Registration starts December 6, 2024 @ 8:30AM/9AM*
(*Please see page 4 for registration update)
Programs start January 13, 2025

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 13-Mar 31 / 1-4PM / 11 Wks

No session Feb 17

\$22

Badminton Club

Welcome to our friendly badminton club! New members are always welcome – please note that an ability to serve and rally is requested for your participation. Having knowledge and rules of the game is also suggested as no formal instruction is provided. Want to try it out before you register? NESA Members are welcome to try one session before registering. Registration is required for the entire weekday's duration; no drop-ins permitted.

Fri, Jan 24-Mar 28 / 9-11AM / 10 Wks

\$20

Book Lovers Club

We enjoy reading and sharing our experiences about the books we've read in a relaxed, supportive and friendly environment. Please note: The Book Lovers Club Coordinator will reach out to all registered members after December 6/24 to confirm book selection and pickup arrangements.

Wed, Jan 22, Feb 26, and Mar 26 / 10:30AM-12PM / 3 dates

\$6

CLUBS ARE FOR NESA MEMBERS ONLY

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

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

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

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

Bridge Club

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

Thu, Jan 16-Mar 27 / 12-3:45PM / 11 Wks

\$22

Canasta Club

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

Thu, Jan 16-Mar 27 / 1-4PM / 11 Wks

\$22

Carpet Bowling

A year-round, indoor sport that resembles lawn bowling. Please note that teams were selected in the Fall 2024 season. Anyone new interested in joining this club can play on Tuesdays and will be assigned as 'spares' for Thursday league-play.

Tue & Thu, Jan 21-Mar 27 / 10:30AM-12PM / 20 dates

\$40

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 14-Mar 25 / 9AM-12PM / 11 Wks

\$22

Creative Writing Club

"Nobody ever became a writer merely by wanting to be one." (F. Scott Fitzgerald). Come write with us! It's a new year and a new opportunity to pursue your dream of writing. We welcome writers of all levels. Through the generosity of NESAs, the Creative Writing Club (formerly the Northgate Seniors Writing Society) has existed for some 30 years. Its current members continue to encourage published authors and to guide new writers. In past years, some of the many stories have been collected and published in anthologies. (These books are still available for purchase.) As well, members can post their stories on nglswordweavers.blogspot.com The blog is open to the reading public. Join us as we share our literary works and give each other support and feedback. Your writing experience awaits!

Fri, Jan 17-Mar 28 / 1-3PM / 11 Wks

\$22

Cribbage Club

No partner necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes prior to start time for team assignment. Later arrivals will not be permitted to play.

A Fri, Jan 17-Mar 28 / 9:45AM-12PM / 11 Wks

\$22

B Fri, Jan 17-Mar 28 / 12:45-3PM / 11 Wks

\$22

NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 59 for information about NESAs Landry Leisure Pass.

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 16-Mar 27 / 1-4PM / 11 Wks

\$22

Golf Club

Details about the 2025 Golf season will be provided during the Spring 2025 season, stay tuned for more details!

No meetings scheduled for the Winter 2025 season.

Guitar Jam Club

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

Thu, Jan 16-Mar 27 / 12-3PM / 11 Wks

\$22

Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Jan 14-Mar 25 / 1-4PM / 11 Wks

\$22

Late Bloomers Garden Club

Join fellow garden enthusiasts on a monthly basis to talk plants, gardening and more! Please note, there will be no meeting in January.

Wed, Feb 19 and Mar 19 / 12-2PM / 2 dates

\$4 (for both dates)

NESA CLUBS . . . continued

Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Jan 14-Mar 25 / 9:30AM-12:30PM / 11 Wks

\$22

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 17-Mar 28 / 9:30AM-12:30PM / 11 Wks

\$22

Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction provided, experience required using basic jewelry tools, including a Micro-torch.

Tue, Jan 14-Mar 25 / 9AM-4PM / 11 Wks

\$44

Stained Glass Club

Experienced stained glass enthusiasts share ideas. New members welcome (must have taken stained glass classes before joining this club).

Mon, Jan 13-Mar 31 / 9AM-4PM / 11 Wks

No session Feb 17

\$44

NEED HELP GETTING TO YOUR PROGRAM?

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

Travel Club

NESA Travel Club's mission is to provide travel opportunities and travel-related information to club members by arranging for tour companies and travel providers to present these travel destinations at our meetings in line with the club members stated preferred destinations.

Wed, Jan 15, Feb 12, and Mar 12 / 1-3PM / 3 dates

\$6 (for all three dates)

Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing washi paper from Japan. Some handmade or machine made of various color combinations. Giving you a beautiful picture. Supplies can be purchased from the club. A supply list will be provided at registration.

Wed, Jan 15-Mar 26 / 9AM-12PM / 11 Wks

\$22

Weavers Club

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

Tue, Jan 14-Mar 25 / 10AM-4PM / 11 Wks

\$44

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 and view the 'Get Involved' section to learn about how you can make an impact in our community.



**FOR MORE INFORMATION ABOUT THESE CLUBS,
please email info@nesa1.ca or call 780.496.6969.**

Club days/times are subject to change. You must be a NESAs member to join a NESAs club.

Whist

Come and join fellow card playing enthusiasts for an afternoon of Whist. All are welcome and no experience is necessary.

Mon, Jan 13-Mar 31 / 12:45-2:45PM / 11 Wks

No session Feb 17

\$2/date

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 16-Mar 27 / 9AM-12PM / 11 Wks

\$22

Wizards of Odds 'n Ends Club

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

Note: We are always looking for any clean fabric, batting or yarn that you may have to donate for us to make beautiful homemade items. Please drop off your donations at the front desk – thank you for your support!

Wed, Jan 15-Mar 26 / 12-2:30PM / 11 Wks

Free (Registration is still required)

PLEASE NOTE

Event details including prices, dates, and times are subject to change.
ALL ARE WELCOME TO OUR EVENTS!

Week of Nov 25-29	WINTER GUIDE IS AVAILABLE
Dec 4	BOTTLE DRIVE 9AM-12PM
Dec 6	WINTER REGISTRATION BEGINS 8:30AM In-person 9AM Online
Dec 16 - 20	OFFICE RELOCATED TO ANNEX – USE EAST DOOR, LOBBY CLOSED 9AM-3PM
Dec 23 - 27	NESA CLOSED / HOLIDAY CLOSURE
Dec 23 - Jan 10	CATEROLOGY CLOSED - WILL REOPEN ON JANUARY 13
Dec 30 - Jan 10	OFFICE RELOCATED TO ANNEX – USE EAST DOOR, LOBBY CLOSED 9AM-3PM
Jan 1	NESA CLOSED / STAT HOLIDAY / NEW YEARS DAY
Jan 8	BOTTLE DRIVE 9AM-12PM
Jan 13	REGULAR OFFICE HOURS RESUME AND CATEROLOGY REOPENS NESA 8:30AM-4PM Caterology 8:30AM-3PM
Jan 14 -16	BOOK, PUZZLE AND JEWELRY SALE 9AM-3PM (Open until 7PM on Wed) Free Parking
Jan 17	AHA, I'TS FINALLY OVER! RENOVATION CELEBRATION EVENT Stay tuned for more information
Feb 5	BOTTLE DRIVE 9AM-12PM
Feb 14	VALENTINES DAY TEA 2-4PM Tickets \$15 each (on sale Jan 13-Feb 7)
Feb 17	NESA CLOSED / STAT HOLIDAY / FAMILY DAY
Mar 5	BOTTLE DRIVE 9AM-12PM
Mar 7	PAMPERING AND PORTRAITS Stay tuned for more information
Mar 14	ST. PATRICKS DAY TEA 2-4PM Tickets \$15 each (On sale Feb 10-Mar 7)
Mar 28	DANCE NIGHT Stay tuned for more information



The Landry Access Pass (LLP) is an income-based subsidy program that allows eligible NESA members to receive \$200 towards NESA programming.

Things to Know

You can now register for the 2025 LLP program.

How do I qualify?

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

1. Annual Income Eligibility

One-Person Household:

An income of **\$33,410 or less.**

Two-Person Household:

An income of **\$54,640 or less.**

Households include main applicant's spouse/partner; proof of annual income required by providing one of the following: 2023 Notice of Assessment, AISH status, Edmonton LAP holder status, Special Needs Assistance status, or a letter from a social/outreach worker when one of the above is not available.

2. Current Address Eligibility

One of the following NE Edmonton postal codes:

T5X, T5Y, T5Z, T5A, T5B, T5C, T5E and T5W.

Proof of current address is required by providing one of the following: Drivers Licence, Passport, Personal Identification, recent utility bill or similar document.

NESA also welcomes and supports new Permanent Residents or Refugees aged 55 and older. To be eligible, individuals must have been in Canada for less than one year and not yet qualify to file a tax return. In the following year, individuals may reapply based on income and address qualifications.

How do I renew my current LLP pass?

- Ensure you have an active 2025 NESA Membership;
- Provide NESA with a copy of your 2023 Notice of Assessment (or other proof of income) and proof of your current address. How?
 - Visit our office during business hours (see page 4 for schedule), or
 - Email us copies of your document(s) at llp@nesa1.ca
- If eligibility requirements are met, your member account will be updated, and your \$200 LLP subsidy will be available immediately in your virtual wallet, for all NESA programs/activities.

Registering for programs and activities with your Landry Leisure Pass:

- Your LLP status will be in effect from January 1, 2025 – December 31, 2025, and you will have access to \$200 in your virtual wallet to be used at your own discretion for NESA programs and activities.
- **If registering in person or over the phone,** you will have the option to use **all, part or none** of your remaining LLP subsidy.
- If registering online, you will only be able to apply **all or none** of your remaining LLP subsidy amount.
- Refer to page 4 for registration information. You can call us at 780.496.6969 to find out your remaining LLP subsidy.

The following ARE eligible for LLP Subsidy:

- Programs and activities;
- Social events; and
- NESA's Fitness Centre's annual, monthly, 10-visit, or single admission fitness passes.

NOTE Wallet funds have no cash value and can only be used for NESA programs/activities. No program refunds will be issued for virtual wallet expenditures unless programs are cancelled by NESA. Unused funds at the end of each year will not be carried forward to the next year.



Home Supports

Services Provided

- **Snow Removal:** remove snow and put down anti-slip material to cover icy spots (not chipping ice)
- **Yard Help:** mow lawn and do spring/fall clean-up including tree removal, trimming, etc. and gate, sidewalk and concrete repairs
- **Housekeeping:** vacuum, wash floors, clean bathrooms, do laundry, dust, clean the fridge
- **Home Repair and Maintenance:** includes minor repair, electrical, plumbing, painting, furnace, appliance repair, handyman, roofing/eavestrough, deck and railing repairs, window cleaning (not major renovations)
- **Personal Services:** includes hair care, foot care, medi-alert, home and respite care (personal care, homemaking, nursing care, companionship, accompanied transportation)
- **Moving Help:** organizing, junk removal, downsizing

Referral Process

- When you call the quadrant they will ask you some questions to determine the best referrals to suit your needs.
- Each quadrant maintains a list of service providers who have been screened and vetted.
- When you request services you will be given a minimum of three referrals (if providers are available).
- It is up to you to contact each service provider to discuss costs and service needs and select a suitable company that fits your needs.
- The district organization which provided the referrals will follow up with you to check if you contacted and used one of the referrals.
- To help the Seniors Home Supports Program evaluate if it is meeting needs or if improvements could be made, districts will keep track of some basic program usage information.

Contact Us

The Seniors Home Supports Program divides the City of Edmonton into six districts. In each district there is a community hub that coordinates the program in their area. Contact the organization that serves your neighbourhood.

Southwest Contact: Barbara | 780.860.2931

Northwest Contact: Kathy | 780.995.2908

Northeast Contact: Gaby | 780.483.1209

Southeast Contact: Jenny | 587.594.7884

This map shows the geographical boundaries for each district and a list of postal codes for each district. View a version of the map on the next page.

Live outside of Edmonton? Our coordinators also assist citizens from nearby municipalities find services in their regions, as available. See the following list for who to contact based on your location.

Fort Saskatchewan: Northeast

Morinville & St. Albert: Northwest

Spruce Grove: Northwest

Stony Plain: Southwest

Devon: Southwest

Beaumont: Southeast

Sherwood Park: Northeast

Leduc: Southeast



Outreach Services

Please note that effective July 1, 2023, NESAs are no longer offering Outreach Services. If you are in need of such services, please contact **211** for referrals to an agency.



Need help getting to your NESAs Programs? Check out our Transportation Subsidy Program.

If you are unable to access NESAs's programs due to transportation obstacles and/or financial limitations, we encourage you to email us at transportation@nesa1.ca or by calling 780.496.6969 so the team can determine if you may be eligible for NESAs's transportation subsidy program.

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

CREATIVITY



EVENTS



VOLUNTEERING



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