

# NOVEMBER / DECEMBER 2019



## NORTH EDMONTON SENIORS NEWS

**@ NORTHGATE LIONS SENIORS RECREATION CENTRE**

7524-139 Avenue, Edmonton, Alberta, T5C 3H7

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Website: [www.nesa1.ca](http://www.nesa1.ca) / Email: [info@nesa1.ca](mailto:info@nesa1.ca)

Facebook: [www.facebook.com/northedmontonseniors/](https://www.facebook.com/northedmontonseniors/)

Twitter: @nesayeg / Instagram: @nesayeg



### Dates to Remember

Nov 8	Remembrance Day Tribute
Nov 11	Remembrance Day, Centre Closed
Nov 16	Christmas in November / Arts, Crafts & Bake Sale
Nov 22	Sgt Wilson's Airforce Show
Dec 9	Winter Registration Begins
Dec 17	Christmas Special
Dec 31	New Years Dinner & Dance

### Holiday Hours

December 23 - 27 Closed  
December 30 - Open 8:30 am - 4:30 pm  
December 31 - Open 8:30 am - 3 pm, then doors  
open at 5:30 pm for New Years Eve Dinner and  
Dance  
January 1 - Closed  
January 2 and 3 - Open 8:30 am - 4:30 pm  
January 6 - Winter Session Begins

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Next newsletter will be  
JANUARY 2020  
Cut-off for submissions is  
Wednesday, 11 DECEMBER 2019

## Join us for Laughter, Learning & Living!

## Message from the NESA Board of Directors:

The Board of Directors is responsible for developing policies to provide direction in matters involving governance, management and operations of NESA. These policies are updated from time to time as changes become necessary.

As members of NESA, we are all unique individuals with our own personalities and ideas of how things should operate. With close to 2500 members, it can be quite a challenge for the staff and volunteers to please every member in every circumstance all of the time.

Each of us can have our own opinion of how things should be done and we may not all agree in all situations. However, we all try, the staff, the Board, the volunteers, and committee members, to make the experience at NESA an enjoyable one.

If a situation arises where you do not agree with a policy, we can respect your differing opinion. However, what we cannot accept or tolerate, is personal attacks directed toward our staff or volunteers for just trying to do their job. We may not be perfect, but we do try.

We encourage everyone, especially in situations when your ideas or opinions differ from others, to be tolerant, respectful and understanding in your communications.

We welcome your feedback. If you would like to share your opinions with us, we do have a suggestions box or you can do it online.

Perhaps speaking to others as you would like them to speak to you, may be worth considering.

If at any time you would like to share your thoughts with me in person, I am available.

Come and meet your Board Members - an informal meet and greet. **Monday Nov 18, 11:30 - 1:00 pm**, drop by the cafeteria and say hello. Coffee and treats on us!

Randy Tomy, n,  
President

## Message from the NESA Executive Director (ED):

Did you ever notice something different, but can't quite put your finger on what has changed? Thank you to Ron Nichol for refurbishing the wooden sign on 74 Street! We all pass it usually a couple of times each day but may not have noticed the improvement. The missing letters have all been replaced and in keeping with the times, thanks to Ron, our website is now on the sign.

A lot of members will be heading south for the winter. Thankfully they have stayed longer than the geese that were eager to find warmer temperatures. We wish them all safe travels, and look forward to their return in the spring (The members and the Geese!).

Two special days in the fall are the Knitting for the Needy Luncheon, to thank all of our volunteers for their talents. It is also a good time to connect with the agencies who are the recipients of much needed hats and mittens. Items for the neo-natal units are also provided. The other day is our Remembrance Day function which continues to be important to recognize all of those past and present who have served Canada.

Thank you to everyone who, throughout the year, have supported our fundraising activities. The gratification from those who receive small gifts at the holiday season via Supporting our Seniors is heartwarming.

Nancy Melnychuk  
Executive Director

## GETTING TO KNOW THE STAFF

**Getting to know...Sharlene Wyness,** Dance Coordinator, Chair of Social Committee, and Decorating Coordinator

**What is the best thing about Edmonton?** The variety of entertainment offered at the various venues.

**If you had to eat one meal for the rest of your life, what would it be?** Turkey dinner with all the fixings.

**What do you say that sounds just like your mother or father?** When I'm upset with someone, I call them by their full given names.

**Share a fond childhood memory** The Christmas my sister's boyfriend wrapped up a new dollar bill in tissue paper and put it on the tree 2 weeks before Christmas. No matter how many times I shook it or squeezed it, I couldn't tell what it was. To a 6 year old \$1 was a fortune!

**If you could get on a plane tomorrow what would be your destination?** Hawaii

**Something about NESAs I will never forget....**The friendships I have made, the fascinating experiences I have heard from various members.



**Getting to Know....Garnet Brown,**  
Facility Manager, City of Edmonton

**What's the best thing about Edmonton?**  
Winters....just kidding. Oilers Hockey!

**If you had to eat one meal for the rest of your life, what would it be?** Hawaiian Pizza...yes  
Pineapple does belong on pizza!

**Share a fond childhood memory** At 14 -  
getting to play a football game in BC Place Stadium

**If you could get on a plane tomorrow, what would be your destination?** Japan - 2019 World Cup Rugby!!

**Something about NESAs I will never forget**  
Dressed as a bearded lady for last year's Volunteer Appreciation Night.



# FUNDRAISERS

## Lobby Fundraiser Sales

**Creative Greeting Cards Sale:** **Date:** November 6 **Time:** 9 to 1:00 pm

**Puzzles:** **Date:** November 13 **Time:** 9 to noon

**Pins and Needles Sale:** **Date:** November 20 **Time:** 10 to 2:00 pm

**Silversmith Sale:** **Date:** December 4 **Time:** 10 to 2:00 pm

**Puzzles:** **Date:** December 11 **Time:** 9 to noon

## Ongoing Fundraisers

**Raffle:** October 31 to November 16

**Widynowski's Meat Order:**

Order deadline is November 29 and pick up is December 11

## **CHRISTMAS IN NOVEMBER ARTS, CRAFTS AND BAKE SALE**

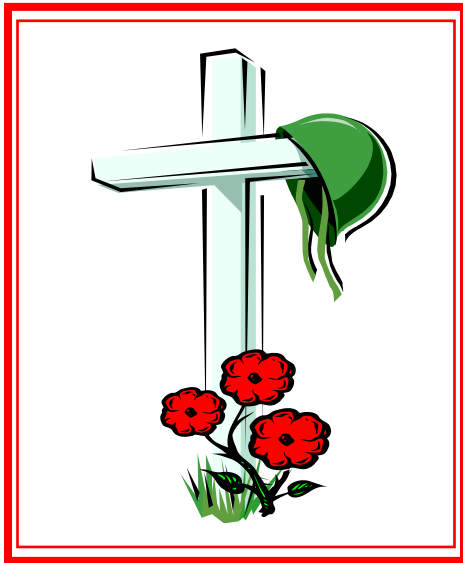
Saturday, November 16 @ 9:00 am to 3:00 pm

Donations of baked goods are gratefully accepted  
on Thursday, November 14 and Friday, November 15  
from 9 am to 3 pm.

Please include an ingredient list in case of allergy inquiries.



# Lest We Forget



## A BATTLE FORGOTTEN

Seventy five years mark the Italian Campaign  
Where mountain passes pooled with rain,  
Men and trucks held deep in gumbo mire  
Weapons held high, ready to fire.

Liberated by our troops amid the woe  
Ortona, Rimini and Cassino,  
Now free to rebuild and to mend  
The devastation placed on them.

Troops in Sicily and Italy bled and fought  
D Day Dodgers, they were not,  
We should all bear in mind  
They broke the Gustov, Gothic and Hitler lines.

No matter what front they fought upon  
Many never saw another dawn,  
Respect those who answered the call  
Wear a Poppy today; Remember them all.

**Jacqueline Black**  
**Wife of Sgt W.P. Black (deceased)**  
**2019**

NESA would like to thank those individuals who  
contributed to the Remembrance Day display.



We are blessed that you were willing to share your  
cherished mementos with us as we honor those who  
have served our Country.

**THANK YOU!**

## SOCIAL EVENTS

### SGT. WILSON's AIRFORCE SHOW©

*The Vintage Sound of the 40-50's*

[www.airforceshow.nl](http://www.airforceshow.nl)

**Glenn Miller  
Andrews Sisters  
Doris day  
and more...**

**Friday, November 22, 2019**

DOORS OPEN: 1:30 pm

SHOW: 2 - 3:30pm



**TICKETS: \$12 pp**

**(Tickets available until Nov 15)**

*Purchase in-person  
at the front desk*



### Christmas Special

**Tuesday, December 17, 2019**

DOORS OPEN: 12:45 pm

REFRESHMENTS: 1 - 1:30 pm

SPECIAL ENTERTAINMENT: 1:30 - 3:00 pm

**Tickets: \$10 pp**

**(Tickets available Oct 28 - Dec 13)**

*Purchase in-person at the front desk*



Nothing says Christmas like  
Hot Chocolate & Cookies!

Join us for a festive  
afternoon featuring  
Edmonton's own  
**Darrel Barr** and the  
students from  
**Kildare School.**

### Dinner & Dance

**Tuesday, December 31, 2019**

DOORS OPEN: 5:30 PM

DINNER: 6:30 PM

DANCE: 8 - 12:30 PM

LATE LUNCH: 11:00 PM

**Tickets: \$75 pp**

**(Tickets available Nov 12 - Dec 17)**

*Purchase in person at the front desk*



*An elegant evening of fine  
dining & dancing to the very  
popular "Sparkling Tones"*



## PROGRAM NEWS

Just a short note from the **NESA Programming Team** to report what a successful season we have experienced so far!

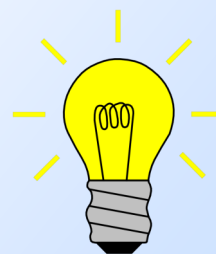
**We have hit record high numbers in many of our programs and thank everyone for their interest & support!**

We continue to receive your feedback & ideas about what you would like to see more of and are pleased to let you know we have some exciting programs and activities scheduled in the coming seasons!

A big **thank you** to all of our members and friends of the community for supporting our programs, we wish you a great rest of the season!

**Have an idea for a class or presentation you would like to see offered here at NESA?**

Please leave a message for one of the Programmers, or contact us on the website with your ideas!



**Check out what is still available this season...**

*Ask at the front desk for more information*

### **What's New in Microsoft Office**

Thursday, Nov 7

9:00am - 12:00 pm

**Fee:** \$30 (\$60 Non Member)

### **Creative Cards "Christmas in November"**

Friday, Nov 15

9:00am - 3:30 pm

**Fee:** \$48 (\$78 (Non Member)

### **Communication Strategies for Seniors**

Friday, Nov 29

9:00 - 11:00 am

**Fee:** \$10 (\$40 Non Member)

### **Chiropractic Care & Wellness Session**

Tuesday, Nov 5

10:00 am - 11:30 pm

**Fee:** \$2

### **Simplifying Your Holiday Meal**

Monday, Nov 25

1:00 - 2:00 pm

**Fee:** \$15 (\$45 Non Member)

### **Butterdome Craft Sale**

Thursday, Nov 28

Bus Departs: 9:30am

Bus Returns 1:30 pm

**Fee:** \$35 (\$65 Non Member)

NESA is a non-profit organization. Which means that the fees are used to pay for the instructor and the space. When programs have low enrollment we may have to cancel the program because we can not afford to run it. Sometime we use other programs to supplement a new program to get it up and running.

This means that we have a **NO REFUND** policy, unless cancelled by NESA.

***Thank you for understanding!***

## FITNESS CENTRE



### Hours Of Operation

Monday through Thursday 8:30am-7:00pm

Friday 8:30am-4:30pm

Closed on Weekends and Holidays

**\*Hours may be subject to change during the holidays, please see fitness centre for updates!**



### Fitness Centre Admission Fees



*\*Prices may be subject to change*

Drop-In \$4.00 / 10-Visit Pass \$30.00 / Monthly Pass \$35.00

Annual Pass \$325.00

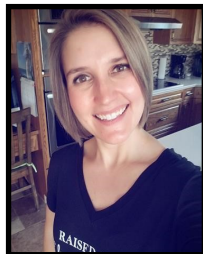
**\*Passes are not refundable or transferrable. 10-Visit passes expire after one year.**

### What We Offer

- A welcoming, friendly, inclusive and fun exercise environment
  - Cardio and resistance training machines, free weights, portable equipment
    - Free machine basic-operation orientations for members
    - [Must be scheduled in advance with a fitness centre volunteer]
  - Personal Training Services available to help you achieve your fitness goals including: Health and Fitness Assessments, One on One and Partner Training, and Personalized Training Program Design
- [Additional costs apply for these services]**

### Personal Fitness Training Services

Contact one of our trainers directly to learn more about their services or to schedule a session!



Falon Fleming - 780-977-1820



Billy Yu - 780-708-1626

### NESA Merchandise For Sale

Interested in purchasing a NESA-Shirt, tote bag, or some fitness equipment so you can exercise at home? Please visit our fitness centre to see what we have in our inventory!

## VOLUNTEER OPPORTUNITIES



We are currently looking for volunteers with experience in human resources, training/orientation and volunteer engagement. We are also interested in recruiting people who speak different languages.

***If you are interested and would like more information, please ask at the front desk for our Volunteer Coordinator, Amber, or call 780 496-4927.***

## VOLUNTEER HIGHLIGHT

### **Know a Volunteer who deserves special thanks for the time & energy they give?**

To nominate an exceptional volunteer, please leave their name and why they deserve this recognition in the ballot box in the lobby. All volunteers nominated will be entered into a monthly draw and the winner will receive a \$10.00 gift card!



*We have angels among us....  
Knitting angels that is!*

*Every year we donate thousands of knitted items to various schools & organizations to help keep many people warm in the winter.*

***Thank you to all the knitters for your  
big hearts and busy hands!***



*Time is running out! Next thing you know it will be December!*

*Please have your **2019 hours** as up-to-date as possible!*

*It is really important ALL 2019 hours are submitted  
by the end of December.*



***Thank-you for your cooperation!***

## VOLUNTEER - SPECIAL MESSAGE

Tis the season for giving gifts...  
The Volunteers give the gift of their time all year long!  
Thank you for your amazing contribution!

The gift of time is priceless!

*Valuable is the work you do.*

*Outstanding is how you always come through.*

*Loyal, sincere and full of good cheer,*

*Untiring in your efforts throughout the year...*

*Notable are the contributions you make.*

*Trustworthy in every project you take.*

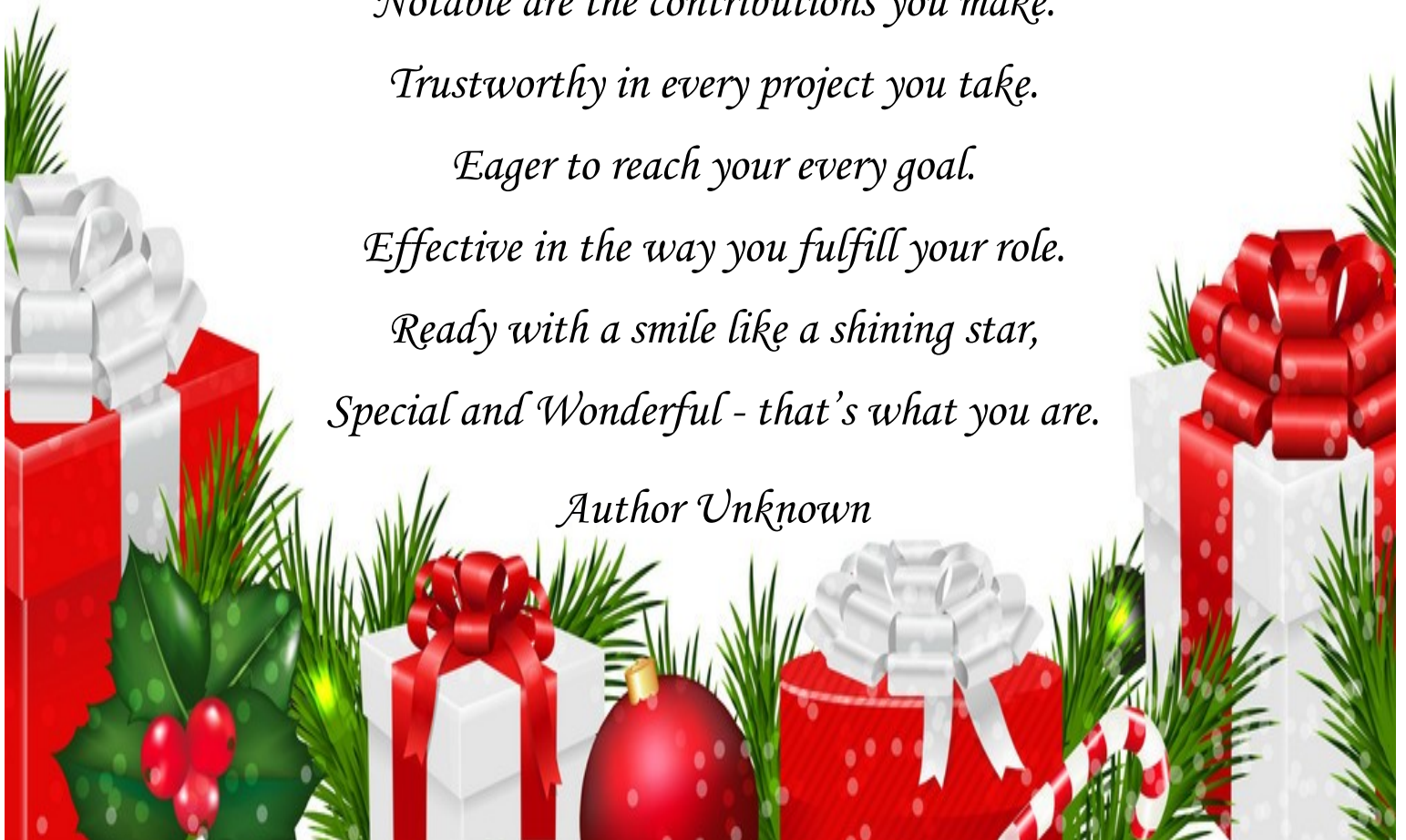
*Eager to reach your every goal.*

*Effective in the way you fulfill your role.*

*Ready with a smile like a shining star,*

*Special and Wonderful - that's what you are.*

*Author Unknown*



## OTHER INTERESTING STUFF

### Rental Services

#### Banquet Hall & Meeting Rooms

**Northgate Lions  
Recreation Centre**  
Rental Space available for  
**Weddings, Anniversaries,  
Birthdays, Meetings**

Auditorium - Max. 350  
Cafeteria - Max. 100  
Meeting Rooms - Max. 50

#### E.M.M.A Catering

- Superb home cooked meals!
- Excellent prices!

**Hall & Room Rentals 496-4928**

**E.M.M.A Catering 406-0840**

Air Conditioned & Free Parking!

### In-House Services

#### Wellness Care Services Offered

#### Footcare

Edmonton Footcare Inc. is currently providing  
on-site foot care services.  
1st and 3rd Wednesday of the month.

For pricing, appointments & inquiries, please  
contact Elizabeth at 780-488-5878.

#### Massage Therapy

Mahalo Massage Therapy and Wellness is  
providing massage therapy services on  
Tuesdays and Thursdays.

For pricing, appointments & inquiries, please  
contact Anamaria or Carmen  
at 587-938-7122 or  
[nesa.edm@mahalomassageandwellness.com](mailto:nesa.edm@mahalomassageandwellness.com)

**Note:** Massage therapy will **not** be available  
during October 26 to November 10/19

## Whist Anyone?

**Did you know you can now play  
Whist at NESA?!**

Join members of NESA for a game of Whist!  
Drop-in on Tuesdays from 1:30 pm-3:30 pm.  
Drop-in cost is only \$2.00.



No experience necessary! Do you have questions or want to learn more about this game?  
Call Laurette at 780-406-5180 or Roland at 780-476-9043 for more information and to learn  
about what style of rules are being used for this game.

## CARE UPDATE



### SENIORS HOME SUPPORTS PROGRAM

#### **Home Supports:**

Well, well, well, looky here at the new logo for the Seniors Home Supports Program! This is your visual cue to let you know you have access to vetted services providers. The Seniors Home Supports Program is your one-stop-shop to credible service providers who can do housekeeping, yard work, snow removal, moving help, home repairs and maintenance and personal services. The home repair category includes electricians, plumbers, roofers and handy men. The personal services category includes both medical and non-medical care such as companionship, respite, errands, medication reminders and specialized care for people afflicted with age related health concerns. The moving category includes junk removal, downsizing and fumigation prep. Many of our service providers offer seniors discounts or special pricing. If you would like more information on the program or need a referral, please contact Stacey at 780-944-7470. Office Hours: Monday to Thursday 9-3:30.

#### **Outreach:**

We are once again collecting donations for our 17<sup>th</sup> Annual Supporting Our Seniors Christmas Campaign. Last year we were able to reach out to 393 seniors in North Edmonton, this year we would love to help even more. Your donation will be used to purchase specific items from a wish list and food. Cash donations are being accepted at the Northgate Lions Seniors Recreation Centre reception desk. Tax receipts will be issued for donations over \$20.

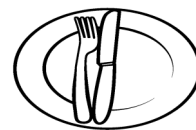
Also, if you know a senior in need who would enjoy a special gift for this holiday season please call outreach 780-414-8790 by November 18<sup>th</sup>. We will be happy to help.

With the weather getting colder if you know any seniors who are needing assistance with housing, transportation, and food and much more please refer them to us.

We just want to say a big thank you to all the Knitting for the Needy volunteers for all their hard work. We were able to donate thousands of items to many different organizations and schools.

Outreach services at NESA can be reached Monday to Friday from 8:30-4:00 at **780-414-8790**. Brittany's office hours are on Mondays, Tuesdays and Thursdays and Mariam's are Monday to Friday.

# FOOD FOR FITNESS CAMPAIGN



## Food for Fitness Campaign

This holiday season the NESAs Fitness Centre is teaming up with the Outreach Department in efforts to help ensure no senior goes hungry! We are asking for your donations of any non-expired, sealed and labelled food items. Here are some specific items on the Outreach Wish-List:

### Chunky Soup, Canned Tuna/Salmon or Ensure/Boost



### Rice, Pasta Sauce or Oatmeal



We are collecting food donations in the Fitness Centre for the month of December and as a way of saying thank you for your generosity, we are offering a **free** entry to our Gift of Fitmas' contest where you will be entered to win the following fitness bundle:

- 1) Yoga Mat 2) Stability Ball 3) Set of Exercise Bands 4) A NESAs t-shirt (of your choosing) and 5) Two 10-Visit Fitness Centre Passes
- \*Package worth over \$150.00!



One food item = 1 Entry      Three food items = 5 Entries!  
Five food items = 10 Entries!

This campaign *begins* on Monday, December 2, 2019  
and *ends* on Friday, January 3, 2020

**Winner to be announced on Monday, January 6, 2020**

Please see Fitness Centre Volunteers or Jollean for more information!

**Thank you for supporting The North Edmonton Seniors Association  
and The Supporting our Seniors food-raiser!**

# JUST FOR THE FUN OF IT



The member who completes the puzzle correctly will have a chance to win \$10.00 for E.M.M.A's! (All correct submissions will be put into a draw). Please submit your entries at the front desk by **Tuesday, December 10, 2019**

**October Winner:**

Pat Udholm



**NAME:** \_\_\_\_\_ **PHONE NUMBER:** \_\_\_\_\_

NOV - DEC

B	A	K	E	O	T	E	L	T	S	I	M
E	Y	L	L	O	H	E	B	H	W	L	E
C	C	A	I	G	E	I	G	R	O	C	R
N	L	H	I	S	R	V	E	G	I	L	R
A	L	F	R	T	E	A	I	O	N	W	Y
R	I	R	H	I	T	I	J	T	O	O	L
B	W	O	L	H	S	E	P	N	S	E	G
M	D	S	H	E	R	T	S	P	G	E	I
E	O	T	T	S	O	D	M	N	O	E	F
M	O	D	L	O	C	N	A	A	I	P	T
E	G	F	A	M	I	L	Y	R	S	O	S
R	E	C	I	T	S	L	O	S	K	H	P

ANGEL	FAMILY	HOPE	REMEMBRANCE
BAKE	FESTIVE	MERRY	SNOW
BIRTH	FROST	MISTLETOE	SOLSTICE
CHRISTMAS	GIFTS	NOEL	WREATH
COLD	GOODWILL	POINSETTIA	
DARK	HOLLY	POPPIES	
EGGNOG	HOLY	REJOICE	

The 6 left over letters form a word.

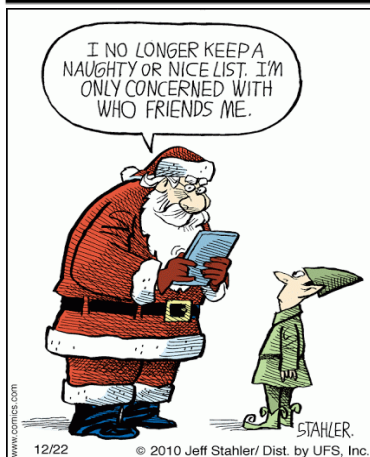
## Canada's weirdest National Days

### November

- Nov 1: Cook For Your Pets Day
- Nov 4: Candy Day
- Nov 5: Doughnut Day
- Nov 6: Nachos Day
- Nov 8: Cappuccino Day
- Nov 12: Chicken Soup for Soul Day
- Nov 14: Pickle Day
- Nov 15: Raisin Bran Cereal Day
- Nov 17: Take A Hike Day
- Nov 18: Mickey Mouse Birthday
- Nov 19: Play Monopoly Day
- Nov 20: Absurdity Day
- Nov 21: Red Mitten Day

### December

- Dec 1: Eat a Red Apple Day
- Dec 4: Sock Day
- Dec 12: Gingerbread House Day
- Dec 15: Wear Your Pearls Day
- Dec 17: Maple Syrup Day
- Dec 22: Date Nut Bread Day
- Dec 24: Eggnog Day
- Dec 25: Pumpkin Pie Day
- Dec 26: Whiner's Day
- Dec 29: Tick Tock Day
- Dec 31: Champagne Day



- New Year's Resolutions for ~~2011~~ ~~2012~~ ~~2013~~ 2014
1. Lose ~~more~~ weight again
  2. Get fit next year
  3. Give up ~~alcohol~~ <sup>and cigarettes!</sup> drink less
  4. Stand <sup>Find job</sup> up to boss
  5. Try to Be nicer to my <sup>ex</sup> wife
  6. Sort out junk in shed life

## MEET THE CLUBS



The **Silversmithing/Jewellery Club** currently has 12 members (this photo is from last Christmas!). You must have some experience in silversmithing, wirewrapping or beadwork to join the club. The longest participating members—since the club started about 13 years ago—are Frances Muth, Bonnie Moore, Carol Brandl and Barb Mikaluk.

About 1-1/2 years ago the newest members Sandra and Geoff Blenkinsopp joined. You can find the club's amazing work in the glass cabinets by the front desk. Three words to describe the club are: social, fun and creative!

**Just for the Company** has approximately 135 members and no experience is needed. You must be mobile though as the club travels on buses to events. Pat Ferguson is the longest participating member, and as far as new members, it changes daily or weekly! The club is fun, friendly and adventurous!



The **Pins and Needles Quilting Club** currently has 16 members who make quilted items for themselves and for the Club to sell. The only criteria to join is you need to know how to quilt.

May Reagan is the longest participating member and she has been part of the group for 20 years. This fall, new members Barbara Stachow, Connie Mitchell, and Jenny Smits joined. If there were just three words to describe this club they would be: enthusiastic, ambitious and cheerful.

# E.M.M.A Catering Christmas Special!

**Have no time to prepare Christmas dinner,  
let us help cook it for you!**

**Give holiday guests a Christmas dinner menu to remember  
with E.M.M.A. Catering's top-rated turkey!**

Included in the menu: Turkey, Stuffing, Mashed potatoes, Mixed  
Vegetables, Cabbage rolls,  
Gravy, Cranberry Sauce, Dinner buns and  
**9' Pumpkin pie.**

**Order by December 2<sup>nd</sup> 2019**

Minimum number of people is 6 and maximum number of people is 15.

Price per person \$21 and the order has to be pre-paid  
no later than December 9th, 2019

All orders will be picked up on Christmas Eve between 2:00-3:30pm at  
E.M.M.A's Catering back door with your order number.

If you have any question come see Dragana in the cafeteria or pick up your  
ordering sheet and reserve your spot.



# CLUB NEWS

## 2019 NESA CLUB INFORMATION

For Club Information contact  
NESA office @ 780-496-6969

Art	Mon 9:30 -12:30 & 1 - 4
Badminton	Mon, Wed, Fri 9 - 11
Wild Life Carving	Thu 1 - 4
Book Lovers	3rd Fri/month 10:30 - 12
Bridge	Thu 12 - 4
Canasta	Thu 1 - 4
Carpet Bowling	Tue 10:45 - 12
	Thu 10:30 - 12
Creative	
Greeting Cards	Tue 9 - 12
Cribbage, AM	Fri 9:45 - 12
Cribbage, PM	Fri 12:45 - 3
Fibre Arts	Thu 1 - 4
Garden	3rd Wed, 10:30 - 12
Golf	Seasonal
Guitar Jam	Wed 12:30 - 3:30
Hardanger	Fri 9 - 12
Jammers	Tue 1 - 4
Just for the Company	2 <sup>nd</sup> Wed, 2:30 - 4:00
Music Makers	Tue 9:30 - 12:30
Pickleball	Wed & Fri 11 - 2
Quilting	
"Pins & Needles"	Fri 9:30 - 12:30
Silversmithing	Tue 9 - 4
Stained Glass	Mon 9:30 - 4
Termites - Chip Carvers	Fri 9 - 12
Travel	1 <sup>st</sup> Tue, 10:45
Washi Chigiri-E	Wed 9 - 12
Weavers	Tue 10 - 4
Wizards of Odds 'n Ends	Wed 11:30 - 2:30
Woodworking	Fri 9 - 4

## NOTE

All club members are required to have a current NESA membership.

## TRAVEL CLUB

### PRESENTATIONS

Nov. 5, 2019: Cobblestone Freeway Tours on a tour to Western Ukraine for 2021.

Dec. 3, 2019: Promotion Tours - distribution of new brochures.

**Come & check us out. Drop in to any meeting on the 1st Tues of the month, 10:45 am.**

## JUST FOR THE COMPANY

Dec 5	Hotel MacDonald Christmas Lunch. \$67. Bus 10:30 am
Dec 10	Christmas Turkey Lunch @ NESA subsidized by Club. 11:30 am. Meeting & Door Prizes to follow
Dec 15	Oklahoma Festival Place \$55. Bus 1:00 pm
Dec 18	Mayfield Dinner Theatre Class of 63 (a rocking high school reunion as they celebrate 25 year reunion) \$102. Bus 10:00 am

## BRIDGE CLUB

### We need more members!

We play on Thursdays:  
12 pm - 4 pm

Call Doris 780-472-8151  
Or Clayton 780-483-7020  
First 2 times are **FREE**

## Wednesday Dinner

5:30 pm

Call **780-406-0840** for reservations.

Cut-off to make or cancel a dinner reservation is  
Mon prior to the Wed dinner (No exceptions).  
If Mon is a holiday, phone and leave a message  
on the answering machine.

**PLEASE NOTE:** For our special turkey dinners,  
**payment must be made in advance by the**  
**Tuesday prior to the dinner.**

### November 2019

- Nov 6 Chicken Breasts w/Mushroom  
Sauce/Mashed Potatoes \$22.  
Nov 13 Salmon Dinner \$22.  
Nov 20 Orange Chicken  
(Dragana's Special) \$22.  
Nov 27 Birthday Dinner,  
Roast Beef \$22.  
Birthday Person \$21.

For Birthday Person to receive Birthday discount,  
must show ID if requested to do so.

### December 4, 11, 18, 2019

Roast Turkey with all the trimmings.  
A different Salad,  
Vegetables and Dessert  
each week \$22.

**Starting at 5 pm.**  
**Advance payment required**



## Wednesday Dance

7 - 10 pm



Doors open @ 6:45 pm  
Dance to a different live band  
weekly!

Enjoy an evening  
of socializing & exercise.  
Singles welcome!

Dance Fees:  
\$8/member  
\$11/non-member

**Please note:**  
**No personal liquor or pop**  
**can be brought in.**

### 2019 Fall Band Schedule

- Nov 6 Sparkling Tones  
Nov 13 Country Gold  
Nov. 20 Chwill Brothers  
Nov.27 Diamonds  
\*\*Dec. 4 Sparkling Tones  
\*\*Dec. 11 Diamonds  
Dec. 18 NO DANCE

\*\*Please note: On Turkey Dinner  
Nights, Dance times change to  
start at 8 pm.