

**Summer 2025**

Registration is open! Sign up today!  
Programs start July 7, 2025

**DON'T HAVE A COMPUTER?**  
Or do you need some assistance with  
registering online? Check out our  
options on pages 5-8



**Find your FUN inside:**

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- 16** Pickleball
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# Program & Activity **GUIDE**

At Northgate Lions Seniors Recreation Centre

# 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

## **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+.

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# NESA BUILDING CLOSURE



## NORTHGATE TEMPORARY CLOSURE: AUGUST 2025

During the rehabilitation work on the Northgate Lions Centre project in 2023-2024, it was discovered that EPCOR had updated the enclosure requirements for the Main Distribution Panel [MDP], and the enclosure as designed would no longer meet new code requirements.

The main distribution panel replacement is an important aspect of the facility rehabilitation as the current panel has exceeded its life expectancy. Unfortunately, the lead (order) time on the new approved panel was 26 weeks and therefore would not arrive until after the main project was completed.

The project will require another shut down of the Northgate Lions Recreation Centre in the summer of 2025 to complete the installation of the MDP panel.

*The Northgate closure is tentatively scheduled for August 5-25, 2025.*

### What does this mean for NESA?

Operations will continue as scheduled between now and the end of July. For details on our temporary office location and hours, please see page 5.

### SAVE THE DATE!

Friday, Aug 29, 2025 | 11AM-3PM  
NESA's Antique Vehicle Show and Shine (and Silent Auction)  
Stay tuned for more info!

Have a car that you want to show off? Call 780-496-6969 and ask for Amber!



# MEMBERSHIP INFORMATION

Summer 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 NESA 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](http://nesa1.ca)), by calling 780.496.6969, in person (see page 5 for office location details), or via mail.

## LIFETIME MEMBERSHIP

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

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

## LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 26 for more information about NESA'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 NESA member).
- Access to NESA 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

**Want to join us for a special event, one day workshop, outing, or presentation?**

Look for this symbol  (Non-members welcome) to confirm which activities do not require a NESA membership.

### 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



## REMINDER!

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

**SUMMER REGISTRATION IS  
OPEN! SIGN UP TODAY!**

## HOW TO REGISTER: ONLINE REGISTRATION

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

**Don't have an account?** Please visit our website [www.nesa1.ca](http://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

## SUMMER HOURS OF OPERATION

**Effective July 2-August 1, 2025**

Monday-Friday | 8:30AM-3:00PM.

*Closed on weekends and all  
statutory holidays*

## TEMPORARY OFFICE LOCATION AND HOURS

**Effective August 5-25, 2025**

**McClure United Church**  
13708 74 Street

Monday-Friday | 8:30AM-3:30PM.

*Closed on weekends and  
all statutory holidays*

## 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 NESA 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 NESA.

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

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



**North Edmonton Seniors Association**  
at Northgate Lions Seniors Recreation Centre  
7524-139 Avenue, Edmonton, AB T5C 3H7  
780.496.6969 | fax 780.496.4707 | [www.nesa1.ca](http://www.nesa1.ca)

**OFFICE USE ONLY**

55+ Membership ☐  
Under 55 Membership ☐  
Gold Membership ☐  
Reciprocal Membership ☐

## NESA Membership Application

Please **PRINT** Clearly

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

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

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

FIRST NAME: \_\_\_\_\_ LAST NAME: \_\_\_\_\_

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

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

PHONE NUMBER: ( ) \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_

*Email Address required for online registration access.*

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

*Full birth date required for Membership Type criteria.*

☐ MALE ☐ FEMALE ☐ PREFER NOT TO DISCLOSE/UNSPECIFIED

### EMERGENCY INFORMATION:

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

EMERGENCY PHONE: ( ) \_\_\_\_\_ - \_\_\_\_\_ EMERGENCY RELATION: \_\_\_\_\_

**OFFICE USE ONLY:**

☐ MEMBERSHIP INFORMATION INPUT INTO BOOKING ON \_\_\_\_\_ (DATE) BY \_\_\_\_\_ (INITIALS)  
☐ EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS ☐ FORM ELECTRONICALLY SCANNED ON NESA SYSTEM

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

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

**SEE OTHER SIDE >**



## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

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

### Terms of Service

[Last updated November 21<sup>st</sup>, 2024]

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

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

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

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

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

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

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

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

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

Photography Consent: I acknowledge that photographs may be taken at NESA 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: \_\_\_\_\_



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.

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

- Will be processed **at the end of day** on the first day of online registration and as received thereafter;
- Are accepted on a space availability basis and a space in class is *not guaranteed*; **online registration opens first and receives priority**;
- Must be **received a minimum of one business day prior to the club or program start date** to allow processing time;
- Failure to have a completed membership will result in your registration not being processed. An active/current membership is **required**. Please see **Membership Information** for further details and fees. Ensure these costs are added to your total below if necessary;
- For further resources (printable forms or online support) visit [www.nesa1.ca](http://www.nesa1.ca), click 'Get Involved' and select 'Register'

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







# COMPUTERS & DEVICES



## 1:1 TECH TUTORIALS

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!

**Please Note:** *These tutorials cover how to use the computer or device, NOT computer repair.*

**Wed, July 16, 2025**

- |                          |                          |
|--------------------------|--------------------------|
| <b>1</b> 10:00AM-11:00AM | <b>2</b> 11:15AM-12:15PM |
| <b>3</b> 12:30PM-1:30PM  | <b>4</b> 1:45PM-2:45PM   |

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

### QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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



# CRAFTS & HOBBIES

## 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. Students are expected to purchase their greenware before class begins.



 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES WILL BE CONFIRMED DURING REGISTRATION.](#)

Wed, Jul 9-30, 2025 | 12:30PM-3:30PM

\$50 | 4 Wks

## DRAWING & PAINTING



## PEN & WASH

**Lily Jeong**

In this course, students will create expressive drawings by sketching with a fountain pen filled with water-soluble black ink (If you have some watercolor paints you can bring to color with them as well) 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 WILL BE CONFIRMED DURING REGISTRATION.](#)

Mon, Jul 7-28, 2025 | 10:00AM-12:30PM

\$90 | 4 Wks



# FITNESS & SPORTS

## 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. You will be lead through a series of different movements including various stretching, strengthening and light aerobic activities with the goal to help improve and better manage these conditions. No floor work.

**A** Tue, Jul 8-29 | 10:30AM-11:30AM

**\$26 | 4 Wks**

**B** Thu, Jul 10-31 | 10:30AM-11:30AM

**\$26 | 4 Wks**

## BARRE CARDIO

**Falon Fleming**

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

Thu, Jul 10-31, 2025 | 9:00AM-10:00AM

No class July 17

**\$20 | 3 Wks**

### UNSURE OF WHICH FITNESS CLASS TO CHOOSE?

For help with determining what is most suitable based on your current fitness level and experience, see page 18 for a class selection overview.



## AGE REVERSING ESSENTRICS®

**Meaghan Hipkin**

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, Jul 11-Aug 1, 2025 | 10:30AM-11:30AM

**\$46 | 4 Wks**

## 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 a bender ball. Must be able to transition to the floor easily and be comfortable with mat-based exercises.

Tue, Jul 8-29, 2025 | 8:30AM-9:30AM

**\$26 | 4 Wks**



# FITNESS & SPORTS

## CARDIO PLUS

**Falon Fleming**

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

**A** Mon, Jul 7-28 | 8:30AM-9:30AM

**\$26 | 4 Wks**

**B** Wed, Jul 9-30 | 8:30AM-9:30AM

No class July 16

**\$20 | 3 Wks**

## CHAIR YOGA

**Beverley Moore**

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

Tue, Jul 8-29, 2025 | 12:15PM-1:15PM

**\$31 | 4 Wks**



## CHAIR TOTAL BODY WORKOUT

**Amy Petersen**

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.

**A** Tue, Jul 8-29 | 12:00PM-1:00PM

**\$26 | 4 Wks**

**B** Thu, Jul 10-31 | 12:00PM-1:00PM

**\$26 | 4 Wks**

## CROSS TRAINING

**Falon Fleming**

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

Wed, Jul 9-30, 2025 | 11:00AM-12:00PM

No class July 16

**\$20 | 3 Wks**

### NEED HELP GETTING TO YOUR NESA PROGRAM?

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





## ESSETRICS® FOR SENIORS

**Meaghan Hipkin**

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, 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.

**Mon, Jul 7-28, 2025 | 10:30AM-11:15AM**

**\$41 | 4 Wks**

## FIT AND FLEX GROUP TRAINING

**Falon Fleming, Jollean Ferrari**

Looking to work with a personal trainer in a small, supportive, and fun group setting? Join Jollean and Falon for a 90-minute workout which will include exploring a number of different exercises each week using body weight and portable fitness equipment. Jollean will lead you through a 45-minute exercise routine and then Falon will lead you through a 45-minute flexibility routine to help improve your range of motion and achieve muscle relaxation. Whether you are new to exercise or are just looking to add some new ideas to your current regime, we've got you covered! Please note that floor work is required so please remember to bring a mat.

**Tue, Jul 8-29, 2025 | 9:45AM-11:15AM**

**\$40 | 4 Wks**

## ESSETRICS® FOR STRETCH AND TONE

**Meaghan Hipkin**

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

**A Mon, Jul 7-28 | 9:15AM-10:15AM**

**\$46 | 4 Wks**

**B Fri, Jul 11-Aug 1 | 9:15AM-10:15AM**

**\$46 | 4 Wks**

## FIT FOR YOUR LIFE

**Falon Fleming**

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

**A Mon, Jul 7-28 | 9:45AM-10:45AM**

**\$26 | 4 Wks**

**B Wed, Jul 9-30 | 9:45AM-10:45AM**

**No class July 16**

**\$20 | 3 Wks**



## 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!

**Note:** Individualized fitness programming will not be provided as this is a group session.

**Tue, Jul 8, 2025 | 3:00PM-4:30PM**

**\$10 | 1 Wk**

## FLEXIBILITY AND FOAM ROLLING

**Falon Fleming**

Hit the mat to stretch commonly overused muscles 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, Jul 9-30, 2025 | 1:30PM-2:30PM**

**No class July 16**

**\$24 | 3 Wks**

## 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, Jul 8-29 | 9:15AM-10:15AM**

**\$26 | 4 Wks**

**B Thu, Jul 10-31 | 9:15AM-10:15AM**

**\$26 | 4 Wks**



## 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. Portable equipment including bands, weights, and suspension trainers will be used during this class. Please note that there is no floor work.

**A Mon, Jul 7-28 | 9:00AM-10:00AM**

**\$26 | 4 Wks**

**B Fri, Jul 11-Aug 1 | 9:00AM-10:00AM**

**\$26 | 4 Wks**

## 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, Jul 8-29, 2025 | 1:30PM-3:00PM**

**\$45 | 4 Wks**



# FITNESS & SPORTS



## SUSPENSION TRAINING

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Already taken classes in the past? 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 strength, balance, flexibility and coordination. All fitness levels are welcome! No floor work.

**Jollean Ferrari**

**A** Mon, Jul 7-28 | 10:15AM-11:15AM

**\$32 | 4 Wks**

**Falon Fleming**

**B** Thu, Jul 10-31 | 1:30PM-2:30PM

No class July 17

**\$24 | 3 Wks**

**Jollean Ferrari**

**C** Fri, Jul 11-Aug 1 | 10:15AM-11:15AM

**\$32 | 4 Wks**

### NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 26 for information about NESAs Landry Leisure Pass.

## 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 'hang out'! (No floor work, no experience necessary, and all fitness levels welcome).

**A** Tue, Jul 8-29 | 8:30AM-9:00AM

**\$16 | 4 Wks**

**B** Thu, Jul 10-31 | 8:30AM-9:00AM

**\$16 | 4 Wks**

## 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.

**Note:** Seated chair modifications can be offered for those with movement limitations.

**A** Tue, Jul 8-29 | 12:15PM-1:15PM

**\$26 | 4 Wks**

**B** Thu, Jul 10-31 | 12:15PM-1:15PM

**\$26 | 4 Wks**



# PICKLEBALL PROGRAMS

## 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



## MONDAYS | INTERMEDIATE

**1** Mon, Jul 7-28 | 11:15AM-12:30PM

**\$22 | 4 Wks**

**2** Mon, Jul 7-28 | 12:35PM-1:50PM

**\$22 | 4 Wks**

## TUESDAYS | MIXED LEVELS

**1** Tue, Jul 8-29 | 8:45AM-10:00AM

**\$22 | 4 Wks**

**2** Tue, Jul 8-29 | 10:05AM-11:20AM

**\$22 | 4 Wks**

## TUESDAYS | BEGINNER

**1** Tue, Jul 8-29 | 1:45PM-3:00PM

**\$22 | 4 Wks**

## WEDNESDAYS | MIXED LEVELS

**1** Wed, Jul 9-30 | 12:30PM-1:45PM

**\$22 | 4 Wks**

**2** Wed, Jul 9-30 | 1:50PM-3:05PM

**\$22 | 4 Wks**

## THURSDAYS | MIXED LEVELS

**1** Thu, Jul 10-31 | 10:30AM-11:45AM

**\$22 | 4 Wks**

**2** Thu, Jul 10-24 | 1:45PM-3:00PM

**\$16.50 | 3 Wks**

## FRIDAYS | MIXED LEVELS

**1** Fri, Jul 11-Aug 1 | 11:15AM-12:30PM

**\$22 | 4 Wks**

**2** Fri, Jul 11-Aug 1 | 12:35PM-1:50PM

**\$22 | 4 Wks**





# PICKLEBALL PROGRAMS



## CREDITS/REFUNDS FOR MISSED PICKLEBALL SESSIONS

No refunds will be issued unless NESAs cancels this program. NESAs requires all registrants to pay in full for the entire season so we can ensure that the space will remain reserved and booked for NESAs. NESAs 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](mailto: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 NESAs 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 time frame 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](http://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](http://www.edmontonpickleballcenter.com)

### Edmonton Volleyball Pickleball Center

9455 45 Avenue / 587.499.0858

[www.evpcenter.com](http://www.evpcenter.com)

### North West Edmonton Seniors Society

12963-120 Street / 780.451.1925

[www.nwess.ca](http://www.nwess.ca)

### Southeast Edmonton Seniors Association

9350-82 Street / 780.468.1985

[www.seesa.ca](http://www.seesa.ca)

### Westend Seniors Activity Centre

9629-176 Street / 780.483.1209

[www.weseniors.ca](http://www.weseniors.ca)

# FITNESS CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Essentrics® for Seniors</li> <li>• Essentrics® for Stretch and Tone</li> <li>• Fit For Your Life</li> <li>• Interval Training</li> <li>• Suspension Training</li> </ul>	<ul style="list-style-type: none"> <li>• Active with Arthritis</li> <li>• Bender Ball: Total Body Workout</li> <li>• Fit and Flex Group Training</li> <li>• Strong and Stable</li> <li>• Suspension Training Express</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Cross Training</li> <li>• Fit For Your Life</li> </ul>	<ul style="list-style-type: none"> <li>• Active with Arthritis</li> <li>• Barre Cardio</li> <li>• Strong and Stable</li> <li>• Suspension Training Express</li> </ul>	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Essentrics® for Stretch and Tone</li> <li>• Interval Training</li> <li>• Suspension Training</li> </ul>
AFTERNOON		<ul style="list-style-type: none"> <li>• Chair Total Body Workout</li> <li>• Chair Yoga</li> <li>• Fitness Centre 101</li> <li>• Stretch 'n Tone Yoga: Beginner</li> <li>• Zumba</li> </ul>	<ul style="list-style-type: none"> <li>• Flexibility and Foam Rolling</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Total Body Workout</li> <li>• Suspension Training</li> <li>• Zumba</li> </ul>	

## WHAT EXERCISE CLASS IS BEST FOR ME?

Please review the below descriptions to learn more about the 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 Total Body Workout, Chair Yoga, Essentrics® for Seniors, Fit For Your Life, Interval Training, Strong and Stable, Suspension Training.

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:

Age Reversing Essentrics®, Barre Cardio, Bender Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Fit and Flex Group Training, Flexibility and Foam Rolling, Stretch 'n Tone Yoga, and Zumba®.

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



# FITNESS CENTER

## SUMMER HOURS OF OPERATION

Starting July 7, 2025 to August 1, 2025\*  
Monday to Friday from 8:15AM-3PM.

### Closed on Weekends & Holidays

*\*May be subject to change based on NESA renovation schedules – check out our website for updates!*

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

**Note:** *The Fitness Centre will be closed August 5 - September 1, 2025*

## 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 transferable. 10-Visit passes expire after one year from date of purchase.*



## FITNESS CENTRE 101

### Jollean Ferrari

Do you have questions about how to use NESA's 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!

**Note:** *Individualized fitness programming will not be provided as this is a group session.*

**Tue, Jul 8, 2025 | 3:00PM-4:30PM**

**\$10 | 1 Wk**

## 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.**

## 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 NESA Membership will still be required to access the fitness centre. Please visit the fitness centre for more information.



## GENERAL INTEREST

### CONVERSATION CAFÉ

#### NESA Representative

Are you looking to meet new people in a fun and laid-back atmosphere? Enjoy casual chats with fellow attendees, guided by lighthearted icebreakers to keep the conversation flowing. Whether you're looking to make new friends or simply enjoy great discussions, this is the perfect opportunity to connect. No pressure—just good vibes and great company! Light refreshments are included.

Tue, Jul 22 | 1:30PM-3:00PM

\$5 | 1 Wk

## HEALTH & WELLNESS



### YOUR GUT & GOLDEN YEARS: DIGESTIVE HEALTH TIPS

#### Serena Benali, Registered Dietitian

Join Serena Benali for an informative session on all things gut health and digestion and how to make your golden years your best and healthiest! By the end of this session, participants will be able to: 1) Understand how aging impacts digestive function and gut health; 2) Recognize the connection between gut health, chronic disease risk, and overall health in older adults; and 3) Identify key nutrition and lifestyle strategies to support a healthy gut microbiome and digestion in the golden years.

**About the Speaker:** Serena Benali is a Registered Dietitian, Nutritionist, and the owner of In Good Nutrition, a private practice serving clients across Canada. With a practical, science-based approach, she helps individuals cut through nutrition confusion and build realistic, sustainable habits for long-term health.

Serena is especially passionate about digestive health and empowering clients to better understand the gut–nutrition connection. She offers personalized guidance tailored to each client's lifestyle, goals, and health concerns—helping them feel more confident, comfortable, and in control of their digestive health and overall well-being.

**About the Canadian Digestive Health Foundation:** The Canadian Digestive Health Foundation (CDHF) is Canada's trusted resource on digestive health. Our mission is to reduce suffering and improve quality of life by providing accurate, accessible, and up-to-date information about digestive health and disease. We are committed to empowering all Canadians to take charge of their digestive well-being with confidence and optimism. Learn more at [CDHF.ca](http://CDHF.ca)

Fri, Jul 25 | 1:30PM-2:30PM

**FREE** Registration is still required | 1 Wk

NMW





# MUSIC, SONG & DANCE



## 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.

Thu, Jul 31 | 1:30PM-3:00PM

\$30 | 1 Wk 

## 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, Jul 8-29 | 1:30PM-2:30PM

\$25 | 4 Wks

**ETS**

This summer, we're keeping things close to home — and packed with fun! Due to staffing and bus challenges, we've decided to explore the amazing experiences right here in our own backyard.

We've partnered with **Edmonton Transit Services** to get around town with ease and keep costs low. So hop on board and join us as we go loco for local — discovering the best of Edmonton, one adventure at a time!

## LOCO FOR LOCAL!

### STEP INTO CULTURE: A JOURNEY TO THE NANAKSAR GURDWARA GURSIKH TEMPLE

Get ready for a heartwarming and eye-opening cultural experience! Join us as we take a special trip to the beautiful Gurdwara located just off Manning Drive and north of Edmonton. This is your chance to explore the vibrant traditions and deep-rooted history of the Sikh faith. Discover who helped build this stunning temple; step inside the serene prayer hall and learn about Sikh customs, values, and spiritual practices. Ask all those questions you've always been curious about! After the tour, enjoy a welcoming vegetarian lunch alongside members and volunteers of the Temple. (Gluten-free options available).



**Important note:** Out of respect for the traditions of the Gurdwara, all visitors are asked to cover their head with a scarf or bandana. If you don't have one, one will be provided for you. Don't miss this meaningful blend of culture, community, and connection. Let's explore together!

**Registration Deadline: July 2, 2025**

Wed Jul 9, 2025 | Bus departs NESA: 10:30AM | Bus returns to NESA: 2:00PM

**Early Bird Rate: \$25 (until June 25) | Regular Rate: \$40 (from June 26-July 2)** **NMW**

### BRUNCH WITH SHIRLEY

Enjoy a delightful day with NESA as we journey to the Mayfield for a charming experience filled with laughter and inspiration. Begin with a beautifully prepared buffet brunch, followed by a live performance of Shirley Valentine.

**About the Play:** Shirley Valentine is a heartwarming and hilarious comedy about a bored housewife stuck in a loveless routine. When she spontaneously jets off to Greece, a solo adventure forces her to rediscover her confidence, joy, and the woman she used to be— with a little help from a charming local fisherman. Brunch will be hosted as a self-serving buffet - dietary considerations can be shared with culinary team upon arrival to the Mayfield.

**Registration Deadline: July 8, 2025**

Wed Jul 16, 2025 | Bus departs NESA: 9:30AM | Bus returns to NESA: 2:30PM

**\$100** **NMW**



## **STEP INTO THE WILD WITH “WILDLIFE OF ALBERTA”!**

Explore the wonders of the Alberta Botanical Gardens and discover the unique ecosystems our wildlife calls home. This engaging program highlights the fascinating connections between animals and their environments, covering everything from food webs and species adaptations to the delicate balance of nature. Enjoy a guided nature walk, hands-on educational activities, and a close-up look at captivating wildlife artifacts, offering an interactive and enriching experience for all. After the program, take time to visit Café Alfresco for refreshments (participants are responsible for covering their own expenses), followed by a leisurely self-guided tour of the grounds.

**Please note:** This outing includes a fair amount of walking, so comfortable clothing and footwear are recommended.

**Registration Deadline: July 16, 2025**



Thu Jul 24, 2025 | Bus departs NESa: 9:30AM | Bus returns to NESa: 4:00PM

**Early Bird Rate: \$40 (until July 10) | Regular Rate: \$55 (from July 11 until July 16)** 

## **INSPIRATION AND IMPRESSIONS: A DAY AT THE ART GALLERY OF ALBERTA**

Experience creativity, culture, and conversation on a memorable outing. Join us for a delightful day at the Art Gallery of Alberta, where you'll explore a vibrant collection of exhibitions showcasing diverse perspectives and contemporary Canadian art. Take in stunning works by renowned artists and find fresh inspiration around every corner. Our day will begin with a guided tour, followed by some free time to wander and absorb the gallery at your own pace. Afterwards, we'll meander across the street to enjoy a leisurely lunch together at the cozy Hallway Café.

**Please note:** Light refreshments and lunch are included in the fee. Spaces are limited, so be sure to register early and secure your spot for this inspiring and enjoyable experience!

**\*Due to downtown construction, participants will be required to walk approximately 200m from the drop-off location to the gallery.**

**Registration Deadline: July 22, 2025**



Wed Jul 30, 2025 | Bus departs NESa: 10:30AM | Bus returns to NESa: 3:30PM

**Early Bird Rate: \$70 (until July 16) | Regular Rate: \$85 (from July 17 until July 22)** 

## **A STEP BACK IN TIME: FORT EDMONTON PARK**

Join us for a delightful day at Fort Edmonton Park, where Edmonton's rich history comes alive! Wander through the historical streets, take a ride on the iconic Stream Train, and immerse yourself in the inspiring Indigenous Peoples Experience. Enjoy friendly chats with interpreters and take in the sights at your own pace. Midday, take time to enjoy lunch at your leisure — choose from six unique food locations throughout the park, each with its own charm.

**Please note:** Lunch is not included in the fee. Limited spaces available – Secure your spot today!

**Registration Deadline: July 22, 2025**

Wed Aug 6, 2025 | Bus departs NESa: 10:00AM | Bus returns to NESa: 3:00PM

**Early Bird Rate: \$55 (until July 16) | Regular Rate: \$70 (from July 17 until July 22)** 







# NESA CLUBS

## ART

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, Jul 7-28 | 12:00PM-3:00PM

\$8 | 4 Wks

## BADMINTON

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? NESAs Members are welcome to try one session before registering. Registration is required for the entire season; no drop-ins permitted.

Fri, Jul 11-Aug 1 | 9:00AM-11:00AM

\$8 | 4 Wks

## BRIDGE

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

Thu, Jul 10-31 | 12:00PM-3:00PM

\$8 | 4 Wks



## CANASTA

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

Thu, Jul 10-31 | 12:00PM-3:00PM

\$8 | 4 Wks

## CREATIVE GREETING CARD 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, Jul 8-29 | 9:00AM-12:00PM

\$8 | 4 Wks

## CLUBS ARE FOR NESAs 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. NESAs 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.





## CREATIVE WRITING

"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 NESA, 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](http://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, Jul 11-Aug 1 | 1:00PM-3:00PM

\$8 | 4 Wks

## JAMMERS

An acoustic guitar group who meet for singing and fellowship!

Tue, Jul 8-29 | 12:00PM-3:00PM

\$8 | 4 Wks

## GUITAR JAM

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

Thu, Jul 10-31 | 12:00PM-3:00PM

\$8 | 4 Wks

## MUSIC MAKERS

Do you enjoy making music? We welcome all instruments!

Tue, Jul 8-29 | 9:00AM-12:00PM

\$8 | 4 Wks

## WASHI CHIGIRI-E CLUB

Washi Chigiri-e is a Japanese Art that consists of tearing washi paper from Japan. 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, Jul 9-30 | 9:00AM-12:00PM

\$8 | 4 Wks

## WEAVERS

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

Tue, Jul 8-29 | 9:00AM-3:00PM

\$16 | 4 Wks

## WHIST

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

Mon, Jul 7-28 | 12:45PM-2:45PM

\$2/date | 4 Wks



# NESA'S LANDRY LEISURE PASS



*The Landry Leisure 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 one 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 2024 Notice of Assessment (or other proof of income) and proof of your current address. How?
  - Visit our office during business hours (see page 5 for schedule), or
  - Email us copies of your document(s) at [llp@nesa1.ca](mailto: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 5 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 & OUTREACH SERVICES

## HOME SUPPORTS & OUTREACH SERVICES

Are you or another senior in search of Home Supports? Looking for referrals to reputable service providers who can help you get the work you need done?

Please visit [www.seniorscouncil.net/shsp-seniors](http://www.seniorscouncil.net/shsp-seniors) for more information on who you can contact today or call **211** and press '2' for the Seniors Information Phone Line.



## NEED HELP GETTING TO YOUR NESA PROGRAMS? CHECK OUT OUR TRANSPORTATION SUBSIDY PROGRAM.

If you are unable to access NESA's programs due to transportation obstacles and/or financial limitations, we encourage you to email us at [transportation@nesa1.ca](mailto:transportation@nesa1.ca) or by calling 780.496.6969 so the team can determine if you may be eligible for NESA'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*



**Please Recycle!**

– And pass this program guide on to a friend