

NESA SENIORS' WEEK EVENTS



**MONDAY
JUNE 1**

1:00PM-3:00PM

CELEBRATE SENIORS' WEEK WITH BOB LAYTON AND SHANE BLAKELY

Sold out! Stop by the front desk to be added to the waitlist.

**TUESDAY
JUNE 2**

10:00AM-3:00PM

HEALTH AND WELLNESS FAIR

Join us during Seniors' Week for an opportunity to connect with local service providers who can help you enhance your spectacular senior years!

**TUESDAY
JUNE 2**

10:00AM-3:00PM

HANDMADE WITH HEART CRAFT SALE

Come support our talented NESA club members and browse a wonderful selection of handmade items. Stop by, shop local, and find something special!

**THURSDAY
JUNE 4**

9:30AM-4:00PM

CRIBBAGE TOURNAMENT

\$60 per team (includes 10 games and lunch)

For Information Contact Willy Moyes 780-473-0605
or Sharon Johnston 780-456-2007

**FRIDAY
JUNE 5**

12:30PM-3:30PM

FASHION SHOW AND SHOPPING EVENT

Enjoy a fashion show featuring seasonal looks, then browse a wide selection of women's clothing and accessories brought right to you. Relax with coffee, tea, and refreshments while you socialize and find something special.

Tickets: \$15 per person.

Ticket Deadline: May 29 at 4PM

NESA SENIORS' WEEK PROGRAMS



MONDAY, JUNE 1

9:30 AM-11:30 AM **Making Sense of Your Money: Investing with Confidence in Retirement**
See page 45 in our Spring Program Guide for details.

1:00 PM-3:00 PM **Celebrate Seniors' Week with Bob Layton and Shane Blakely**
Sold out! Call or visit the front desk to join the waitlist | Tickets: \$10 each

1:30 PM-3:30 PM **Fraud in 2026 - Could you be Next?**
See page 44 in our Spring Program Guide for details.

TUESDAY, JUNE 2

10:00 AM-3:00 PM **Health and Wellness Fair**
More info at www.nesa1.ca/news-events/event/2026/06/02/health-wellness-fair/558165

10:00 AM-3:00 PM **Handmade with Heart Club Craft Sale**

WEDNESDAY, JUNE 3

9:30 AM-11:30 AM **EPS Cybercrime Awareness**
See page 43 in our Spring Program Guide for details.

1:30 PM-3:30 PM **Three Keys to Vibrant Aging: Medication, Nutrition and Habits**
See page 51 in our Spring Program Guide for details.

THURSDAY, JUNE 4

9:30 AM-4:00 PM **Cribbage Tournament**
More info at www.nesa1.ca/news-events/event/2026/06/04/11th-annual-doubles-cribbage-tournament/556295
\$60 per team (includes 10 games and lunch)

9:30 AM-11:30 AM **Edmonton Fire Rescue Services: Fire Safety 101**
See page 43 in our Spring Program Guide for details.

2:00 PM-3:30 PM **Hearing Health**
See page 49 in our Spring Program Guide for details.

FRIDAY, JUNE 5

9:30 AM-11:30 AM **Caregiving 101**
See page 41 in our Spring Program Guide for details.

12:30 PM-3:30 PM **Fashion Show and Shopping Event**
More info at www.nesa1.ca/news-events/event/2026/06/05/seniors-week-fashion-show-shopping-event/559770

2:00 PM-3:30 PM **Intro to Breathwork and Meditation Workshop**
See page 49 in our Spring Program Guide for details.