

JANUARY 2020 EDITION



NORTH EDMONTON SENIORS NEWS

@ NORTHGATE LIONS SENIORS RECREATION CENTRE

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Dates to Remember

Dec 31	New Years Dinner & Dance
Jan 8	Puzzle Sale
Jan 20-24	Book Sale
Feb 5	Jewelry Sale
Feb 14	Valentines Day Tea
Feb 28	Leap Year Luau Dinner Theatre
Mar 13	St. Patrick's Day Tea

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Count your age by

FRIENDS

Not years.

Count your life by

SMILES

Not tears.

- John Lennon

Next newsletter will be
FEBRUARY/MARCH 2020

Cut-off for submissions is
Wednesday, 15 JANUARY 2020

Join us for Laughter, Learning & Living!

Message from the NESA Board of Directors:

The Board and the Board committees have been very busy over the last few months. Some of the work that has been done includes:

- 1) The annual operating budget for 2020 is nearly complete.
- 2) A Board planning session was held to update the Strategic plan.
- 3) The risk assessment update was started with completion expected early in the new year.
- 4) The review of our policies continued. The update to the Human Resources policies is anticipated to be completed within the next few months.
- 5) A review of the bylaws is being undertaken. Any recommended bylaw changes will be presented to the members for their approval at the next Annual General meeting on April 16, 2020.
- 6) The Board member recruitment process has been expanded. For the last number of years, the recruitment for new Board members has been done primarily by the Council of Governors, in particular Hugh Newell and Steve Shamchuk. The Board will now assume a more active role in the recruitment process, working together with the Council of Governors.
- 7) The Orientation program for new Board members is currently being reviewed and modified in order to provide incoming Board members with the relevant information about NESA operations and their roles and responsibilities as Board members.
- 8) The new Diversity and Inclusion Committee met with the purpose of helping identify, assess and manage opportunities to increase diversity and inclusion throughout our organization.

2020 is also shaping up to be a very busy time with project updates to continue and 2 new approved Board committees, the Fund Development Committee and the Ad hoc License Negotiation Committee, expected to meet.

If at any time you have any questions about board activities, please do not hesitate to call me.

Also, if you are willing to contribute your time and energy to serve on the Board, please let us know.

In closing, I would like to thank all the staff and volunteers for their support and dedication during this past year.

May you all have a very happy and healthy 2020.

Randy Tomin,
President

Message from the NESA Executive Director (ED):

New website! New Programs! What a great way to start 2020 with friends and colleagues at NESA, coming together for recreation and to help the community. Since the last newsletter we welcomed Marley Andruschak as our Volunteer and Office Administrator. Her profile is included below.

As we head into 2020, it would be helpful for everyone to label their items, including water bottles. It is easy after a very relaxing yoga class to be so zen you walk away from your stuff, however we end up with quite a collection of lost and found items.

A reminder, outside food is not to be taken in and consumed in Cherrydale Café. If you would like to eat your own lunch, the sitting area on the second floor can be used.

Thanks to all who donated baked items for the November sale, generating a profit of \$857. I snapped a photo when the items were being priced, not only did it look delicious but the smell of a room full of baking was pretty good too! Thank you to all the bakers and all the fundraisers!



Nancy Melnychuk
Executive Director

Getting to Know....Marley Andruschak Volunteer and Office Administrator

What is the best thing about Edmonton? Everything in Edmonton is new to me, so it's exciting to go see everything for the first time! So far I really love Old Strathcona and the Science Centre.

If you had to eat one meal for the rest of your life, what would it be? Soup and sandwiches.

What do you say that sounds just like your mother or father?

Almost everything! But I especially sound like my mother when I start singing/humming her favourite tunes out loud, like Tom Jones or Simon and Garfunkel songs. I always do it without noticing, just like she does.

Share a fond childhood memory. Spending summers at the lake and floating down canals.

If you could get on a plane tomorrow, what would be your destination? I would love to backpack around Europe, or visit anywhere with a nice, warm beach.

Something about NESA I will never forget? How welcoming everyone has been since I walked through the door - thanks everyone!



GETTING TO KNOW THE BOARD



Name: Randy Tomynd

Original hometown? Edmonton

What was your first paid job? I worked for the Edmonton Exhibition as an usher for events at the old Edmonton Gardens. In summer, I helped keep the midway clean during the Exhibition.

Your last? Region Finance and Control Manager at Federated Co-operatives Ltd. in Edmonton

How many years on the Board? I am in my 5th year.

What first brought you to NESAs? I heard about the organization and what it had to offer from my mother who participated in activities for many years. I remember attending a Volunteer

Appreciation Night with her a number of years ago and experiencing the joy of the evening.

How do you describe NESAs to others? We have over 2000 members, great facilities, all types of activities from fitness programs, arts, general interest, over 25 different clubs, friendly people and just a great place to be.

If you could magically make three things happen at NESAs, what would they be?

- Have a modern, up-to-date and efficient processing system for the front office that would easily do everything we want it to do and eliminate the need for manual receipts and processing.
- Have stable and predictable sources of funding for our operations.
- Continue to grow and evolve, providing excellent services to meet the needs of our members and community.

Name: Ron Nichol

Original hometown? North Battleford, Saskatchewan

What was your first paid job? Highways survey crew chainman – Alberta Department of Highways – Summer position - first year of University, 1968

Your last? Operations Supervisor, Kinsmen Sports Centre, City of Edmonton.

How many years on the Board? 2 years

What first brought you to NESAs? Child bride Maggie was a City of Edmonton Supervisor for the Facility and I was assigned operations responsibility as part of my job duties in the City of Edmonton Recreation Facilities Section.

How do you describe NESAs to others? A “happening”, friendly place with a wide variety of programs, events and activities catering to seniors of all ages.

If you could magically make three things happen at NESAs, what would they be?

- Ensure that all core functions of NESAs were funded from the organization’s own resources – ongoing financial sustainability.
- Expand physical space at the facility to permit more and greater variety of programs, events and services.
- Help members realize the benefits and joys of being in service to NESAs members by serving on the NESAs Board of Directors.



FUNDRAISERS

Lobby Sales



Puzzles: Date: January 8 **Time:** 9 am to noon

Book Sale: January 20 to 24, 9 am to 3 pm and open late January 22, 4 to 7 pm

Jewelry Sale: February 5, 9 am to 1 pm

Pins and Needles Sale: Date: February 19 **Time:** 9 am to 1:00 pm

Ongoing Fundraisers

Wizards of Odds & Ends: February 14, noon to 4:00 pm

NESA Community Garage Sale/Bake Sale, April 4: Applications for tables available January 27, 2020

NESA Members can purchase a table for \$25.00 and sell their unwanted goods, or new handcrafted items.

Vendors may also purchase a table for \$50.00 and sell old, new or handcrafted items.

New Fundraiser

NESA is partnering with M & M Foods!! Order forms will be available at the front desk at the beginning of January.

Check off the items you wish to order and bring back the completed order form to NESA with your payment by Friday, **JANUARY 31st**. Your order will be available for pick up at NESA on **February 10th**. This is a great fundraiser that will be offered monthly and the best part is NESA makes 15% on all orders.

We had very good fundraising months in November & December!!

- The Fundraising Committee congratulates the Wizards for their generous donation of \$4,000.00 bringing their 2019 total to \$6,000.00. Thank You ladies!!
- **Bake Sale:** \$857.00 raised
- **Puzzles:** \$144.25 raised
- **Raffle:** \$1,039.00 raised
- **Widynowski's Meats:** \$996.00 raised
- **Table Rentals from Craft Show:** \$2,000.00 raised
- **Grey Cup Pool:** \$175.00 raised

Words from the Wizards:

This year, the Wizards took part in two craft sales; NESA's own and one at Shepherd's Care Kensington. That is why, in November, we could donate \$4,000. to NESA. \$1,000. went to the Sustainability Fund and \$2,000. to our Outreach Program. Another \$1,000. was directed to Connections to help with the purchase of supplies. Earlier this year we donated another \$2,000. for a total of \$6,000. for 2019.

A big thank you goes to all of you who donated fabric and yarn. Without your help we could not have done this. Donations, marked "Wizards" can be dropped off at the front desk so we can continue to fundraise for NESA.

Annelies Barzilay, Wizards Coordinator

SOCIAL EVENTS

Valentines Day Tea

What the world needs now is Love sweet Love!

Friday, February 14th, 2020

DOORS OPEN: 1:45 pm

EVENT: 2-4 pm

Tickets: \$5 pp

(Tickets available Jan 2 - Feb 7)

Purchase in-person at the front desk



Join us for a sweet treat
& special guest
Paul Lamoureux
for a fun musical game of
**"Name
that
Song"**

Leap Year Luau

Friday, February 28th, 2020

DOORS OPEN: 5:00 PM

DINNER: 5:30 PM

ENTERTAINMENT: 6:30-7:30 PM

Tickets: \$50 pp

(Tickets available Jan 20 - Feb 21)

Purchase in-person at the front desk

Are you tired of winter? Lets
beat those winter blues by
sitting back and enjoying
some fabulous
Hawaiian Music and Dancing!

Aloha

St Patrick's Day Tea

Friday, March 13, 2020

DOORS OPEN: 1:45 pm

EVENT: 2-4 pm

Tickets: \$5 pp

(Tickets available Feb 3 - Mar 6)

Purchase in-person at the front desk

Calling all Lads & Lasses to join
us for a wee snack and some
exciting entertainment from the
very talented dancers of the
"Knock School of Irish dance"

PROGRAM NEWS

What a year 2019 was for the Programming team and NESAs membership! We experienced record enrollment in our programs and received a high volume of positive feedback about the program variety and quality instruction provided to members. Thank you for continuing to share your comments and ideas - it is from this we are able to continue to provide you the programs and activities you want to see more of!

A special thank you to all of our volunteers who help make our program registration a success - we could not do this without your help! Thanks again to our members for your patience and understanding as we continue to improve our efforts to create a more efficient and enjoyable registration experience.

Have an idea for a class, program or presentation you would like to see offered here at NESAs?

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



Browse through NESAs program guide online at

www.nesa1.ca

A Special Thank You and Goodbye to Bill Climie



On behalf of the programming team, the fitness community, and NESAs members, we wanted to give a special thank you to our former colleague, friend, and fitness instructor Bill Climie for all of his support and contributions to NESAs. Bill was an advocate for senior movement and participation within our fitness community, and made sure our members kept active. Bill and his stories will be missed but never forgotten. In honor of Bill, let's keep moving and have some fun while doing it!

NESAs is a non-profit organization.

This means the program fees collected are used to pay for the instructor and the space. When programs have low enrollment we may have to cancel the program because we can not afford to offer it. If able to, we use other program's fees to supplement a new offering so we can get it up and running. By doing this, it helps us reduce the number of programs we have to cancel!

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

Thank you for your understanding!

Fun Fact!

In 2019 NESAs offered over 700 programs for its 2000+ members!

FITNESS CENTRE



Hours Of Operation

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

Friday 8:30am-4:30pm

Closed on Weekends and Holidays

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



Fitness Centre Admission Fees



*Prices may be subject to change

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

Annual Pass \$325.00

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

What We Offer

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

[Additional costs apply for these services]

Personal Fitness Training Services

Contact our personal trainer today to get started on your fitness journey!



Billy Yu 780-708-1626

(As Jollean and Falon are fully booked these days, stay tuned for more information about the additional trainers NESAs will be enlisting in the New Year!)

NESA Merchandise For Sale

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

VOLUNTEER OPPORTUNITIES



We are currently looking for help with advertising by changing our signs on 137 Ave and the parking lot, and advertising NESAs events online. Volunteer(s) must be able to work outside in varying weather conditions.

If you are interested and would like more information, please ask at the front desk for our Volunteer Coordinator, Marley, or call 780 496 4776.

VOLUNTEER HIGHLIGHTS

SPECIAL THANKS...



to all our volunteers who helped make and deliver over **250** hampers for Supporting Our Seniors in December!



...YOU'RE AMAZING!



NESA Volunteers came together in just over 40 hours to get more than 3000 gifts for Santas Anonymous this year! Way to go!

.....
Thank You

to everyone who helped out at our Winter 2020 Club and Program Registration! Around 40 volunteers helped our NESAs members renew their memberships and sign up for our upcoming programs and clubs!

Thank you for making this season's registration a **HUGE SUCCESS!**

VOLUNTEER HIGHLIGHTS

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



To nominate an exceptional volunteer, please leave their name and why they deserve this recognition in the ballot box in the lobby.

All volunteers nominated will be entered into a monthly draw and the winner will receive a \$10.00 gift card!



Thank you for inputting all
your 2019 volunteer hours.
Have a happy and healthy 2020!

This month's nominee winner is:
Marge Gordon!



Marge has been volunteering with NESAs for about a year at the front desk. Her favourite part about volunteering is meeting new people and catching up with familiar faces.

"Marge Gordon is
always happy
and positive!"



Marge was first introduced to NESAs by her parents in the 1970s and has had strong connections here ever since.



When she's not busy volunteering, Marge loves to entertain. She loves to sing, with a particular passion for harmonizing. (Ask her about her years in a musical trio!)

*Thank you for all
your hard work!*

HAPPY ★ NEW ★ YEAR



OTHER INTERESTING STUFF

Rental Services

Banquet Hall & Meeting Rooms

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

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

E.M.M.A Catering

- Superb home cooked meals
- Excellent prices!

Hall & Room Rentals 496-4928

E.M.M.A Catering 406-0840

Air Conditioned & Free Parking!

In-House Services

Wellness Care Services Offered

Footcare

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

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

Massage Therapy

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

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

Note: Massage therapy services are by
appointment only, drop-ins are not available.

Whist Anyone?

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

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



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

CARE UPDATE



SENIORS HOME SUPPORTS PROGRAM

Home Supports:

Christmas is upon us and I think most have their snow removal needs taken care of; however, if you are still requiring this service or any other service I encourage you to call before

December 19th as I will be away from December 20 to January 3rd. The Seniors Home Supports Program is your one-stop-shop to credible service providers who can do housekeeping, yard work, snow removal, moving help, home repairs and maintenance and personal services. The home repair category includes electricians, plumbers, roofers and handy men. The personal services category includes both medical and non-medical home care services as well as errand running such as grocery shopping.

If you would like more information on the program or need a referral, please contact Stacey at 780-944-7470.

Office Hours: Monday to Thursday 9-3:30.

Outreach:

Where did 2019 go?! This was a fantastic year in Outreach with lots of new clients and a lot of members benefiting from the Landry Leisure Pass! If you would like more information on the Landry Leisure Pass, please contact Outreach. Supporting Our Seniors was a huge success again this year because of you! NESA members and organizations from our community were very generous this year with donations to this amazing Campaign. With your generosity we were able to provide over 250 gifts and hampers as well as 200 warm meals. We added winter jackets to the wish list this year to keep our most vulnerable seniors warm this winter. A HUGE thank you to NESA's very own Christmas elf Sharlene Wyness, she was once again so amazing this year and dedicated many hours to Supporting Our Seniors! We want to thank the wonderful volunteers helping with deliveries this year to make sure referred seniors have a gift to open by Christmas and food over the holidays. Thank you to the Cherrydale Cafe for donating Christmas dinners to some of the outreach clients who will be spending the holidays alone. Thank you to Sir Alexander Mackenzie and Florence Hallock Schools for taking the time to make such beautiful cards to go with all our hampers! Finally, thank you to the group of girls from St. Albert who wanted to donate their time and money to this campaign, your beautiful gifts and food hampers were really appreciated! The NESA members rocked our FITMAS Campaign in the NESA fitness centre!! We are going to be able to provide many emergency food hampers because of you!

We will be running our free tax clinic again this year. To make an appointment with one of our lovely volunteers to do your taxes please call 780-496-6969.



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

JUST FOR THE FUN OF IT

The member who completes the puzzle correctly will have a chance to win \$10.00 for E.M.M.A's! (All correct submissions will be put into a draw).

Please submit your entries at the front desk by
Tuesday, January 14th, 2020



November/December
Winner
Pat Pitman

NAME: _____ **PHONE NUMBER:** _____

SMALL TOWNS AROUND EDMONTON

LLGAE	_____	UEEEVLLIV	_____
WOONYA	_____	AMAON	_____
SRDOASRAN	_____	CRALAM	_____
AOAOCHL	_____	UGRWBRA	_____
TROBNE	_____	PHNCMIA	_____
WREAND	_____	NLNWGIOILD	_____
ATMKWAOH	_____	SLAIFL	_____
IYVM	_____	SYBBU	_____
UNGN	_____	YDLCE	_____
LLRPVCKDAIIE	_____	FEDLTIO	_____

Nov/Dec issue answer key:
Hidden word was **LIGHTS**

Canadas coldest day in History!

One of the least surprising facts about Canada is that it can get pretty cold in the winter.

However, a temperature recorded in 1947 in Snag, Yukon makes the rest of Canada's winter weather seem like a relaxing beach vacation. A temperature of -63 C (-81.4 F) was recorded in the small village of Snag on Feb. 3, 1947.

That's roughly the same temperature as the surface of Mars!



MEET THE CLUBS

Meet the Weaving Club

The Weaving Club has been around since the 1990's and we have one original member. Currently we have 12 members and the same number of looms. Our club always welcomes new members provided they have a little knowledge of weaving. We love to laugh and have fun as we wind and weave our warp.

There are always many helping hands available. We are friendly, social and experimental.



Back Row - L-R

Mary D., Jean E., Millie S., Judy T., Cindy P

Front Row—L-R

Corinne M., Jean M., Annette T.

(Missing Jean G., Kathryn K. Bert P. Elaine T.)

The Fibre Arts Club—

To join our club, you need to know how to thread a needle. We use natural and synthetic fibres on fabric (linen, canvas, silk) to create embroideries. Also, beading, felting and dying fabric and threads. It is done manually on the part of the artist.

Members who started with the group are Karen Phelan, Gail Velichka, Judy McKone, Paulette Sanders, Lynn Stanger, Elaine Taschuk and Millie Stedel. Our newest member is Barbara Sargeant. We describe ourselves as sharing, enthusiastic and inspirational.



CLUB NEWS

2020 NESA CLUB INFORMATION

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

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

NOTE

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

TRAVEL CLUB

MEETINGS:

Jan 7th 2020 - Travel agents will present further information on Peru, Med. Cruise and Croatia.



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

***** Note: The Feb. 2020 meeting will be Feb. 11, 2020, NOT Feb. 4th, 2020 *****

JUST FOR THE COMPANY

Jan 8 First meeting of 2020, 2:30 pm
Jan 9 Paul Kane - "Matilda" Arden Theatre
\$30. Bus 6:15 pm

BRIDGE CLUB

We need more members!

We play on Thursdays:
12 pm - 4 pm



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

Wednesday Dinner

5:30 pm

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

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

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

January 2020

- Jan 8 Ukrainian Dinner \$22.
Jan 15 Chicken Breasts in Mushroom
Sauce \$22.
Jan 22 Salmon Dinner \$22.
Jan 29 Birthday Dinner,
Roast Beef \$22.
Birthday Person \$21.

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

February 2020

- Feb 5 Sweet & Sour Ribs w/Rice \$22.
Feb 12 Turkey Supper \$22.

**Note: Pre-payment
Required**



- Feb 19 Ham & Scalloped Potatoes \$22.
Feb 26 Birthday Dinner,
Roast Beef \$22.
Birthday Person \$21.

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

Wednesday Dance

7 - 10 pm



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

Enjoy an evening
of socializing & exercise.
Singles welcome!

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

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

2020

Winter Band Schedule

- | | |
|-------------|-----------------|
| January 15 | Sparkling Tones |
| January 22 | Chwill Brothers |
| January 29 | Diamonds |
| February 5 | Sparkling Tones |
| February 12 | Vinyl Country |
| February 19 | Chwill Brothers |
| February 26 | Diamonds |
| March 4 | Sparkling Tones |
| March 11 | Vinyl Country |
| March 18 | Chwill Brothers |
| March 25 | Diamonds |