



PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your FUN inside:

12 Fluid Art Series

16 Age Reversing
Essentrics®

21 Pickleball with
"In A Pickle"

44 Carving &
Woodworking



Edmonton



7524 - 139 Avenue

our history

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

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

NESA's success speaks for itself:

- Over 600 programs run annually
- Over 250 volunteers give over 40,000 hours of their time collectively, annually

WINTER 2020 CONTENTS

Clubs	41-44
Computers & Devices	4-9
Crafts & Hobbies	10-12
Dinners, Dances & Rentals46
Drawing & Painting	14-15
Events45
Fitness & Sports	16-23
Fitness Centre	24-25
General Interest	26-31
Health & Wellness	32-34
Home Supports48
Landry Pass47
Languages	36-37
Mail-In Registration51
Matinee Movies13
Membership Form	49-50
Membership Info	3
Music, Song & Dance	38-40
Outreach Services48
Tours & Outings35

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

HOW TO REGISTER

WINTER 2020

Registration **CLOSED**

December 9 from 12-12:30pm

Club Registration starts on
Monday, December 2 at 8:30 am and continues
Monday to Friday from 8:30 am - 4:30 pm.

Program Registration starts on
Monday, December 9 at 8:30 am and continues
Monday to Friday from 8:30 am - 4:30 pm.

OPEN LATE December 9, 10, & 11 until 7 pm



REGISTRATION AND PAYMENT

- In-person or mail-in registrations only. Please only send cheques, payable to NESAs, with mail-in registration.
- You may only register **yourself and/or your spouse** on the first day of registration.
- Another participant may register for you anytime after the first day of registration.
- Reciprocal memberships from other senior centers will be honored for NESAs programs at Member rates. Reciprocal members will be placed on a wait list until one week after registration starts and will be notified at that time if space is available.
- You are not registered until you pay.
- **Debit/Credit available in-person only.**
- Cost of supplies are extra for most programs.
- NESAs club members pay their club fees at the front office. See page 42 for more details.

CANCELLATIONS AND REFUNDS

- NO REFUNDS or credits will be given for programs, presentations, clubs, tours, or Fitness Centre registration unless cancelled by NESAs.

MEMBERSHIPS

- NESAs memberships are available for persons 55 years and older for \$30 per year (Jan - Dec).

NON-SENIORS

- Non-Seniors (under age 55) are permitted in most daytime programs, however priority is given to members who are 55+.
- Non-Seniors memberships are available for \$60 per year (Jan - Dec) and permits Non-Seniors to register at member rates.
- Evening programs are open to all adults (18+) and are filled on a first-come basis.

DISCLAIMERS

- Opinions expressed by guest speakers do not necessarily 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 our outings.
- All programs are organized and operated by NESAs.

COMPUTERS & DEVICES



You're One Click Away: Digital Content

Edmonton Public Library

Discover the incredible resources available at epl.ca! This workshop will focus on how to access your library account online and navigate your way around the library website to find books, place holds on material, do research, and search for events. We'll also explore Edmonton Public Library's digital content including genealogy resources, eBooks, online films, and other gems. You're one click away! You must have a valid Edmonton Public Library card and pin/password in order to access EPL's digital content.

Wed, Mar 18 / 10am-12pm

\$2 Member / \$2 Non Member

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

ALL CLASSES BY SHAWN GRAMIAK

1:1 Computer Tutorials

Do you find a three-hour class overwhelming? Have you had a class cancel? An hour long one-on-one tutorial gives you the opportunity to work on a handful of specific skills you want to know about.

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

Thu, Jan 16 / 1-2pm / 2-3pm / 3-4pm

Thu, Jan 30 / 1-2pm / 2-3pm / 3-4pm

Thu, Feb 13 / 1-2pm / 2-3pm / 3-4pm

Thu, Feb 27 / 1-2pm / 2-3pm / 3-4pm

Thu, Mar 12 / 1-2pm / 2-3pm / 3-4pm

Thu, Mar 26 / 1-2pm / 2-3pm / 3-4pm

Thu, Apr 2 / 1-2pm / 2-3pm / 3-4pm

\$50 Member / \$80 Non Member

QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

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

An Overview of Windows 10

If you were a fan of Windows XP or Windows 7, you might find Windows 10 to be a bit of a challenge. This class will take participants through a hands-on review of what Windows 10 can do. Topics will include filing, searching and customizing Windows so it will do what you want it to do. Participants will also learn about the apps built into Windows 10, and what to do if you don't want or need them. Basic typing and mouse skills are required.

Thu, Jan 9 / 9am-12pm

\$30 Member / \$60 Non Member

Clutter Busting with Kijiji

Want to get a start on some spring cleaning? Kijiji is a website that thousands of people use to sell items or find a bargain. Like the Bargain Finder newspaper or online garage sales, it is easy to place an ad. The final sale is done face-to-face; no need to worry about things like credit card numbers or sending money through mail. Learn how to create an ad, look for items, and respond to a sale. It's fun and it's easy.

Thu, Feb 20 / 9am-12pm

\$30 Member / \$60 Non Member

Create Online Photo Books

Looking for a way to create great looking "coffee table book" quality photo books? Companies such as London Drugs offer online services that can take your collection of digital photos and turn them into attractive printed keepsakes. A great idea for family gifts, or even just a nice way to keep your treasured memories on the bookshelf, this online service is easy and fun to use. Join us for this three-hour introduction into the basics of an online photo book maker. Be prepared to play around and see how a photo book maker works.

Thu, Mar 19 / 9am-12pm

\$30 Member / \$60 Non Member



NESA IS PROUD AND GRATEFUL

To have approx. 250 Volunteers that help with registration, administration, fundraising, social events, committees, CARE programs, our Board of Directors, and much more!

Flash Drives and External Drives

This one-hour lecture will show participants how to use flash drives and external drives to backup data on their computer for safe keeping. Participants will learn that with a few simple steps, they can keep the pictures and documents they have created safe from potential computer malfunctions. Learning how to use a flash drive is also a great way to transfer data from an old computer to a new one. No need to bring anything, just sit back, relax and enjoy the presentation!

Thu, Jan 23 / 1-2pm

\$10 Member / \$40 Non Member





Getting Excellent In Excel

This class is intended for folks who work with numbers or need to organize and work with data. Participants will be taken through a hands-on examination of how Microsoft Excel works, building items like budgets and address lists along the way. Topics covered will include budget and database design, formulae and functions, making charts and formatting your information! Basic typing and mouse skills are required.

Thu, Jan 23 / 9am-12pm

\$30 Member / \$60 Non Member

Getting More Out of Google

Most people use Google simply to search for topics of interest on the Internet, and Google does a great job with that. However, Google has a whole variety of other features that you may not be aware of. This includes maps, video and image searches, newspapers and stock quotes and even blog and website makers. This just scratches the surface of what Google can do. Google has dozens of other features people may not even know about. This half day session is meant to introduce you to some of the other features that Google offers. This three-hour course requires good typing and mouse skills, and some familiarity with using a computer.

Thu, Jan 9 / 1-4pm

\$30 Member / \$60 Non Member

Google Docs, Sheets, and Slides

You may have noticed that Google Docs is replacing Microsoft Office in many contexts. That's because Google Docs is free. Google also offers apps that can be used to replace Excel and PowerPoint. This course will focus on the Microsoft-like programs in Google Drive. We'll compare the two office suites and cover tips and tricks for using Google Docs, Sheets and Slides.

Thu, Mar 12 / 9am-12pm

\$30 Member / \$60 Non Member

How to Get More Out of Gmail

A lot of people have been encouraged to use Gmail as their regular email program. This class will give users a hands-on hello to how Gmail works. It will go right from the basics of sending and receiving email, but it will also include working with attachments, organizing your email, setting up auto-replies, how to use mail forwarding, how to send group emails, and how to use 'receipt' options within email. This is a computer-based class and is not intended for digital devices like phones, iPads or tablets. Basic typing and mouse skills are required.

Thu, Jan 30 / 9am-12pm

\$30 Member / \$60 Non Member

Introduction to the iPad

Still struggling with how to use your iPad? This slower paced 6-hour course is for you! Participants will learn how to: use iPad buttons, connect to a WiFi network, work with basic applications already on the iPad, download and use new applications from the Apps store, purchase iPad books, and surf the internet.

NOTE All participants need to bring their own iPad and their Apple ID and password for their iTunes account. Students must purchase a \$15 iTunes card and bring it with them to the class. Cards are available at most grocery and electronic outlets.

Thu, Feb 6 & 13 / 9am-12pm / Wks 2

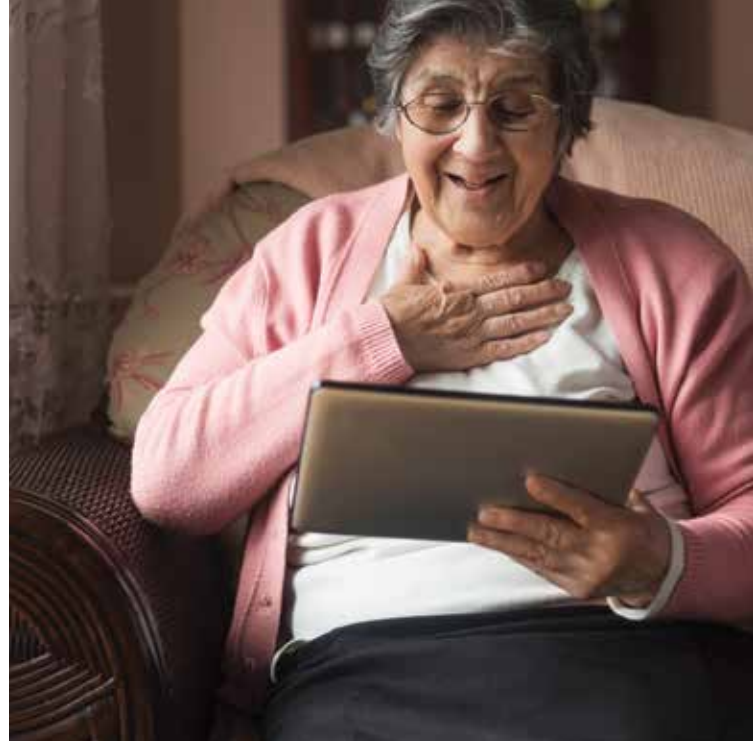
\$55 Member / \$85 Non Member

iPad Tips and Tricks

This three-hour session is a smorgasbord of snappy little moves you can make with your iPad. You will learn a variety of quick iPad skills. This jam-packed session demands you have experience with your device. If you are new to your iPad, take the Introduction to iPad session first.

Thu, Mar 19 / 1-4pm

\$30 Member / \$60 Non Member



iPhone Tips and Tricks

This three hour session is a smorgasbord of snappy little moves you can make with your iPhone. You will learn a variety of quick iPhone skills. This jam packed session demands you have experience with your phone. If you are new to your iPhone, take the Introduction to iPhone session first.

Thu, Mar 26 / 9am-12pm

\$30 Member / \$60 Non Member

Keep Safe Online

The Internet brings us a whole host of wonderful and useful things, but just like the real world, there will always be bad apples. This three-hour session will cover some of the common scams you may encounter and give you tips on what you can do to keep yourself safe during your adventures online! Along the way, you will have a chance to visit and review some of the great resources out there that can help you stay safe.

Thu, Feb 27 / 9am-12pm

\$30 Member / \$60 Non Member



DON'T FORGET

To check out our website: www.nesa1.ca for some of our latest news on programs and upcoming events!

Make an E-Transfer

Do you bank online, but are still leery about sending money electronically? Have you ever had to get cash to someone quickly, in time of emergency? This brief one-hour information session will be a demonstration on how you do an Interac E-transfer of funds. Adding payees to your account will also be covered. Don't worry, this is a lecture, so you don't have to bring any banking passwords or electronic devices. Just sit back and enjoy the presentation!

Thu, Jan 23 / 2:30-3:30pm

\$10 Member / \$40 Non Member

Paying Bills Online

This session is for those who aren't sure if they want to bank online. In this one-hour lecture, you will learn how to pay a bill online. This demonstration will use a Servus bank account, but most online banking works in similar ways. You will learn how payees get added to an online account, and how payments can be made to them. Don't worry, this is a lecture, so you don't have to be banking online yet. Just sit back and enjoy the presentation!

Thu, Feb 20 / 2:30-3:30pm

\$10 Member / \$40 Non Member

PayPal to Buy Online

PayPal is another convenient electronic payment system. PayPal allows you to pay online vendors (who accept PayPal without having to give those vendors your credit card or banking information). In this one hour lecture, you will learn how PayPal works, and see how you can pay for a service online, and buy a product online using PayPal. Don't worry, this is a lecture, so you don't have to bring any passwords or electronic devices. Just sit back and enjoy the presentation.

Thu, Feb 20 / 1-2pm

\$10 Member / \$40 Non Member



What is iCloud?

iCloud is a "connection point" and online backup/storage area for all your Apple devices. Although you can run iCloud on your PC, it is meant mainly to work with Apple Products. In this one-hour lecture, users will be introduced to iCloud and shown what it does.

Thu, Feb 6 / 1-2pm

\$10 Member / \$40 Non Member

What is the Google Drive?

If you use an Android tablet or phone, you are connected to the G: Drive (the Google Drive). This quick one-hour lecture will show users what the G: Drive and its apps can do. So if you are wondering what all this Cloud computing stuff is all about, this may be the presentation for you!

Thu, Feb 6 / 2:30-3:30pm

\$10 Member / \$40 Non Member



What's New in Microsoft Office

Word, Excel and PowerPoint are always getting new "bells and whistles" added to them. This session will take you through what's new in these programs. Some stuff you may never use (unless you do high end data analysis as a hobby). Yet there are always new tips and tricks to learn. This hands-on session is for those with some experience with Word, Excel and PowerPoint. Good typing and mouse skills are a must.

Thu, Apr 2 / 9am-12pm

\$30 Member / \$60 Non Member

Where Did I Put That File?

Do you have a ton of pictures to organize on your computer? Do you have a bunch of documents that need to be tidied up? Do you have trouble finding items that you know you've stored on your computer? This class will take you through the basics of how to get items on your computer organized. Topics include making storage folders and moving items into them. Renaming computer files and folders so they make more sense. Deleting files and rescuing files you may have accidentally deleted. So if you are looking for the skills to organize the 300 photos from your summer trip through Europe, this class is for you! Basic typing and mouse skills are required.

Thu, Jan 16 / 9am-12pm

\$30 Member / \$60 Non Member



Acrylic Pouring – An Introduction

Sharlene Wyness and Janelle Tameling

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

Thu, Feb 27 / 6:30-8:30pm

\$48 Member / \$78 Non Member EVENING

DID YOU KNOW?

NESA is a non-profit charitable organization. This means that we can issue you an income-tax receipt for any monetary donations you wish to make! Visit us in person to donate today or online at www.nesa1.ca

GST Charitable #119060317 RR 0001

Bird Carving

Hugh Acheson

NOTE This carving course is a continuation from the Fall 2019 season. **New enrollees will be added to a waitlist and contacted one-week prior to the start date if space becomes available.**

+\$20 - \$250 Approx. depending on supplies you may already have.

Wed, Jan 8-Mar 25 / 1-4pm / Wks 12

\$117 Member / \$147 Non Member

Ceramics for All Levels

Jackie Garrant

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

Supply list provided at registration.

Wed, Jan 8-Mar 25 / 12:30-3:30pm / Wks 12

\$97 Member / \$127 Non Member

Creative Cards and Treats for All Occasions

Janelle Tameling



Come to the Creative Card and Treat Buffet! Spend a fun-filled day making cards and small treats for all occasions.

Working at your own pace, choose from an assortment of over a dozen different designs of all occasion cards, and you will

also be able to make small treats and table favors for the upcoming holidays. Kits are prepared with all of the bits and pieces and instructions, so all you need to do is stamp, assemble, embellish, and add a greeting! Included in the class fee are all of the supplies to make up to 20 items (cards with envelopes or treats). Additional cards are \$2 each. **All supplies included.**

Fri, Jan 17 / 9am-3:30pm

Fri, Feb 7 / 9am-3:30pm

Fri, Mar 27 / 9am-3:30pm

PER WORKSHOP \$48 Member / \$78 Non Member

Creative Writer's Circle: Intermediate and Advanced

Ken Saik

Watch your writing evolve and keep motivated in this encouraging and fun Creative Writer's Circle. Experienced writers will discuss, examine and develop their writing skills and style through peer analysis and critiques.

Tue, Jan 14-Mar 24 / 12:30-3pm / Wks 10

No class *tbd*

\$81 Member / \$111 Non Member

Creative Writing: An introduction

Ken Saik

Always wanted to put your thoughts, memories and stories to paper but have no idea how to begin? Learn how to write journals, letters, memoirs, fiction and poetry. Learn setting, mood and effective character development while exploring the sheer joy of playing with words.

Tue, Jan 14-Mar 24 / 10am-12pm / Wks 10

No class *tbd*

\$65 Member / \$95 Non Member

Crochet: Basic to Advanced

Ann Marston

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

Tue, Jan 7-Feb 11 / 11am-1pm / Wks 6

Tue, Feb 25-Mar 31 / 11am-1pm / Wks 6

\$61 Member / \$91 Non Member





Fluid Art Series

Sharlene Wyness & Janelle Tameling

In this three-part series, we will explore a variety of fluid art mediums including acrylic paints, alcohol inks, and more. No previous painting experience required. Wear old clothes and an apron, this could get messy!

All supplies included.

Thu, Mar 5, 12, & 19 / 6:30-8:30pm / Wks 3

\$144 Member / \$174 Non Member EVENING

Knitting: For All Levels

Ann Marston

Learn the art of knitting! Make a scarf using the knit and purl stitches, also how to cast on your stitches, binding them off and how to read a pattern. For those who have been knitting for some time, Ann will be happy to help you with any project you decide to tackle! **Supply list provided at registration.**

Tue, Jan 7-Feb 11 / 1:30-3pm / Wks 6

Tue, Feb 25-Mar 31 / 1:30-3pm / Wks 6

\$46 Member / \$76 Non Member

Lacy Bodkin Rugs – The Ultimate in Recycling

Lavonne Hailes

Would you like to learn how to make your own rag rug out of old bedsheets? These rugs look braided but are made using a toothbrush as a “bodkin” and old bedsheets as rags! Join instructor Lavonne Hailes for four weeks of fun!

NOTE Instruction will be for right-handed work only; if you feel comfortable learning how to do it this way, please join us! This craft requires strong wrists and fingers to work the fabric and bodkin. The first class will be a practice session so please ensure not to miss this portion of the workshop!

Mon, Mar 2, 9, 16 & 23 / 1-3pm / Wks 4

\$50 Member / \$80 Non Member

Northgate Writing Society

Northgate Writers

Have you ever had a story to tell but didn't know how to start it? Join us and discover how talented you are and how interesting your word weaving can be!

Fri, Jan 17-Mar 27 / 1-3pm / Wks 11

\$22 Member / \$52 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 a low enrollment we may have to cancel the program because we can not 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!



NESA MATINEE MOVIES

Movies start @ 1:15 pm

\$2 (for refreshments) Must pre-register.

Join us for the following movies...

“A Dogs Purpose” 2017

Fantasy, Drama (2 hours)

A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self.

Tuesday, January 21

“Isn’t it Romantic” 2019

Fantasy, Satire (1 hours 29 min)

Natalie is a New York architect who works hard to get noticed at her job, but is more likely to deliver coffee and bagels than design the city's next skyscraper. Things go from bad to weird when she gets knocked unconscious during a subway mugging and magically wakes up to find herself in an alternate universe. Always cynical about love, Natalie's worst nightmare soon comes true when she suddenly discovers that she's playing the leading lady in a real-life romantic comedy.

Tuesday, February 18

“A Dogs Journey” 2019

Fantasy, Drama (1 hour, 48 min)

Bailey is living the good life on the Michigan farm of his boy, Ethan and Ethan's wife Hannah. He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mom, Gloria, decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost. Thus begins Bailey's adventure through many lives filled with love, friendship, and devotion.

Tuesday, January 28

“Aladdin” 2019

Fantasy, Romance (2 hour, 9 min)

Aladdin is a lovable street urchin who meets Princess Jasmine, the beautiful daughter of the sultan of Agrabah. While visiting her exotic palace, Aladdin stumbles upon a magic oil lamp that unleashes a powerful, wisecracking, larger-than-life genie. As Aladdin and the genie start to become friends, they must soon embark on a dangerous mission to stop the evil sorcerer Jafar from overthrowing young Jasmine's kingdom.

Tuesday, March 17

DRAWING & PAINTING



MATERIALS

Supply list will be provided at registration.

NEW!

Easy Floral Painting

Carmella Haykowsky

In this fun class you will learn the key skills to painting dynamic flower paintings. Learn to use drawing, design, and composition to simplify your image. Develop your skills in colour mixing using a limited palette. Train your eye to see the most important elements in the image and to paint what you see. Carmella's classes include class demos, step by step and guided instructions. All levels of experience are welcomed and for those who've never painted before, there's a space for you too! **Supply list provided at registration.**

Wed, Jan 8-Feb 12 / 9:30am-12:30pm / Wks 6

\$120 Member / \$150 Non Member

NEW!

Easy Landscape Painting

Carmella Haykowsky

This engaging class will teach you the key skills to painting outstanding landscape paintings. Focus on two important aspects of landscape painting: color and design. Learn the key techniques for mixing colours and values. Develop your skills in design and composition, especially editing for impact. Explore a variety of paint applications, effects and brush skills. Carmella's classes include demos, step by step and guided instructions. All levels of experience are welcomed and for those who've never painted before, there's a space for you too! **Supply list provided at registration.**

Wed, Feb 19-Mar 25 / 9:30am-12:30pm / Wks 6

\$120 Member / \$150 Non Member

Introduction to Drawing

Susan Casault

Anyone can learn to draw! Have fun exploring the essentials of drawing using line, proportion, depth, shadows, and more. Discover how to create realistic drawings using just a pencil, eraser and various blending techniques to create form and texture. A slower-paced course using different subjects each week, there is lots of time to practice what you learn. No previous drawing experience needed. Photo reference will be provided by the instructor. **Supply list provided at registration.**

Thu, Jan 16-Feb 20 / 9:30am-12:30pm / Wks 6

\$136 Member / \$166 Non Member

Open Study Drawing

Susan Casault

Use this time to work on unfinished drawings from previous classes or your own projects. Improve your drawing skills in the mediums of graphite, coloured pencil, pen and ink, or watercolour pencil. Work at your own pace while your instructor gives you individual guidance in exploring your own style and technique as well as help with problem-solving. All levels welcome. **Bring your own supplies.**

Thu, Mar 5-Mar 26 / 9:30am-12:30pm / Wks 4

\$91 Member / \$121 Non Member

STAY IN THE KNOW ABOUT ALL THINGS NESAI!

Sign up to be on our email list!

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



Painting with Oils

Debbie Olafson

Lengthening days bring some interesting scenes to light. Join us for painting some sunsets and mountains. We'll use both brush and palette knife in class. **Supply list provided at registration.**

Fri, Feb 21-Mar 27 / 9:30am-12:30pm / Wks 6

\$93 Member / \$123 Non Member

Painting with Pastel Pencils

Debbie Olafson

Let's let our pencils take us away from winter and short days - let's paint some nice warm scenes and flowers to chase away winter. Pastel pencils are a wonderful portable medium, join us for some fun. **Supply list provided at registration.**

Fri, Jan 10-Feb 14 / 9:30am-12:30pm / Wks 6

\$93 Member / \$123 Non Member



Age Reversing Essentrics®

Samara and Meaghan Hipkin

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles. It will also rebalance your body and relieve, stiffness and chronic pain while stimulating your cells to increase energy, vibrancy and your immune system. This is a slow paced, full body workout created by Miranda Esmonde-White, author of the New York Time Bestseller, Aging Backwards. This course includes standing, chair and floor work (back and side only). Instructors can provide modifications for students who cannot do floor work. Please bring a yoga mat, small towel and water to class.

Mon, Jan 6-Mar 16 / 10:15-11:15am / Wks 10

Fri, Jan 10-Mar 20 / 10:45-11:45am / Wks 10

No class Mon, Feb 17 & Fri, Feb 21

\$95 Member / \$125 Non Member

Back and Shoulder Rehab

Bill Climie

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

Wed, Jan 8-Mar 25 / 12:15-1:15pm / Wks 12

\$64 Member / \$94 Non Member

Balance Out Your Week

Bill Climie

There's no better way to complete the week! Join this fun and friendly class and work on your balance, strength and coordination to help with your everyday activities.

Fri, Jan 10-Mar 27 / 11:15am-12:15pm / Wks 12

\$64 Member / \$94 Non Member

Beginner 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.

Mon, Jan 6-Mar 23 / 2:45-4:15pm / Wks 11

No class Mon, Feb 17

\$72 Member / \$102 Non Member

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.

Buns and Bellies

Kiersten van Leenen

Challenge your lower body and core in this 45-minute class using only the mat and your body.

NOTE Participants must be able to get down to the floor.

Wed, Jan 8-Mar 25 / 12:30-1:15pm / Wks 12

\$58 Member / \$88 Non Member

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.

Mon, Jan 6-Mar 23 / 8:45-9:45am / Wks 11

No class Mon, Feb 17

\$53 Member / \$83 Non Member

Wed, Jan 8-Mar 25 / 8:45-9:45am / Wks 12

\$58 Member / \$88 Non Member

Chair Dance

Harmeet Khaira

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

Tue, Jan 7-Mar 24 / 11am-12pm / Wks 12

Thu, Jan 9-Mar 26 / 11am-12pm / Wks 12

\$72 Member / \$102 Non Member



Chair Total Body Workout

Harmeet Khaira

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

Mon, Jan 6-Mar 23 / 12:30-1:15pm / Wks 11

No class Mon, Feb 17

\$66 Member / \$96 Non Member

Chair Yoga

Barb Deneka

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 may work.

Mon, Jan 6-Mar 23 / 11:15am-12:15pm / Wks 11

No class Mon, Feb 17

\$59 Member / \$89 Non Member

Thu, Jan 9-Mar 26 / 12:15-1:15pm / Wks 12

\$64 Member / \$94 Non Member

Circuit Training

Bill Climie

Get the benefits of building and toning muscles along with working your cardiovascular system. Bill will lead you through a series of exercises to keep you moving and motivated!

Tue, Jan 7-Mar 24 / 3:15-4:15pm / Wks 12

Thu, Jan 9-Mar 26 / 3:15-4:15pm / Wks 12

\$64 Member / \$94 Non Member

Cross Training

Falon Fleming

Utilize a combination of aerobic and strength training to help enhance your health and movements, while improving your strength, flexibility, endurance, and coordination. Station-based rounds are structured to keep you motivated and moving. Must be able to safely get up and down from the floor.

Mon, Jan 6-Mar 23 / 1:45-2:45pm / Wks 11

No class Mon, Feb 17

\$66 Member / \$96 Non Member

Wed, Jan 8-Mar 25 / 1:45-2:45pm / Wks 12

\$72 Member / \$102 Non Member



Essentrics® Stretch and Tone

Samara and Meaghan Hipkin

This is 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, leaving your feeling energized and healthy. This course includes standing and floor work (back and side only). Please bring a yoga mat, small towel and water to class.

Mon, Jan 6-Mar 16 / 9-10am / Wks 10

Fri, Jan 10-Mar 20 / 9:30-10:30am / Wks 10

No class Mon, Feb 17 & Fri, Feb 21

\$95 Member / \$125 Non Member

Fit For Your Life

Falon Fleming

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

Mon, Jan 6-Mar 23 / 10-11am / Wks 11

No class Mon, Feb 17

\$53 Member / \$83 Non Member

Wed, Jan 8-Mar 25 / 10-11am / Wks 12

\$58 Member / \$88 Non Member

Flexibility with Falon

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.

Mon, Jan 6-Mar 23 / 11:15am-12:15pm / Wks 11

No class Mon, Feb 17

\$66 Member / \$96 Non Member

Fun 'n Fitness

Kiersten van Leenen

This class involves plenty of walking to help improve the cardiovascular system. The class also incorporates balance, strength, and flexibility activities with the use of portable exercise equipment. No floor work.

Mon, Jan 6-Mar 23 / 12:30-1:30pm / Wks 10

No class Mon, Feb 17 & Mon, Mar 9

\$48 Member / \$78 Non Member

Thu, Jan 9-Mar 26 / 1:30-2:30pm / Wks 12

\$58 Member / \$88 Non Member

Gentle Yoga

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

Beverley Moore

Tue, Jan 7-Mar 24 / 12:15-1:45pm / Wks 12

Barb Deneka

Thu, Jan 9-Mar 26 / 10:30am-12pm / Wks 12

\$84 Member / \$114 Non Member

Golden Barre

Harmeet Khaira

Golden Barre is a full body workout specifically designed for the active aging population. It fuses the best of Ballet, Pilates, Yoga and Strength Conditioning for the hidden dancer in all of us! We work with different tempos and ranges of motion to help create long lean muscles. Small isolated movements. Help build core strength, posture, balance, stamina and flexibility. All fitness levels are welcome. Please bring your own yoga mat to stand on.

Thu, Jan 9-Mar 26 / 9:15-10:15am / Wks 12

\$72 Member / \$102 Non Member

Hanging Out

Bill Climie

Come "hang" out with Bill to improve your posture, increase range of motion and build greater stability from head-to-toe using suspension trainers.

Mon, Jan 6-Mar 23 / 3-4pm / Wks 11

No class Mon, Feb 17

\$88 Member / \$118 Non Member



Happy Hips

Kiersten van Leenen

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

Thu, Jan 23-Mar 19 / 12-1pm / Wks 9

\$48 Member / \$78 Non Member



Interval Training

Kiersten van Leenen

Join Kiersten for a total body workout experience! Experience an array of cardio and strength training exercises that challenge your body, burn calories, and energize you from head-to-toe! This course is for beginners and the advanced exercise! Some floor work is practiced but modifications are also provided.

Mon, Jan 20-Mar 16 / 8:45-9:30am / Wks 8

No class Mon, Feb 17

\$43 Member / \$73 Non Member

Wed, Jan 22-Mar 18 / 8:45-9:30am / Wks 9

\$48 Member / \$78 Non Member

Keep Fit with Falon

Falon Fleming

Improve your cardiovascular health, strength, balance, core and agility. Burn calories, tone your body and get fit at your own pace. Exercise modifications will be shown. Must be able to lower to the floor with ease.

Fri, Jan 10-Mar 27 / 8:45-9:45am / Wks 12

\$58 Member / \$88 Non Member

Limber and Laughter

Kiersten van Leenen

Join in for an effective seated workout using portable equipment and a range of modified movements. This class welcomes all levels of exercisers and is very beneficial to those with limited mobility.

Mon, Jan 6-Mar 23 / 11:30am-12:15pm / Wks 10

No class Mon, Feb 17 & Mon, Mar 9

\$48 Member / \$78 Non Member

Wed, Jan 8-Mar 25 / 11:30am-12:15pm / Wks 12

\$58 Member / \$88 Non Member

Pick Your Pace

Harmeet Khaira

This class focuses on balance, strength, flexibility and walking drills to get your heart rate up. Using a variety of portable equipment, you are led through a full body workout. All fitness levels are welcome!

Tue, Jan 7-Feb 11 / 1:30-2:30pm / Wks 6

Tue, Feb 18-Mar 24 / 1:30-2:30pm / Wks 6

\$36 Member / \$66 Non Member

Pickleball: Drop-In

Looking for an afternoon to play Pickleball? Join other NESAs members for an afternoon of Pickleball fun for just \$2.00 a visit.

NOTE A NESAs membership is required for drop-in access.

Mon, Jan 6-Mar 23 / 3:30-5:30pm / Wks 10

No class Mon, Feb 17 & Mon, Mar 9

\$2 Member ONLY

Pilates On The Ball

Linda Turnbull

Enjoy pilates? Like a challenge? Try this class! You will feel stronger and more balanced after every class. Stretch and strengthen your body with specific focus on the core stabilizers.

Fri, Jan 10-Mar 27 / 10-11am / Wks 12

\$76 Member / \$106 Non Member

Recover and Rebuild

Bill Climie

Recovering from surgery? Or chronic pain and discomfort? Physical limitations? This class is designed specifically with these issues in mind. In a small group setting, Bill uses effective, safe and practical exercises to help improve your overall fitness level and keep you on the right path to good health.

Tue, Jan 7-Mar 24 / 2-3pm / Wks 12

Thu, Jan 9-Mar 26 / 2-3pm / Wks 12

\$64 Member / \$94 Non Member



NEW! Pickleball: Registered Program with "In A Pickle"

Interested in learning how to play pickleball? Or perhaps you want to further develop the skills you already have? Join experienced and qualified pickleball instructors from "In A Pickle" for two evenings of skills assessment and mentoring and then be grouped with other players with your skill level to practice and play for four more weeks! Once skills assessments have been determined and players have been given a self-rating, the following four weeks will have designated times for each level to play via a round-robin game structure. Scheduling of your future playing time will be confirmed at the end of your second week's session.

NOTE This is a registered course and no drop-ins are permitted. Registration is limited to just 15 people per timeframe so sign up today to reserve your spot in this exciting six-week opportunity!

Tue, Jan 7-Feb 11 / 5:30-7pm / Wks 6

Tue, Jan 7-Feb 11 / 7-8:30pm / Wks 6

Thu, Feb 27-Apr 2 / 5:30-7pm / Wks 6

Thu, Feb 27-Apr 2 / 7-8:30pm / Wks 6

\$54 Member / \$84 Non Member

Step Up

Harmeet Khaira

Join Harmeet and step up, around, and down from the platform in different patterns to boost your heart rate and breathing and to strengthen your muscles. Not only will you be working your cardiovascular system but will also be learning simple choreography to keep you moving and grooving. Beginners are welcome!

Mon, Jan 6-Mar 23 / 1:30-2:30pm / Wks 11

No class Mon, Feb 17

\$66 Member / \$96 Non Member

WANT MORE PICKLEBALL?

Check out page 43 for more information about the NESAs Pickleball Club.

Stretch 'n Tone Yoga

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

BEGINNER / Beverley Moore

Tue, Jan 7-Mar 24 / 10:30am-12pm / Wks 12

INTERMEDIATE / Barb Deneka

Tue, Jan 7-Mar 24 / 8:45-10:15am / Wks 12

Thu, Jan 9-Mar 26 / 8:45-10:15am / Wks 12

\$84 Member / \$114 Non Member

Stretch It Out

Bill Climie

In this class, effective stretching is performed so each major muscle group will be focused on. Using bands, walls and chairs, this class is a great fit for all participants. No floor work.

Fri, Jan 10-Mar 27 / 12:30-1:15pm / Wks 12

\$64 Member / \$94 Non Member



Strong and Stable

Kiersten van Leenen

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

Mon, Jan 20-Mar 16 / 9:45-10:45am / Wks 8

No class Mon, Feb 17

\$43 Member / \$73 Non Member

Wed, Jan 22-Mar 18 / 9:45-10:45am / Wks 9

\$48 Member / \$78 Non Member

Tai Chi – Level I

Leslie Sarabin

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

Mon, Jan 13-Mar 23 / 11:15am-12:15pm / Wks 10

No class Mon, Feb 17

\$83 Member / \$103 Non Member

Triple S

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

NOTE The intermediate class is meant for students who have taken the Beginner level at least twice.

BEGINNER / Kiersten van Leenen

Tue, Jan 7-Mar 24 / 9:45-10:45am / Wks 12

Thu, Jan 9-Mar 26 / 9:45-10:45am / Wks 12

INTERMEDIATE / Jollean Ferrari

Tue, Jan 7-Mar 24 / 8:30-9:30am / Wks 12

Thu, Jan 9-Mar 26 / 8:30-9:30am / Wks 12

\$76 Member / \$106 Non Member



Yin Yang Hatha Yoga

Marguerite Critchley

A slow-paced style of yoga with postures held for longer periods of time with the aim of increasing circulation in the joints and improving flexibility. Yin poses target tight hips, knees, feet and shoulders. Yang poses activate muscles in the body after joints and connective tissue are opened. Yin Yang yoga opens and engages the entire body inside and out.

Wed, Jan 8-Mar 25 / 1:45-3:15pm / Wks 12

\$79 Member / \$109 Non Member

Yixue Holistic Practice

Astrid Luethe

In Yixue (ee-shway) we practice with the primary, original Qi - our vital life energy source. The practices are done with ease and bring quick and noticeable results. We experience a light emotional heart, our organs do their job well, and our cells more easily renew themselves. Individuals with limited mobility are encouraged to participate. No floor work.

Thu, Jan 9-Feb 13 / 1:15-2:15pm / Wks 6

\$36 Member / \$66 Non Member

Yoga

Beverley Moore

Release tension and relieve stress while improving strength, flexibility and general well-being. All fitness levels are welcome!

Tue, Jan 7-Mar 24 / 7-8:30pm / Wks 12

\$126 Member / \$156 Non Member EVENING

Zumba

Marguerite Critchley

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

Tue, Jan 7-Mar 24 / 12:15pm-1:15pm / Wks 12

Thu, Jan 9-Mar 26 / 12:15pm-1:15pm / Wks 12

\$72 Member / \$102 Non Member

Mon, Jan 6-Mar 23 / 6pm-7pm / Wks 11

No class Mon, Feb 17

\$66 Member / \$96 Non Member EVENING

OUR FITNESS CENTRE



Hours Of Operation

Monday to Thursday / 8:30 am - 7 pm

Friday / 8:30 am - 4:30 pm

Closed on Weekends & Holidays

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

Fitness Centre Admission Fees

Drop-In \$4

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.*

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.

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!



PERSONAL FITNESS TRAINING SERVICES AVAILABLE!

Please come into the fitness centre to learn more.



FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> • Age Reversing • Essentrics® • Chair Yoga • Essentrics® Stretch and Tone • Fit For Your Life • Flexibility with Falon • Interval Training • Limber and Laughter • Strong and Stable • Tai Chi 	<ul style="list-style-type: none"> • Chair Dance • Stretch 'n Tone Yoga (Beg.) • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Cardio Plus • Fit For Your Life • Interval Training • Limber and Laughter • Strong and Stable 	<ul style="list-style-type: none"> • Chair Dance • Gentle Yoga • Golden Barre • Stretch 'n Tone Yoga (Int.) • Triple S (Beg.) • Triple S (Int.) 	<ul style="list-style-type: none"> • Age Reversing Essentrics® • Essentrics® Stretch and Tone • Keep Fit with Falon • Pilates On The Ball
AFTERNOON	<ul style="list-style-type: none"> • Beginner Yoga • Chair Total Body Workout • Cross Training • Drop-In Pickleball • Fun 'n Fitness • Hanging Out • Step Up • Yi Xue Holistic Practice 	<ul style="list-style-type: none"> • Circuit Training • Gentle Yoga • Pick Your Pace • Recover and Rebuild • Zumba 	<ul style="list-style-type: none"> • Back and Shoulder • Buns and Bellies • Cross Training • Yin Yang Hatha Yoga 	<ul style="list-style-type: none"> • Chair Yoga • Circuit Training • Fun 'n Fitness • Happy Hips • Recover and Rebuild • Yi Xue Holistic Practice • Zumba 	<ul style="list-style-type: none"> • Stretch It Out
EVENING	<ul style="list-style-type: none"> • Zumba 	<ul style="list-style-type: none"> • Registered Pickleball • Yoga 		<ul style="list-style-type: none"> • Registered Pickleball 	

Fitness Programs and Classes for ANY level of experience:

Classes have a variety of movements that may include some standing, seated and/or on the floor work and may include use of portable equipment. Please see course description for more information about what the classes entail.

Classes include:

Age Reversing Essentrics®, Buns and Bellies, Beginner Yoga, Cardio Plus, Circuit Training, Cross Training, Essentrics® Stretch and Tone, Flexibility with Falon, Gentle Yoga, Hanging Out, Happy Hips, Interval Training, Keep Fit with Falon, Pickleball [Drop-In and Registered], Pilates On The Ball, Step Up, Stretch 'n Tone Yoga, Triple S, Yin Yang Hatha Yoga, Yoga, Zumba

Gentle Fitness Programs and Classes:

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

Classes include:

Back and Shoulder Rehab, Balance Out Your Week, Chair Dance, Chair Total Body Workout, Chair Yoga, Fit For Your Life, Fun 'n Fitness, Golden Barre, Limber and Laughter, Pick Your Pace, Recover and Rebuild, Stretch It Out, Strong and Stable, Tai Chi, Yi Xue Holistic Practice



NEW! 2019 Global Financial Market Review and 2020 Investment Outlook

Weichurn Woo

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2019, and look at forward guidance on what to expect for the new year.

Wed, Jan 29 / 10-11:30am

\$2 Member / \$2 Non Member

NEW! Advance Care Planning and Green Sleeves

Gina Vliet, Life Change Agent of Charon Consulting

A Green Sleeve is your Medical Passport. It holds important legal forms and information about your health and well-being wishes and your goals of care. In this workshop we will review why a green sleeve is important, explore what goes in it, and discuss how to use it effectively as an end of life/quality of life planning tool.

Mon, Jan 27 / 1-3pm

\$18 Member / \$48 Non Member



Armchair Travel: Hawaii

Edmonton Public Library

Visit the most incredible places around the globe from the comfort of your very own armchair. Join us on our adventures as we take people to faraway locales, all without spending a penny. The Armchair Travels program provides a sensory experience and the opportunity to learn about exotic lands in a meaningful manner. This week we will be visiting Hawaii!

Wed, Jan 22 / 10-11:30am

\$2 Member / \$2 Non Member



Armchair Travel: Mexico

Edmonton Public Library

Visit the most incredible places around the globe from the comfort of your very own armchair. Join us on our adventures as we take people to faraway locales, all without spending a penny. The Armchair Travels program provides a sensory experience and the opportunity to learn about exotic lands in a meaningful manner. This week we will be visiting Mexico!

Wed, Feb 19 / 10-11:30am

\$2 Member / \$2 Non Member



Armchair Travel: Lands of the Eastern Mediterranean

Al and Marie Tauber

In this talk, we will explore Israel and Jordan, two of the countries generally thought of as the Holy Land. These countries share so much geographically including deserts, valleys and bodies of water - but each country provides the tourist many points of general interest and many sites of religious importance to Christians, Jews and Muslims. From there, we'll take you to Egypt, whose ancient history continues to fascinate people worldwide.

Wed, Mar 4 / 9:30-11:30am

Mon, Mar 9 / 1-3pm

\$2 Member / \$2 Non Member



ATCO Blue Flame Kitchen

For the Love of Chocolate

Join in for a fun demonstration on all things chocolate! From how to make the perfect chocolate dipped strawberry to creating silky smooth chocolate truffles, learn various techniques for working with chocolate to create classic, delicious desserts or treats.

Fri, Feb 14 / 10-11:00am

\$15 Member / \$45 Non Member

ATCO Blue Flame Kitchen

Healthy Cooking for One or Two

From low sodium and low sugar meal ideas to experimenting with gluten-free foods, we will go over healthy ideas to use when cooking for one or two. Learn how to prepare ingredients to leave you with healthy meals and snacks for the whole week and tips to help you tweak your meals to fit your current dietary needs.

Fri, Mar 13 / 10-11:00am

\$15 Member / \$45 Non Member



ATCO Blue Flame Kitchen

Pressure Cooking

The Instant Pot or pressure cooker is more versatile than you may realize! Learn all about the science of how a pressure cooker works, how safe it is to use and how easy and convenient it can be to cook many of the foods you already love or try some new ones.

Wed, Jan 15 / 1-2pm

\$15 Member / \$45 Non Member

MYSENIORCENTER

An automated check-in system has been installed in the foyer at NESA. It's specifically designed to help staff members manage the various signups and sign-ins, improve the way we report our services to the different levels of government and other funders, and to help improve our programming for our members.

If you need help using the system, our office volunteers are happy to assist you.

Choosing Your Own Executor

Brandy Rollins, Trinity Funeral Home

Should you choose your oldest child, all your children, your nephew or your bank? Dive into this workshop and learn what's important to think about when choosing your Executor.

Tue, Feb 18 / 10-11:30am

\$2 Member / \$2 Non Member

Death Doulas and their role in Modern Society

Brandy Rollins, Trinity Funeral Home

A Death Doula explains what families can do for comfort and provide for themselves and their loved ones before/during/after the death of their loved one.

Tue, Feb 4 / 10-11:30am

\$2 Member / \$2 Non Member

NEW! Doing Your Taxes – What's In It for You?

Sandra Paul from the Canada Revenue Agency

Meet with Sandra, a CRA Outreach Officer to review: Why do you file your tax return? What benefits and credits might be available to you? Worried about getting scammed? Sandra will show you how not to. Questions about authorizing a representative for your account? Sign up for this session to find all of the answers you are looking for!

Wed, Jan 22 / 1:30-3pm

Fri, Mar 20 / 9:30-11am

\$2 Member / \$2 Non Member

NEW! Estate Planning for Seniors – Helping Keep More Money In The Family

Brad Hurshowy, Registered Retirement Consultant from The Investors Group

Planning your estate matters is first and foremost about having a will, but it can also be much, much more. A well-thought-out estate plan and proper management ensures that your family is cared for should something happen to you, and that your money goes where you want it to – it's a very important part of managing your wealth! These estate planning strategies in this workshop were once used by only the wealthiest and best-advised Canadians, but now they are available to you and your family as well.

Fri, Jan 24 & 31 / 10-11am / Wks 2

\$4 Member / \$4 Non Member

NEW! Express Yourself with a Capsule Wardrobe

Susanne Urbina

Learn how to put a wardrobe together to express your personality and lifestyle with simple styling tips.

Wed, Feb 5 / 1-3pm

\$14 Member / \$44 Non Member

DID YOU KNOW?

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

NEW!

Express Yourself with an easy Make-Up Look

Susanne Urbina

Learn the basics of application for a youthful look and tips on correction and concealing.

Wed, Feb 26 / 1-3pm

\$14 Member / \$44 Non Member

NEW!

Express Yourself: With Color and Line

Susanne Urbina

Learn techniques to use color to bring out your best features and line/design to flatter your shape and express your personality.

Wed, Jan 29 / 1-3pm

\$14 Member / \$44 Non Member

NEW!

Express Yourself with your Best Skin Ever

Susanne Urbina

Learn about basic skin care products and which products to add to optimize your skin's radiance and youthfulness. Have questions about skincare, have them answered in this session as there will be an Aesthetician present!

Wed, Feb 12 / 1-3pm

\$14 Member / \$44 Non Member

NEW!

Freedom from Drama: Letting go of unhealthy relationships

Gina Vliet, Life Change Agent of Charon Consulting

Relationships should build us up, not tear us down. In this session we'll discuss relationship respect and responsibility and how to identify and mitigate relationship drama.

Mon, Mar 23 / 1-3pm

\$18 Member / \$48 Non Member



Funeral Expenses Explained

Brandy Rollins, Trinity Funeral Home

Learn the language of funeral homes before you need to walk through a door to make arrangements. Why do costs vary so significantly in the Edmonton area and how can you be sure your family will be taken care of? Leave with all your questions answered clearly and armed with more knowledge to make better decisions.

Tue, Feb 25 / 10-11:30am

\$2 Member / \$2 Non Member

Funeral Home FAQ

Brandy Rollins, Trinity Funeral Home

Not for the faint of heart! This is an open forum to ask any and all questions you may have regarding funeral homes and funeral practices.

Tue, Feb 11 / 10-11:30am

\$2 Member / \$2 Non Member



NEW! Genealogy: Skill Building for Online Genealogy

Barb Neil

Using Ancestry of Family Search programs, participants will explore how to improve accuracy, efficiency and range while tracing family lineage. Church, statutory, census and newspaper records will be discussed as participants experiment with 'backdoor' searches, and wide and narrow searches. Participants are encouraged to have started a tree and will access this tree through lab computers as skills are practiced. Bring family tree sign-in details with you to each class in order to use lab computers.

Tue, Jan 14, 21, & 28 / 10am-12pm / Wks 3

\$36 Member / \$66 Non Member

NEW! Genealogy: Skill Building for Digital Archive Records

Barb Neil

Explore archival records that are available online and apply them to deepen the details of your family tree. Historic maps, photo collections, tax rolls, court records, etc. can all add details to family history. Computer lab access to the internet and family trees creates active participation during each session. Bring family tree sign-in details with you to each class in order to use lab computers.

Wed, Mar 4, 11, & 18 / 1-3pm / Wks 3

\$36 Member / \$66 Non Member

NEW! Honey Bees/Beekeeping – An Introduction

Randall Brown

Bees are critical to all types of crop production. Also, honey bees can produce valuable honey and beeswax for you! Are you interested in becoming a honey beekeeper? This course will provide information on what is required to venture into beekeeping. We will be reviewing what work is required, costs, equipment, wintering, location criteria and hands-on demonstrations!

Mon, Feb 10 / 9:30-11:30am

\$14 Member / \$44 Non Member

NEW! Learning to say No: Setting Healthy Boundaries

Gina Vliet, Life Change Agent of Charon Consulting

We all want to do the right thing, to be helpful, useful, and productive. But saying yes to everything can be exhausting! In this session we explore how to make authentic, nurturing decisions, and how to banish the 'shoulds' from our lives without feeling guilty about saying no.

Mon, Feb 24 / 1-3pm

\$18 Member / \$48 Non Member

NEW! Tax Deadline – A Procrastinator's Guide

Brad Hurshowy, Registered Retirement Consultant from The Investors Group

For retired people, the CRA has an extra reason to finish their taxes on time - the potential to boost their monthly income, or on the flip side, to avoid a reduction in government payments. Here are some other things to keep in mind to get the biggest bang for your retirement buck, including some simple and easy: tax, investment and estate planning strategies for those around age 65 and over.

Fri, Mar 6 / 10-11am

\$2 Member / \$2 Non Member



The Role of Exchange Traded Funds in Retirement Portfolios

Weichurn Woo

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. However, ETFs typically charge lower management fees than mutual funds (although the investment results does not mean they are always better!). They are also gaining in massive popularity among retirees for the past seven years, and vary in how they are managed. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

Wed, Mar 25 / 10-11:30am

\$2 Member / \$2 Non Member

Understanding Your Fixed Income Investments

Weichurn Woo

Geared toward people who are interested in creating a reliable stream of income, Maximizing Your Fixed Income Investment covers bond, bond mutual fund, and bond ETFs characteristics and features, as well as key strategies to get the most out of one's fixed-income investments in their personal savings. Come join Wei Woo as we discuss this important allocation in your retirement portfolio in our uncertain global economy.

Wed, Feb 26 / 10-11:30am

\$2 Member / \$2 Non Member



NEW! Blood Pressure – What You Need to Know!

Hasnain Raza from Central Point Pharmacy

We will discuss how different medications and certain food intakes can affect your blood pressure and common mistakes that can affect your blood pressure reading. Learn about different strategies that can help you maintain your blood pressure within the normal range.

Mon, Jan 27 / 9-10am

\$2 Member / \$2 Non Member

NEW! Breathe Easy

Linda Nghiem, Pharmacist from Palisades Pharmacy

Learn the difference between asthma and COPD (chronic obstructive pulmonary disease) and how we treat them differently? We will discuss various inhaler techniques and strategies to improve the ease of breathing.

Mon, Mar 16 / 9:30-11am

\$2 Member / \$2 Non Member

Breathing and Relaxation Workshop

Helga Stadelmann

In the comforts of a chair, join Helga to improve health the easy way through exploring a unique blend of breathing, relaxing and exploring mindfulness and meditation techniques. Come and give it a try! You will leave feeling calmer, happier and healthier!

Wed, Jan 8-Mar 25 / 11am-12pm / Wks 12

\$36 Member / \$66 Non Member

Connections

Carole Furgala

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

Mon, Jan 6-Mar 23, / 10am-12pm / Wks 10

No class Mon, Feb 17 & Mon, Mar 9

Fri, Jan 10-Mar 27 / 1-3pm / Wks 10

No class Fri, Feb 21 & Fri, Mar 13

\$20 Member / \$50 Non Member



Falls – You Can Prevent Them

**Brenda Sparkes, Registered Nurse from
Edmonton North Primary Care Network**

Falls can be scary - learn more about how you can prevent one from happening!

Wed, Mar 11 / 10-11:30am

\$2 Member / \$2 Non Member



Good Health Takes Guts: Your intestines and your health

Kirstin Veugelers, Personal Patient Navigator

Advertisements urge us to improve our gut health by consuming different foods and supplements. The question is: what do they mean by gut health, and how are their products supposed to help us improve it? In this seminar we'll define what is meant by a healthy gut, discover what we can do to affect the health of our guts, and explore emerging links between gut health and our overall health and well-being.

Mon, Feb 3 / 1:30-3pm

Fri, Mar 27 / 9:30-11am

\$2 Member / \$2 Non Member



Gut Health 201 – What are the latest findings?

Shirzad Chunara, Registered Dietitian

Gut Health 201: When bad bacteria outweigh the good bacteria, digestive problems like bloating, constipation and diarrhea occur. Other more complex diseases including liver disease, cancer, depression, and metabolic diseases have also been linked to an impaired gut microbiome. Shirzad will help participants discover the latest update on prebiotics, probiotics and how to stimulate the healthful gut bacteria and the role they play in our overall health.

Mon, Feb 10 / 1-2pm

\$8 Member / \$38 Non Member



Healing Herbs – Adding a powerful punch to your diet

Shirzad Chunara, Registered Dietitian

Herbs, such as parsley, cilantro and chives are often added to food to enhance the flavour or presentation of a dish. However, did you know that they also provide a range of nutritional health benefits? Herbs contain many micronutrients that provide a nutritional punch in addition to decor. Through discussions, samples, activities and handouts, Shirzad will help participants discover easy and tasty ways to incorporate more herbs into their meals, how to grow, store and handle herbs.

Mon, Mar 16 / 1-2pm

\$8 Member / \$38 Non Member



Healthy Eating with Whole Grains

Shirzad Chunara, Registered Dietitian

Healthy eating with whole grains explores the importance of whole grains for health. Through discussions, samples, activities and handouts, Shirzad will help participants discover easy and tasty ways to incorporate whole-grain foods into their meals.

Mon, Jan 20 / 1-2pm

\$8 Member / \$38 Non Member

WELLNESS CLINICS **FOOTCARE**

The 1st and 3rd Wednesday/month
8:40 am - 3 pm

\$30 M / \$35 NM

Call AB Footcare Inc. at 780.488.5878
to make an appointment



NEW! Heart Health

Linda Nghiem, Pharmacist from Palisades Pharmacy

Join Linda for an interactive discussion about cardiovascular disease (commonly known as heart disease). Together you will discuss how to manage heart health in terms of its symptoms, the medications involved, and the prevention of further progression of the disease.

Mon, Feb 24 / 9:30-11am

\$2 Member / \$2 Non Member

NEW! Living With Diabetes

Brenda Sparkes, Registered Nurse from Edmonton North Primary Care Network

Learn health risks related to diabetes and healthy lifestyle changes you can make to better manage your condition.

Wed, Feb 12 / 10-11:30am

\$2 Member / \$2 Non Member

NEW! Reading Food Labels

Registered Dietitian from Edmonton North Primary Care Network

Learn to read food labels and practice comparing them to pick the healthiest choice.

Wed, Jan 15 / 10-11:30am

\$2 Member / \$2 Non Member

NEW! Retinal Detachment, Macular Degeneration and Glaucoma – How do these affect your vision?

Dr. Tehseena Ullah

Join Dr. Ullah who will share information with you about common eye conditions and how they can affect your vision and will review the importance of routine eye exams and how they can be of benefit to you.

Wed, Mar 18 / 10-11am

\$2 Member / \$2 Non Member

NEW! Vaccinations – What you need to know!

Linda Nghiem, Pharmacist from Palisades Pharmacy

Learn about how exactly vaccinations work and how they can be of help to you. You will also learn about which adult immunizations you may need and how to get them.

Mon, Jan 20 / 9:30-11am

\$2 Member / \$2 Non Member

MAHALO MASSAGE THERAPY

Tuesdays - For pricing, appointments and inquiries, please contact Anamaria or Carmen at 587.938.7122 or nesa.edm@mahalomassageandwellness.com

NESA TOURS & OUTINGS



Matinee at the Varscona Theatre

Shadow Theatre presents: **Happy Birthday Baby J**

Wednesday, January 29

Bus Departs: 11:30am / Bus Returns: 3pm

\$45 Member / \$75 Non Member

On a sunny summer weekend, Gary and Louise invite friends and family to celebrate the second birthday of their child J, who they are raising without a gender. As the day awkwardly unfolds, grudges are revealed and secrets bubble uproariously to a head. Nick Green's staggering new comedy skewers the excesses of the politically correct and the possible future we are setting up for our children. A startling new comedy from one of Canada's most exciting young playwrights.

NOTE *The production may have some offensive language. Attendees may be required to climb five to seven stairs depending on where seated.*



Ben Crane Concert

Horizon Stage in Spruce Grove

Thursday, February 6

Bus Departs: 12:45pm / Bus Returns: 5pm

\$40 Member / \$70 Non Member

From the ranchlands just east of Rocky Mountain House comes western country singer, songwriter, and storyteller Ben Crane. Rooted in traditional country, with hints of bluegrass, jazz, and swing, Ben's Repertoire ranges from old cowboy ballads, to straight-ahead gospel. Agriculture-oriented and full of clean rural humor, his concerts also include his screen-projected original artwork



Hansen Distillery – Tour and Tasting

Thursday, March 26

Bus Departs: 12:15pm / Bus Returns: 3pm

\$35 Member / \$65 Non Member

Take a walk through time and learn how our craft spirits are made, and then sit down to sip on a selection of spirits.

NEW! Sign Language in the Community: A Beginner's Learning Class

Brenda Hansler

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

Wed, Jan 15-Feb 12 / 1-3pm / Wks 5

Wed, Feb 26-Mar 25 / 1-3pm / Wks 5

\$57 Member / \$87 Non Member

NEW! Sign Language in the Community: A Continuing Learning Class

Brenda Hansler

Join Brenda for a five-week interactive sign session where you will put your skills to practice through drills and group exercises. In this class you will enhance your current vocabulary development, finger-spelled words, and basic ASL conversation skills. To participate in this class, it is recommended that the participant already knows how to sign the alphabet, numbers one through 10, and a few basic signs.

Wed, Jan 15-Feb 12 / 10am-12pm / Wks 5

Wed, Feb 26-Mar 25 / 10am-12pm / Wks 5

\$57 Member / \$87 Non Member

Spanish – Absolute Beginner

Tania Oyarzun

A fun course for individuals wanting to learn the basics of Spanish. Participants will practice learning Spanish based on illustrations, sentences, and rules for listening, reading, writing and speaking. Text book required: Spanish Now 1 [Barron's Edition]

Tue, Jan 7 - Mar 24 / 12:30-2:30pm / Wks 12

\$149 Member / \$179 Non Member

Spanish – Advanced Level I

Tania Oyarzun

This class is for you if you are wishing to improve your comprehension in reading, writing, and speaking in the Spanish language. Text book required: Spanish for Reading [Barron's Edition]

Thu, Jan 9-Mar 26 / 11:45am-1:45pm / Wks 12

\$149 Member / \$179 Non Member

LEARN
A NEW

LANGUAGE



Spanish – Beginner Level II

Tania Oyarzun

This course is for those who understand the rudimentary basics of the Spanish language. Practice with illustrations and rules to reinforce speaking, reading, listening and writing. There will be time for interactive practice with the class. Text book required: Spanish Now 1 [Barron's Edition].

Thu, Jan 9-Mar 26 / 9:30-11:30am / Wks 12

\$149 Member / \$179 Non Member

Spanish – Beginner Level III

Tania Oyarzun

Practice, practice, practice! More speaking, reading, listening, writing and interactive practice with the class. Text book required: Spanish Now 1 [Barron's Edition]

Tue, Jan 7 - Mar 24 / 10am-12pm / Wks 12

\$149 Member / \$179 Non Member

OUR CENTRE IS A
SCENT FREE ZONE

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





Choralaire

Sandi Ollenberger - Director
Vicki McClelland - Pianist

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

Tue, Jan 7-Apr 28 / 1-3pm / Wks 17

\$97 Member / \$127 Non Member

Clogging: Beginner Level II

Adele Brewer

Practice, practice, practice! This clogging class will help you build the confidence you need to move on to the next level. Come for the workout and stay for the fun!

Mon, Jan 6-Mar 23 / 12:45-1:45pm / Wks 11

No class Mon, Feb 17

\$75 Member / \$105 Non Member

Clogging: EZ Intermediate Level

Adele Brewer

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

Wed, Jan 8-Mar 25 / 6-7pm / Wks 11

No class Wed, Feb 19

\$75 Member / \$105 Non Member EVENING

Clogging: Intermediate Level

Adele Brewer

We dance to a variety of music including country, bluegrass, Celtic fiddle and pop music. Clogging is a great way to stay in shape both physically and mentally!

NOTE For this level, five to seven years of clogging experience is required.

Mon, Jan 6-Mar 23 / 2-3pm / Wks 11

No class Mon, Feb 17

\$75 Member / \$105 Non Member

Clogging: New Dancer Level I

Adele Brewer

This is a North American folk dance with Irish, Scottish, Dutch and English influence. We dance to a variety of music from Country to Bluegrass, Celtic, and Pop. A great way to stay in shape both physically and mentally and have fun while getting your daily quota of steps in!

Wed, Jan 8-Mar 25 / 7-8pm / Wks 11

No class Wed, Feb 19

\$75 Member / \$105 Non Member EVENING

Guitar: Blues Level I

Brett Hansen

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

Fri, Jan 10-Mar 27 / 12:45-1:45pm / Wks 12

\$69 Member / \$99 Non Member

Guitar: Level III

Brett Hansen

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

Fri, Jan 10-Mar 27 / 11am-12:30pm / Wks 12

\$102 Member / \$132 Non Member

Guitar: Finger Pickin' 201

Brett Hansen

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

Fri, Jan 10-Mar 27 / 9:45-10:45am / Wks 12

\$69 Member / \$99 Non Member

Guitar Level I

Gilles Benoiton

No musical experience necessary – just a desire to have some fun! This class is designed for the absolute beginner. You will learn how to play simple one and two finger chords such as G, C, A, and E, which can be found in songs we can sing to. At registration, please indicate if you need to borrow a guitar. *This course is often taken more than once by participants.

Wed, Jan 8-Mar 25 / 11:30am-12:45pm / Wks 12

\$70 Member / \$100 Non Member



Guitar Level II

Gilles Benoiton

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

Wed, Jan 8-Mar 25 / 1-2:45pm / Wks 12

\$97 Member / \$127 Non Member

Handbells: Intermediate

Wendy Hoskin

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

Thu, Jan 9-Mar 26 / 10-11:30am / Wks 12

\$70 Member / \$100 Non Member

Hawaiian Dance

Emily Soriano

This is an energetic and unique workout designed to combine hula and fitness to target your heart rate and speed up your metabolism. Join in for a creative new way to workout! **NOTE** Please note new time.

Fri, Jan 10-Mar 27 / 12-1pm / Wks 12

\$72 Member / \$102 Non Member

MUSIC, SONG, & DANCE ... continued

Line Dancing Level I

Dwayne Tulik

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

Tue, Jan 7-Mar 24 / 9-10:30am / Wks 12

\$81 Member / \$111 Non Member

Line Dancing Level II

Dwayne Tulik

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

Thu, Jan 9-Mar 26 / 2-3:30pm / Wks 12

\$81 Member / \$111 Non Member

Music Lessons: Guitar, Mandolin, Piano, and Violin

Reinhard Kroller

Learn the joys of playing in a supportive and encouraging environment through one-on-one instruction. All levels and any type of music can be instructed. Everyone is welcome from beginners to advanced. Space will be reserved for current students. New students will be booked on a first come first served basis. **Sessions are 1/2 hr in duration.**

Thu, Jan 9-Mar 26 / 9am-12:30pm / Wks 12

\$288 Member / \$318 Non Member

NESA Songbirds

Faye McConville

Come join this group of singers that are coming together because they love to sing! No other qualification is needed. Instructor plays music by request. Come, relax and put your best voice forward in song!

Mon, Jan 6-Mar 23 / 1-2:30pm / Wks 11

No class Mon, Feb 17

\$68 Member / \$98 Non Member

Ukulele for Beginners

Gilles Benoiton

Learn the joys of playing the ukulele. No musical experience required. Gilles will introduce you to this wonderful instrument starting from the basics to strumming and playing easy 2, 3, and 4 chord songs. Must bring own ukulele. **NOTE** New date and time.

Wed, Jan 8-Mar 25 / 9-10am / Wks 12

\$74 Member / \$104 Non Member

Ukulele Level II

Gilles Benoiton

Learn more complex chords, finger positioning and chord change options to smooth out chord changes. Multi chord songs with many chords, students can bring songs they would like to learn if they wish. Must bring own ukulele. **NOTE** New date and time.

Wed, Jan 8-Mar 25 / 10:15-11:15am / Wks 12

\$74 Member / \$104 Non Member

NESA CLUBS AT A GLANCE



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

	Monday	Tuesday	Wednesday	Thursday	Friday
A M C L U B S	Art - AM 9:30-12:30pm Badminton 9-11am Stained Glass 9:30-4pm	Carpet Bowling 10:45-12pm Creative Greeting Cards 9-12pm Music Makers 9:30am-12:30pm Silversmithing/Jewelry 9-4pm Travel (1 st Tuesday of month* please see page 44) 10:45-12pm Weavers 10-4pm	Badminton 9-11am Garden 10:30-12pm (3 rd Wednesday of the month) Pickleball 11-2pm Washi Chigiri-e 9-12pm	Carpet Bowling 10:30-12 pm Badminton 9-11 am Book Club 10:30 - 12pm (3 rd Friday of the month) Termites Chip Carvers 9-12pm Cribbage 9:45-12pm Hardanger Embroidery 9-12pm Pickleball 11-2pm Pins and Needles Quilting 9:30am -12:30pm Woodworking 9-4pm	
P M C L U B S	Art - PM 1-4pm Stained Glass 9:30-4pm	Artists 12:30-3:30pm Jammers 1-4pm Silversmithing/Jewelry 9-4pm Weavers 10-4pm	Guitar Jam 12:30-3:30pm Just For The Company 2:30-4pm (2 nd Wednesday of the month) Wizards of Odds 'n Ends 11:30am-2:30pm	Bridge 12:15-4pm Canasta 1-4pm Fiber Arts 1-4pm Wildlife Carving 1-4pm	Cribbage 12:45-3pm Woodworking 9-4pm

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

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



REGISTRATION STARTS

Monday, December 2 @ 8:30 am

Art Club - AM

Join in and be motivated! All mediums welcome: oil and acrylic paints, colored pencil, ink and cards. Start a new project or finish an old.

Mon, Jan 6-Mar 23 / 9am-12pm / Wks 11

No class Mon, Feb 17

\$22 Member

Art Club - PM

Complete those unfinished art projects or just do your own thing in the supportive company of fellow students. All mediums welcome except for oil paints and solvents due to allergies and sensitivities.

Mon, Jan 6-Mar 23 / 1-4pm / Wks 11

No class Mon, Feb 17

\$22 Member

Artists Club

Share time, expertise and motivation with this art group while working on your projects or homework from other art programs. All mediums and all skill levels are welcome!

Tue, Jan 7-Mar 24 / 12:30-3:30pm / Wks 12

\$24 Member

Badminton Club

Join fellow badminton players for some fun on the court! **NOTE** No drop-ins permitted.

Mon, Wed, Fri, Jan 6-Mar 27 / 9-11am / 34 dates

No class Mon, Feb 17 & Mon, Mar 9

\$68 Member

CLUBS ARE FOR MEMBERS ONLY

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

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

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

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

Book Lover's Club

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

Fri, Jan 17, Feb 21, Mar 20 / 10:30am-12pm

\$6 Member

Bridge Club

Join fellow bridge players for an afternoon of fun!

Thu, Jan 9-Mar 26 / 12:15-4pm / Wks 12

\$24 Member

Canasta Club

All are welcome including those new to the game of Canasta!

Thu, Jan 9-Mar 26 / 1-4pm / Wks 12

\$24 Member

Carpet Bowling

A year-round, indoor sport that resembles outdoor lawn bowling!

Tue & Thu, Jan 7-Mar 26 / 10:45am-12pm / 24 dates

\$48 Member

Creative Greeting Cards Club

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

Tue, Jan 7-Mar 24 / 9am-12pm / Wks 12

\$24 Member

Cribbage Club

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

Fri, Jan 10-Mar 27 / 9:45am-12pm / Wks 12

Fri, Jan 10-Mar 27 / 12:45-3pm / Wks 12

\$24 Member

Fiber Arts Club

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

Thu, Jan 9-Mar 26 / 1-4pm / Wks 12

\$24 Member

Garden Club

We learn about plants and planting. We have special guest speakers and enjoy trips to various places.

Wed, Jan 15, Feb 19 & Mar 18 / 10:30am-12pm / 3 dates

\$6 Member

Golf Club

Enjoy golfing trips with other older adults. Meets annually – look for more details in Spring 2020 brochure.

Guitar Jam Club

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

Wed, Jan 8-Mar 25 / 12:30-3:30pm / Wks 12

\$24 Member

Hardanger Embroidery Club

Some Norwegian embroidery experience necessary. New members welcome.

Fri, Jan 10-Mar 27 / 9am-12pm / Wks 12

\$24 Member

Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Jan 7-Mar 24 / 1-4pm / Wks 12

\$24 Member

Just For The Company

Scheduling day trips together allowing for socialization with new and old friends!

Wed, Jan 8, Feb 12, Mar 11 / 2:30-4pm / 3 dates

\$6 Member

Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Jan 7-Mar 24 / 9:30am-12:30pm / Wks 12

\$24 Member

Pickleball Club

A combination of ping-pong, tennis, and badminton that has been enjoyed for over 20 years by people of all ages. Bring your own paddles and balls or rent from the office.

NOTE No drop-ins permitted.

Wed & Fri, Jan 8-Mar 27 / 11am-2pm / 21 dates

No class Fri, Feb 14, 28 & Fri, Mar 13

\$63 Member

Pins and Needles Quilting Club

We love socializing and helping others with projects. Some experience required.

Fri, Jan 10-Mar 27 / 9:30am-12:30pm / Wks 12

\$24 Member

Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction provided.

Tue, Jan 7-Mar 24 / 9am-4pm / Wks 12

\$48 Member

Stained Glass Club

Experienced stained glass enthusiasts share ideas. New members welcome. Must have taken stained glass classes before joining club.

Mon, Jan 6-Mar 23 / 9:30am-4pm / Wks 11

No class Mon, Feb 17

\$44 Member

Termites Chip Carvers Club

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

Fri, Jan 10-Mar 27 / 9am-12pm / Wks 12

\$24 Member

Travel Club

Come travel with us!

Tue, Jan 7 / 10:45am-12pm

Tue, Feb 11*Held on 2nd Tue / 10:45am-12pm

Tue, Mar 3 / 10:45am-12pm

\$6 Member

Washi Chigiri-e Club

Chigiri-e is a Japanese-style paper collage created using hand-dyed Washi paper to create realistic or abstract images, frameable art, cards, and an endless number of modern-day crafts. Join the club to work on your special Chigiri-e projects.

Wed, Jan 8-Mar 25 / 9am-12pm / Wks 12

\$24 Member

Weavers Club

We are fun, friendly, and love to weave!

Tue, Jan 7-Mar 24 / 10am-4pm / Wks 12

\$48 Member

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 9-Mar 26 / 1-4pm / Wks 12

\$24 Member

Wizards of Odds 'n Ends Club

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

Wed, Jan 8-Mar 25 / 11:30am-2:30pm

Free

Woodworking Club

Work on your small woodworking projects - experienced carpenters only. No instruction provided.

Fri, Jan 10-Mar 27 / 9am-4pm / Wks 12

\$48 Member



NESA Events

January 1	NESA CLOSED / STAT HOLIDAY / NEW YEARS DAY
February 14	VALENTINE'S DAY TEA 2-4 pm / Tickets: \$5/person (On Sale Jan 2 - Feb 7)
February 28	LEAP YEAR LUAU DINNER THEATRE 5-8pm / Tickets: \$50/person (On Sale Jan 20 - Feb 21)
March 2	CLUB REGISTRATION BEGINS
March 9	PROGRAM REGISTRATION BEGINS
March 13	ST PATRICK'S DAY TEA 2-4 pm / Tickets: \$5/person (On Sale Feb 3 - Mar 6)
March 31 – April 4	BOOK SALE
April 4	GARAGE SALE & CLUB SALE
April 4	BAKE SALE
April 10	NESA CLOSED / STAT / GOOD FRIDAY
April 13	NESA CLOSED / STAT / EASTER MONDAY
April 16	ANNUAL GENERAL MEETING 2-4 pm
April 17	DUELING PIANOS DINNER THEATRE 5-9pm / Tickets: \$50/person (On Sale Mar 9 - Apr 1)

STAY IN THE KNOW

About upcoming events through the NESA newsletter, our website: www.nesa1.ca, or subscribing to receive email updates from us!

Wednesdays for Dinner

Delectable, home cooked,
hot dinners. Doors open 5 pm

Dinner at 5:30 pm • \$22/pp

Call 780.406.0840 to make reservations.

Please note:

Cut-off for reservations or to cancel a
reservation is Monday prior to the
Wed. dinner. (No exceptions)

& Dance (live band)

Wednesdays • 7 - 10 pm

\$8 Member / \$11 Non Member

Prices are for regular dances only.

Doors open 6:45 pm

Singles welcome!

Band Schedule:

January 15 – Sparkling Tones

January 22 – Chwill Brothers

January 29 – Diamonds

February 5 – Sparkling Tones

*February 12 – Vinyl Country Starts @ 7:30pm

February 19 – Chwill Brothers

February 26 – Diamonds

March 4 – Sparkling Tones

March 11 – Vinyl Country

March 18 – Chwill Brothers

March 25 – Diamonds



Banquet Hall & Meeting Rooms

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

Hall Rentals

780.496.4928

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



E.M.M.A. Catering

780.406.0840

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

LANDRY LEISURE PASS @ NESAs



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

Things to Know

You can now register for the 2019/2020 LLP cards.

How do I qualify?

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

1 Person Household: An income of **\$27,872 or less.**

2 Person Household: An income of **\$34,698 or less.**

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

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

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

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



NOT eligible for discount:

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

INTERESTED?

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



Home Support Services

For more information, please call 780.944.7470

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

Snow Removal - includes roof snow removal

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

Housekeeping - includes light housekeeping or bigger jobs

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

Personal Services - includes mobile hair and foot care, companionship, transportation

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

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

Postal Codes:

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



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

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

Outreach Services

For more information, please call 780.414.8790

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

We provide assistance with:

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

ETS: DONATE A RIDE



Who The Program Serves

DONATE A RIDE is a City of Edmonton initiated charity led by Councillor Andrew Knack and Councillor Aaron Paquette. Since its inception in 1996, DONATE A RIDE has grown tremendously and now helps thousands of Edmontonians every year through local social service agencies. The agencies provide the transit tickets to low-income individuals and families that are in need of basic transportation to get to employment, educational and social services, helping to improve their quality of life.

NESA is grateful to be able to offer DONATE A RIDE transit tickets to individuals who are struggling to find affordable transportation options. (Adult and Seniors Passes are available).

If you need more information or want to know if you qualify, please contact our Outreach Workers at 780.414.8790





North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY

Regular Membership ☐

Non senior Membership ☐

Gold Membership ☐

Reciprocal Membership ☐

NESA Membership Application

SURNAME: _____ FIRST NAME: _____

ADDRESS: _____

CITY: _____ POSTAL CODE: _____ PHONE NUMBER: _____

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

EMERGENCY CONTACT: _____

PHONE: _____ RELATIONSHIP: _____

Program Waiver (Required)

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

will be participating in may have some inherent risks. I knowingly and voluntarily assume the risks of engaging in this activity. I acknowledge that it is my responsibility to be aware of the risks associated with the activity and to safeguard my person by ensuring:

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

I understand that the North Edmonton Seniors Association endeavors to provide the best possible leadership and instruction for the club/program I am joining.

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

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

Signed _____ Date _____

SEE OTHER SIDE





North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

Respect for People and Property

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

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

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

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

Email Consent (Optional)

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

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

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

My email address: _____

Signature: _____

Print Name: _____ Date: _____

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



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

Program Mail-In Registration

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

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____

If you are **not** a member you must pay the Non-member fee shown for the class and also send in a signed Program Waiver (bottom of page 49-50). For information on NESA memberships see page 3.

Class Name	Start Day/Date	Time	Fee	Office Use
		Total		

Payment: Payment in full must accompany registration. Please do **NOT** send cash. Cheques must be made payable to: **North Edmonton Seniors Association**.

Important – Mail-in registrations:

- will be processed **the day after** the first day of registration and as received thereafter;
- are accepted on a space availability basis and a space in class is not guaranteed

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.

Forty one 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.

BUILD



CREATE



PLAY



Please recycle!

– And pass this program guide on to a friend