

FALL 2023

Registration is open! Register today!  
Programs start SEPTEMBER 11, 2023 at 8:30AM



# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

**NESA'S TEMPORARY  
FACILITY RELOCATION**  
SEE PAGE 8 FOR MORE INFO!

**PLEASE READ!**

**UPDATES FOR OUR MEMBERS:**

- 4** Temporary Office Location
- 46** Laundry Leisure Pass
- 47** Outreach and Home Supports Update Info

**DON'T HAVE A COMPUTER?**

Or do you need some assistance with registering? Check out our options on Page 4.





7524 - 139 Avenue

# our history

In 1978...the Edmonton Northgate Lions Club constructed a recreation centre on City land for senior citizens and the community. One of the busiest and most successful 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 300 volunteers give over 40,000 hours of their time collectively, annually.

Join us for Laughter,  
Learning, and Living!

*Fun Keeps You Young*

FALL 2023

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# MEMBERSHIP INFORMATION

## FALL 2023

Office Hours  
(See page 4 for more details)

Registration is open! Register today  
- programs start the week of  
**SEPTEMBER 11, 2023 @ 8:30AM**

### ANNUAL MEMBERSHIPS

**55+ MEMBERSHIP:** \$30/person

**Under 55 MEMBERSHIP:** \$60/person

- Valid January 1 (or date of purchase) to December 31.
- Full voting privileges at Annual General Meeting.
- Access to NESAs programs and club enrollment at membership rates. (Not required for special events and various one-day lectures or presentations).

#### How to Obtain:

Purchase online ([www.nesa1.ca](http://www.nesa1.ca)), by calling 780.496.6969, in person, or via mail.

### LIFETIME MEMBERSHIP

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

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

### LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 46 for more information about NESAs's subsidy program.

### RECIPROCAL MEMBERSHIP

- Valid January 1 (or date of purchase) to December 31.
- No voting privileges at Annual General Meeting.
- No access to Fitness Centre or club activities (must be a NESAs member).
- Access to NESAs program enrollment at member rates, starting one week after the first day of registration.

**How to Obtain:** Purchase at participating Senior Recreation Centres. Please retain your proof of purchase for reciprocal membership verification.

### NESAs's Relocation Update and Community League Memberships

To show our appreciation for the collaboration that we have made with the Steele Heights Community League and the Kilkenny Community League, NESAs has extended the reciprocal membership to those who have a current community league membership. Members of these community leagues will qualify to attend NESAs programs and activities at the membership rate, without the purchase of a NESAs membership. Please provide a receipt or membership card that clearly states the expiration date, for proof of community league membership.

### NON-MEMBERS

Just wanting to join us for a special event, one-day lecture or presentation?

Look for this symbol **NMW** (Non-members welcome) to confirm what activities a NESAs membership is not required for.

## JUST BUYING YOUR 2023 NESAs MEMBERSHIP NOW?

Pay your \$30 membership fee in full and receive a \$15 credit that can go towards your registration fees!

**NOT SURE IF YOU HAVE ALREADY PURCHASED A 2023 MEMBERSHIP?**

Call us at 780.496.6969 and we can look up your account and verify your membership status.

# PROGRAM REGISTRATION INFORMATION & FORMS

register online

## REMINDER!

An active 2023 NESAs Membership is required for most programs and activities at NESAs. See Membership Application on page 5-6.

## HOW TO REGISTER:

### ONLINE REGISTRATION

Already have your online account set up? Please visit our website [www.nesa1.ca](http://www.nesa1.ca) and click on 'My Account' to sign in and register as you did in the Spring or Summer of 2023.

**Don't have an account?** Please visit our website [www.nesa1.ca](http://www.nesa1.ca) and click on 'My Account' and then select the 'Click here to create a New Account' option.

**Need to register a spouse or friend online?** Make sure we have received their permission for you to do this ahead of time and a NESAs staff can make arrangements to add them to your account.

**For Technical Support call:**  
780.496.6969

## NESA'S TEMPORARY OFFICE LOCATION

**McClure United Church 13708-74 St**

**Summer 2023 Office Hours of Operation** NESAs office hours from August 21-September 1, 2023 will be the following: 8:30AM-3PM  
**Monday to Friday.**

**Fall 2023 Office Hours of Operation** Effective September 5, 2023 the office will be open from 9AM-3PM on Mondays, Tuesdays, Thursdays, and Fridays. **Closed on Wednesdays.**

## DON'T HAVE ACCESS TO OUR ONLINE OPTION? REGISTER VIA MAIL OR IN-PERSON

**MAIL-IN REGISTRATION** Please see page 7 for the mail-in registration form, upon its completion please mail it back to NESAs (with a cheque payable to North Edmonton Seniors Association). Mail-in registrations will only be processed if full payment is provided. A receipt will be sent back via mail to members who have successfully been enrolled in their program(s).

### IN-PERSON REGISTRATION (McClure United Church 13708-74 St)

To prevent overcrowding and excessive lineups and to provide a more efficient registration experience, it is strongly encouraged that members register for their activities and programs online.

If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration with cheque payment.

Please note that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider online registration if possible as it proves to be the safest, most efficient, and fastest option.

**TELEPHONE** Please note that telephone registration is not available at this time. Telephone support will only be available for technical/online account assistance.

**CANCELLATIONS AND REFUND POLICY:** No refunds or credits will be given for programs, clubs, presentations, tours, or Fitness Centre passes unless canceled by NESAs.

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

**DISCLAIMERS** Opinions expressed by guest speakers do not reflect the views of 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 outings. All programs are organized and operated by NESAs.





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

OFFICE USE ONLY	
55+ Membership	<input type="checkbox"/>
Under 55 Membership	<input type="checkbox"/>
Gold Membership	<input type="checkbox"/>
Reciprocal Membership	<input type="checkbox"/>

## NESA Membership Application

Please **PRINT** Clearly

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

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

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

FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_

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

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

PHONE NUMBER: \_(\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_  
*Email Address required for online registration access.*

BIRTH DATE (MM/DD/YYYY): \_\_\_\_\_  
*Full birth date required for Membership Type criteria.*

MALE    FEMALE    PREFER NOT TO DISCLOSE/UNSPECIFIED

### EMERGENCY INFORMATION:

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

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

OFFICE USE ONLY:	
<input type="checkbox"/> MEMBERSHIP INFORMATION INPUT INTO BOOKING ON _____ (DATE) BY _____ (INITIALS)	
<input type="checkbox"/> EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS	<input type="checkbox"/> FORM ELECTRONICALLY SCANNED ON NESA SYSTEM
PLEASE ENSURE COMPLETED FORM IS FILED IN THE 'NEW MEMBERSHIP APPLICATIONS' FOLDER AT FRONT DESK AFTER PROCESSING	

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

**SEE OTHER SIDE**



## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

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

## Terms of Service

[Last updated February 26<sup>th</sup>, 2021]

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

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

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

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

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

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

COVID-19 Compliance: NESAs continues to align its COVID-19 response with the City of Edmonton and Alberta Health Services. Members and facility patrons are required to comply with the required guidelines when visiting NESAs and participating in activities, programs, etc. Failure to do so can result in refusal of program admission and/or a facility ban.

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

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

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

I have read and understand the above Terms of Service.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



**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.nesal.ca](http://www.nesal.ca)

**Friendly Reminder!**  
 Mail-in forms must be received a minimum of one day prior to the club or program start date with full payment to allow for processing time.

## Mail-In Registration Form

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

**Important – Mail-in registrations:**

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

**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.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

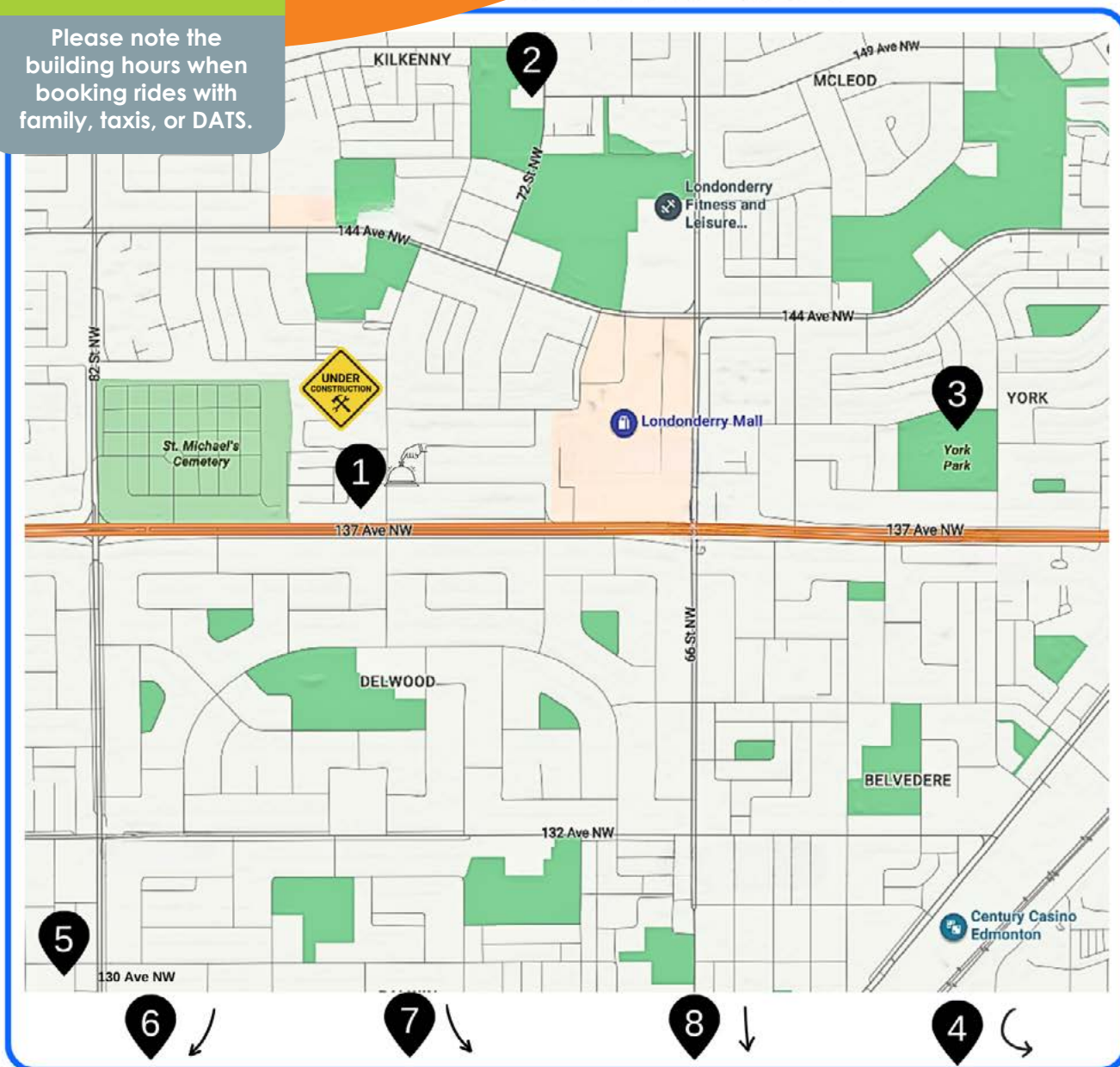
Phone(s): \_\_\_\_\_ Email: \_\_\_\_\_

Activity Name	Start Day/Date	Time	Fee	Office Use
<b>Payment:</b> Payment in full must accompany registration. Please do <b>NOT</b> send cash. Cheques must be made payable to: <b>North Edmonton Seniors Association</b> .			<b>Total</b>	Supply lists Required/Added? <input type="checkbox"/> YES <input type="checkbox"/> NO

# Where can you FIND US?

## IMPORTANT!

Please note the building hours when booking rides with family, taxis, or DATS.



**Northgate Lions Seniors Recreation Centre - Facility**  
Closed for Renovations



**McClure United Church**  
13708 74 Street, NW  
Mon-Fri, 8:45 am - 4:15 pm



**NESA Reception Desk**  
M,T,T,F 9 am - 3 pm,  
Closed on Wednesdays.



**Kilkenny Community League**  
14910 72 Street, NW  
Mon-Fri, 8:30 am - 4:15 pm



**Steele Heights Community League**  
5825 140 Avenue, NW  
Mon-Fri, 8:30 am - 4:15 pm



**ACT - Rundle Park**  
2909 113 Avenue, NW  
Mon-Fri, 8:30 am - 9 pm



**P&J Ceramics**  
13012 82 Street, NW  
Mon-Fri, 9 am - 5 pm



**Central Lions Seniors Recreation Centre**  
11113 113 Street, NW  
Mon-Fri,



**Hope Lutheran Church**  
5104 106 Avenue, NW  
Thurs, 8:15 am - 1:15 pm



**South East Edmonton Seniors Association**  
9350 82 Street, NW  
Mon - Fri, 8:30 am - 4:30 pm





## **NESA Tech Tutorial Thursdays**

**Shawn Gramiak**

At this time, during our temporary relocation, NESA will not be offering any one-on-one tech tutorial sessions but upon our return back to the Northgate location we plan to resume our computer and devices programs. If you are looking to book a tech tutorial, contact the Central Lions Seniors Association at 780.496.7369 to review what sessions may be available this season.



## **NEW!** Bird Carving: Bald Eagle Bust

**Diane Sharkey**

All levels of carvers welcome in this class as you will receive instructions on all aspects of carving, painting and design. This year's project is a Bald Eagle Bust. Register early to avoid class cancellation.

**Please register at Central Lions Seniors Associaton**

**📍 Central Lions 11113-113 St**

Mon, Sep 11-Dec 11 / 1-4PM / Wks 12

**No class Oct 9, Nov 13**

**\$189**

## **NEW!** Bird Carving: Great Grey Owl

**Diane Sharkey**

All levels of carvers welcome in this class as you will receive instructions on all aspects of carving, painting and design. This year's project is a Great Grey owl. Register early to avoid class cancellation.

**Please register at Central Lions Seniors Associaton**

**📍 Central Lions 11113-113 St**

Mon, Sep 11-Dec 11 / 9:30AM-12:30PM / Wks 12

**No class Oct 9, Nov 13**

**\$189**

## PLEASE NOTE

Program durations scheduled are inclusive of the time required for instructor and participant equipment and shared-space disinfection and sanitization.

## Ceramics

**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 masterpiece! Have fun and learn a new craft in a relaxed environment where social interaction is strongly encouraged. All levels are welcome. Students are expected to purchase their greenware before class begins.

 **CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.**

**📍 P&J's 13012-82 St**

Thu, Sep 14-Nov 30 / 9:30AM-12:30PM / Wks 12

**\$125**



## 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 cannot 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!

## Creative Cards: Christmas

Janelle Taming

Come to the Creative Christmas Card Buffet! Spend a fun-filled day getting a head start on your Christmas cards. Working at your own pace, choose from an assortment of over a dozen different Christmas card designs. 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 inside! Your recipient will be thrilled with their hand-made festive creation. Included in the class fee are all of the supplies to make up to 20 cards with envelopes. Additional cards are \$2 each. Please bring your own lunch. All supplies included.

📍 Steele Heights 5825-140 Ave

**A** Fri, Oct 13 / 9:15AM-3:15PM / Wks 1

\$48 **NMW**

**B** Fri, Nov 17 / 9:15AM-3:15PM / Wks 1

\$48 **NMW**

## Creative Cards: For All Occasions

Janelle Taming

Come to the Creative Card Buffet! Spend a fun-filled day making cards for all occasions. Working at your own pace, choose from an assortment of over a dozen different designs of all occasion cards, including birthday for him and her, sympathy, thank you, and more. 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 inside! Your recipient will be thrilled with their handmade creation. Included in the class fee are all of the supplies to make up to 20 cards with envelopes. Additional cards are \$2 each. Please bring your own lunch. All supplies included.

📍 Steele Heights 5825-140 Ave

Fri, Sep 22 / 9:15AM-3:15PM / Wks 1

\$48 **NMW**



## **NEW!** Floral Workshop: Fresh Flower Thanksgiving Cornucopia Centerpiece

The Social Florist

This Thanksgiving join Jacquie for a fun fresh flower workshop and put Fall's bounty on full display and complete your Thanksgiving table with a creative Cornucopia Centerpiece. Learn how to artfully arrange fresh fall flowers. You will receive all the necessary materials to design your classic cornucopia centerpiece. Materials provided are: cornucopia basket, assorted fresh fall flowers, greenery, floral foam, scissors, and a take home box. All supplies included.

📍 Kilkenny 14910-72 St

Fri, Oct 6 / 1-3PM / Wks 1

\$74 **NMW**

### **NEED HELP GETTING TO YOUR NESAS PROGRAM?**

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





**NEW!** **Floral Workshop: Grinch Whoville Tree**

The Social Florist



Join Jacquie this Holiday Season for a Whimsical Workshop. Create your own stupendous & 'seussical' Grinch Whoville Tree! Add some Christmas character

to your home or gift it to a friend. You will receive all the necessary materials to complete your tree. Materials provided are: Assorted evergreens, Christmas pot, various colors and sizes of glass baubles, assortment of ribbon, pine cones, colored wire, scissors, clippers and a take home box. All supplies included.

**Kilkenny 14910-72 St**

**A** Mon, Nov 27 / 1-3PM / Wks 1

**\$74 NMW**

**B** Wed, Nov 29 / 5-7PM / Wks 1

**\$74 NMW EVENING**

**EVERYTHING IS MORE FUN WITH A FRIEND!**

Are you or your friend a non-member who wants to participate in one of our one-day workshops or programs? Look for this symbol **NMW** to know which activities you may be eligible for.

**NEW!** **Floral Workshop: Moss Art**  
The Social Florist

With the assistance of Jacquie, you can embark on designing an exceptional home decor item that incorporates preserved moss, resulting in a captivating work of art. Preserved moss offers a diverse range of colors and textures, allowing you to personalize your creation according to your unique style. These pieces serve as ideal green accents for your home, even in areas with limited access to natural light, making them an excellent alternative to potted plants. You will receive all the necessary materials to craft your moss art. Materials provided are: 5x7 frame (white or black), assorted colors of preserved moss, rocks, wood pieces, dried flowers, shells, glue guns, glue, and scissors. All supplies included.

**Kilkenny 14910-72 St**

Mon, Oct 23 / 1-3PM / Wks 1

**\$56 NMW**



## Gemstone Bracelet Making Workshop

Joanne Banman



Have fun making three custom elastic gemstone bracelets for yourself or as gifts. You will learn about the properties of gemstones, how you can select the ones that can benefit you most, and how to cleanse and charge your gemstones. This workshop is complete with demonstration, instruction and all supplies including a wide selection of semi-precious gemstones, wood beads, charms, and accent beads to choose from. All supplies included.

📍 **Steele Heights 5825-140 Ave**

**A** Fri, Oct 20 / 12-3PM / Wks 1

**\$72 NMW**

📍 **Kilkenny 14910-72 St**

**B** Wed, Nov 1 / 4:30-7:30PM / Wks 1

**\$72 NMW EVENING**

## **NEW!** Hand Lettering Workshop: Just for Fun!

Pat Aslund

Expand your handwriting into fun artistic forms for making greeting cards, artwork, or scrapbooking. In each of these three sessions you will learn a distinct lettering style and finish with a project using that alphabet. No specialized equipment needed. Some materials will be supplied by the instructor. Please remember to bring the supplies listed when you registered.

 **CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.**

📍 **Kilkenny 14910-72 St**

Mon, Nov 20-Dec 4 / 9AM-12PM / Wks 3

**\$65**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESAs Landry Leisure Pass.

## Hand Lettering Workshop: Learn to Make your Handwriting Beautiful and Artistic

Pat Aslund

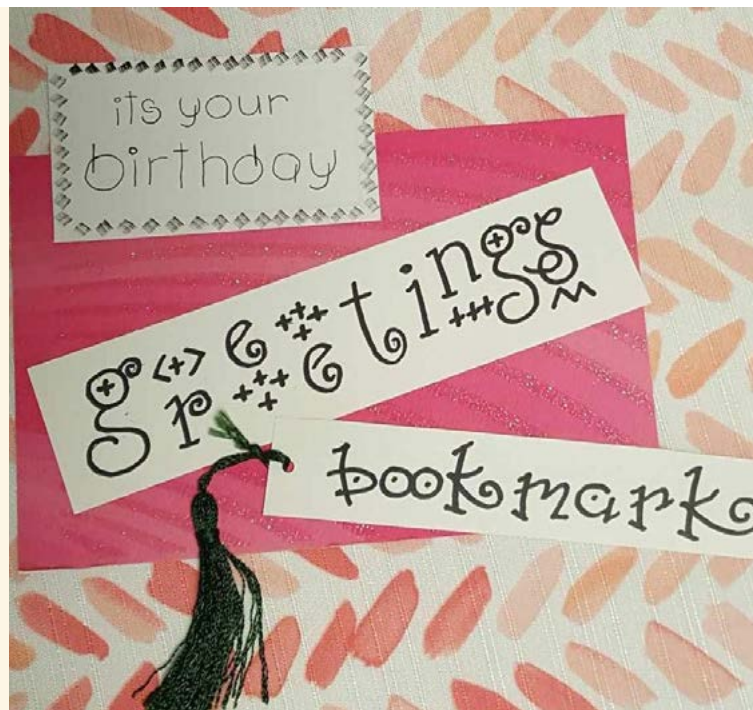
In this course you will learn how to enhance your own handwriting and printing to add attractive messages in greeting cards, or in scrapbooking, or for making labels. In week-one we will work with cursive letters, week-two with printing, and in week-three we will have fun with different artistic techniques using letters and words. We will use materials that most people already have in their homes, so no special equipment is required for you to purchase. The instructor will also have some supplies to share.

 **CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.**

📍 **Kilkenny 14910-72 St**

Mon, Oct 16-30 / 9AM-12PM / Wks 3

**\$65**





## **NEW!** Holiday Trees Workshop Shantel Toma

Let's transform Styrofoam cones into a festive addition to your home for the holidays. There will be lots of gluing with rope, yarn, twine and other finishing touches. There are a variety of color options and textures to choose from. All supplies included.

**Kilkenny 14910-72 St**

**A** Wed, Nov 15 / 5-7:30PM / Wks 1

**\$42 NMW EVENING**

**B** Fri, Nov 17 / 10AM-12:30PM / Wks 1

**\$42 NMW**

## **Needlecrafts: Crochet For All Levels**

**Ann Marston**

Slip knot, chain stitch, double crochet - what does that even mean? Ann will help you figure it all out! Start 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!

 **CLICK HERE** TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.

**Steele Heights 5825-140 Ave**

Tue, Sep 12-Nov 28 / 1:30-3:30PM / Wks 12

**\$102**

## **Needlecrafts: 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, bind 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!

 **CLICK HERE** TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.

**Steele Heights 5825-140 Ave**

Tue, Sep 12-Nov 28 / 11AM-1PM / Wks 12

**\$102**

### **AVOID BEING WAITLISTED**

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Fall 2023 season! Be sure to double-check your course dates and selection before you register!





**NEW!** **Wood Gnomes Workshop**  
Shantel Toma

This project requires some painting, gluing and accent decorating. There are a variety of color choices to choose from. Join Shantel and work together through each step to bring your gnome trio to life! All supplies included.

**Kilkenny 14910-72 St**

Wed, Oct 4 / 5-7:30PM / Wks 1

**\$42 NMW EVENING**

**Steele Heights 5825-140 Ave**

Fri, Oct 6 / 10AM-12:30PM / Wks 1

**\$42 NMW**

**EVENING PROGRAM  
REGISTRATION INFORMATION!**

Please note that evening program registration is required to be completed online or during NESAs regular business hours. See page 4 for office hour information.

**Whist and Table Games Tuesday**

Lead by fellow game enthusiasts

Come and join fellow card and board game enthusiasts for an afternoon of game play and socializing. Whist will be the main activity played but for those interested in Scrabble we will have that available as well. Must register for full 6 weeks as drop-in is no longer available. If you are looking for other card games, please see page 40-44 for more information about the NESAs Cards Clubs.

**Steele Heights 5825-140 Ave**

**A** Tue, Sep 12-Oct 17 / 12:45-3PM / Wks 6

**\$12**

**B** Tue, Oct 24-Nov 28 / 12:45-3PM / Wks 6

**\$12**

**DONATION REQUEST FROM NESAs!**

Have any worsted weight yarn you're not using? If so, please bring it to the McClure United Church (13708-74 St) and have it donated to 'Knitting From the Heart' so this volunteer group can turn the yarn into amazing creations that will be donated to those in our community who need them most! Thank you!



# DRAWING & PAINTING



## MATERIALS

Please remember to bring your own drop-cloths, art easels, or any other supplies you will require, as NESAs is not able to provide you with them. Refer to class supply lists provided in the links below. Registering by mail-in? A copy of the list will be sent to you by mail.

**NEW!**

### Acrylic Painting Workshop: Christmas Barn



**Wendy Jensen**

Join Wendy for a fun two hours of painting! Whether you are a beginner or an expert painter, you'll enjoy your time in this class. We provide everything you need to create a 12" x 12" masterpiece to take home. All supplies included.

**Kilkenny 14910-72 St**

Wed, Nov 22 / 5:30-7:30PM / Wks 1

**\$26 NMW EVENING**

**NEW!**

### Acrylic Painting Workshop: Sunset Pier



**Wendy Jensen**

Join Wendy for a fun two hours of painting! Whether you are a beginner or an expert painter, you'll enjoy your time in this class. We provide everything you need to create a 12" x 12" masterpiece to take

home. All supplies included.

**Kilkenny 14910-72 St**

Wed, Oct 18 / 5:30-7:30PM / Wks 1

**\$26 NMW EVENING**

### Acrylics with Cindy

**Cindy Barratt**



Cindy will take you through various aspects of painting with Acrylics from color theory, various painting techniques, brush strokes, handling the medium, composition, etc. There will be some exercises, discussions, demos, and lots of hands-on painting with individual assistance. Students will have the opportunity to select a "theme" each week and can then work from Cindy's painting reference projects or bring in their own references. For beginner to intermediate levels.



**CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST, OTHERWISE SUPPLIES REQUIRED WILL BE CONFIRMED DURING REGISTRATION.**

**Kilkenny 14910-72 St**

Tue, Sep 19-Oct 31 / 12:30-3:30PM / Wks 7

**\$180**

## NEED HELP GETTING TO YOUR PROGRAM?

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




## **NEW!** Pen & Ink: Nature Drawing

Susan Casault

Whether you are new to the medium of watercolor pencils, or would like more of an opportunity to play, bring your set to class and see the beautiful effects you can achieve with your water-soluble pencils. You will learn a variety of drawing and painting techniques while experimenting with color, line, texture and washes to create small paintings. Photo reference will be provided by the instructor.

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

 **Kilkenny 14910-72 St**

Thu, Sep 21-Oct 26 / 9:30AM-12:30PM / Wks 6

\$155 **NMW**

## Watercolor with Willie For All Levels

Willie Wong

Learn how to paint with watercolors, no drawing or painting experience is needed. All projects are easy-to-follow handouts and no free-hand drawing is required. Participants will have two options for supplies.

**Option #1** Bring your own using the provided supply list.

Or

**Option #2** Use the supplies that the instructor provides, and you get to keep the palette and brushes at the end of the session.\*

**NOTE** **Option #2** has an additional fee of \$40 payable to the instructor on the first day of class.

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

 **Kilkenny 14910-72 St**

Wed, Sep 27-Nov 29 / 1-4PM / Wks 8


No classes Oct 18, Nov 15

\$250\*

## **NEW!** Welcome Sign: Red Cardinal

Wendy Jensen

Join Wendy in creating your own front porch sign. Please note: we will be working with latex paint. Please wear your painting clothes or bring a cover up. All supplies included.

 **Kilkenny 14910-72 St**

**A** Wed, Oct 25 / 4:30-7:30PM / Wks 1

\$75 **NMW** **EVENING**

 **Steele Heights 5825-140 Ave**

**B** Fri, Nov 3 / 1:30-3:30PM / Wks 1

\$75





## 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](http://www.nesa1.ca) and view the 'Get Involved' section to learn about how you can make an impact in our community.

## Active with Arthritis

**Amy Petersen**

Physical activity is important for the management of joint pain or stiffness associated with Arthritis or other chronic conditions. Join us for a light-intensity, gentle and safe workout while experiencing some relief to your muscle and joint discomfort through a series of different movements that will include various stretching, strengthening and light aerobic activities with the goal to help improve and better manage these conditions. No floor work.

**Rundle 2909-113 Ave**

**A** Tue, Sep 12-Oct 17 / 10:30-11:30AM / Wks 6

**\$39**

**B** Thu, Sep 14-Oct 19 / 10:30-11:30AM / Wks 6

**\$39**

**C** Tue, Oct 24-Nov 28 / 10:30-11:30AM / Wks 6

**\$39**

**D** Thu, Oct 26-Nov 30 / 10:30-11:30AM / Wks 6

**\$39**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESA's Landry Leisure Pass.

## Age Reversing Essentrics®

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Some movement modifications available. Please bring your own yoga mat.

**Rundle 2909-113 Ave**

**Samara Hipkin**

**A** Mon, Sep 11-Oct 16 / 10:30-11:30AM / Wks 5

**No class Oct 9**

**\$57**

**Meaghan Hipkin**

**A** Fri, Sep 15-Oct 20 / 10:30-11:30AM / Wks 6

**\$68**

**Samara Hipkin**

**B** Mon, Oct 23-Nov 27 / 10:30-11:30AM / Wks 5

**No class Nov 13**

**\$57**

**Meaghan Hipkin**

**C** Fri, Oct 27-Dec 1 / 10:30-11:30AM / Wks 6

**\$68**



## AVOID BEING WAITLISTED

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Fall 2023 season! Be sure to double-check your course dates and selection before you register!

### Barre Cardio

#### Falon Fleming

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

#### Rundle 2909-113 Ave

**A** Thu, Sep 14-Oct 19 / 9:15-10:15AM / Wks 6

\$39

**B** Thu, Oct 26-Nov 30 / 9:15-10:15AM / Wks 6

\$39

### Beginner Yoga

#### Marguerite Critchley

Learn the basics of yoga and fundamental poses, plus breathing and relaxation techniques with a structured style that includes details and demonstrations. Ideal for those new to yoga or those willing to challenge themselves a bit. Participants are encouraged to bring their own mat and must be able to get down to and up from the floor.

#### Rundle 2909-113 Ave

**A** Mon, Sep 11-Oct 16 / 1:15-2:45PM / Wks 5

No class Oct 9

\$47

**B** Mon, Oct 23-Nov 27 / 1:15-2:45PM / Wks 5

No class Nov 13

\$47

### Bender Ball: Total Body Workout

#### Falon Fleming

A total body workout designed to improve strength from head to toe. Each class is designed to target all muscle groups with a strong emphasis on core stability. We will incorporate strength based exercises, utilizing various equipment pieces such as bands, hand weights, and like the name states, the bender ball. Must be able to transition to the floor easily and be comfortable with mat-based exercises.

#### Rundle 2909-113 Ave

**A** Tue, Sep 12-Oct 17 / 9:15-10:15AM / Wks 6

\$39

**B** Tue, Oct 24-Nov 28 / 9:15-10:15AM / Wks 6

\$39

### 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. Please bring your own yoga mat.

#### Kilkenny 14910-72 St

**A** Mon, Sep 11-Oct 23 / 9:15-10:15AM / Wks 5

No classes Oct 9, 16

\$33

#### Rundle 2909-113 Ave

**B** Wed, Sep 13-Oct 18 / 9:15-10:15AM / Wks 6

\$39

#### Kilkenny 14910-72 St

**C** Mon, Oct 30-Dec 11 / 9:15-10:15AM / Wks 6

No class Nov 13

\$39

#### Rundle 2909-113 Ave

**D** Wed, Oct 25-Nov 29 / 9:15-10:15AM / Wks 6

\$39



## Chair Stretch and Balance

**Marguerite Critchley**

A gentle session incorporating stretching and balance moves using a chair. Both seated and standing postures are explored with modifications where necessary. This class also focuses on muscle strengthening and breathing techniques to increase lung capacity. No floor work but bringing your own yoga mat to stand on is recommended.

**Rundle 2909-113 Ave**

**A** Mon, Sep 11-Oct 16 / 12-1PM / Wks 5

No class Oct 9

\$33

**B** Mon, Oct 23-Nov 27 / 12-1PM / Wks 5

No class Nov 13

\$33

## Chair Total Body Workout

**Maggie Nichol**

Designed for those with limited mobility, this class welcomes all levels of exercisers. Using modified movements, portable equipment, walls and chairs, this class focuses on improving strength, flexibility and balance.

**Kilkenny 14910-72 St**

**A** Mon, Sep 11-Oct 23 / 12-1PM / Wks 6

No class Oct 9

\$39

**B** Thu, Sep 14-Oct 19 / 1-2PM / Wks 6

\$39

**C** Mon, Oct 30-Dec 11 / 12-1PM / Wks 6

No class Nov 13

\$39

**D** Thu, Oct 26-Nov 30 / 1-2PM / Wks 6

\$39

## Chair Yoga

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

**Beverley Moore**

**Rundle 2909-113 Ave**

**A** Tue, Sep 12-Oct 17 / 12:15-1:15PM / Wks 6

\$46

**Barb Deneka**

**Steele Heights 5825-140 Ave**

**B** Thu, Sep 14-Oct 19 / 10:45-11:45AM / Wks 6

\$46

**Beverley Moore**

**Rundle 2909-113 Ave**

**A** Tue, Oct 24-Nov 28 / 12:15-1:15PM / Wks 6

\$46

**Barb Deneka**

**Steele Heights 5825-140 Ave**

**B** Thu, Oct 26-Nov 30 / 10:45-11:45AM / Wks 6

\$46

### TEMPORARY VENUE INFO

Please visit page 8 to learn more about the temporary venue spaces NESA programs are scheduled at this season.



## Cross Training

### Falon Fleming

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

**Rundle 2909-113 Ave**

**A** Tue, Sep 12-Oct 17 / 10:30-11:30AM / Wks 6

**\$39**

**B** Thu, Sep 14-Oct 19 / 10:30-11:30AM / Wks 6

**\$39**

**C** Tue, Oct 24-Nov 28 / 10:30-11:30AM / Wks 6

**\$39**

**D** Thu, Oct 26-Nov 30 / 10:30-11:30AM / Wks 6

**\$39**

## Essentrics® for Seniors

### Liz Olson

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, or for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle fitness, standing and chair work. No floor work but bringing your own yoga mat to stand on is recommended.

**Steele Heights 5825-140 Ave**

**A** Thu, Sep 14-Oct 19 / 11-11:45AM / Wks 6

**\$61**

**B** Thu, Oct 26-Nov 30 / 11-11:45AM / Wks 6

**\$61**



## Essentrics® for Stretch and Tone

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

**Rundle 2909-113 Ave**

### Samara Hipkin

**A** Mon, Sep 11-Oct 16 / 9:15-10:15AM / Wks 5

**No class Oct 9**

**\$57**

### Meaghan Hipkin

**B** Fri, Sep 15-Oct 20 / 9:15-10:15AM / Wks 6

**\$68**

### Samara Hipkin

**C** Mon, Oct 23-Nov 27 / 9:15-10:15AM / Wks 5

**No class Nov 13**

**\$57**

### Meaghan Hipkin

**D** Fri, Oct 27-Dec 1 / 9:15-10:15AM / Wks 6

**\$68**



## Feelin' Alive at 7:45

Jollean Ferrari

Looking for an early morning boost and a workout that will get you ready to take on the day? Kickstart your day with an early morning workout with Jollean. This total body workout is intended to get your muscles and joints moving and ready for whatever the day has in store for you. Expect to improve your cardio and endurance, strengthen and sculpt your muscles, and enhance your flexibility. New exercises introduced each week and all levels of fitness are welcome. Floor work may be prescribed so please bring an exercise mat!

**Rundle 2909-113 Ave**

**A** Tue, Sep 12 / 7:45-8:45AM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**A** Tue, Sep 19-Oct 24 / 7:45-8:45AM / Wks 5

**No class Oct 3**

**\$33**

**E** Tue, Oct 31-Nov 28 / 7:45-8:45AM / Wks 5

**\$33**

**B** Wed, Sep 13 / 7:45-8:45AM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**B** Wed, Sep 20-Oct 25 / 7:45-8:45AM / Wks 5

**No class Oct 4**

**\$33**

**F** Wed, Nov 1-Nov 29 / 7:45-8:45AM / Wks 5

**\$33**

**C** Thu, Sep 14 / 7:45-8:45AM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**C** Thu, Sep 21-Oct 26 / 7:45-8:45AM / Wks 5

**No class Oct 5**

**\$33**

**G** Thu, Nov 2-Nov 30 / 7:45-8:45AM / Wks 5

**\$33**

**D** Mon, Oct 16 / 7:45-8:45AM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**D** Mon, Oct 23-Nov 27 / 7:45-8:45AM / Wks 5

**No class Nov 13**

**\$33**

## **NEW!** Ex-Press - 60 Minute Workout

Amy Petersen

Are you looking for something that will revitalize and awaken your body? Come check out Amy's 60-minute intro to strength training. This class will teach you how to lift weights effectively and incorporate simple calisthenics-style strength training exercises. This class includes a warm-up with static and dynamic stretching and bursts of full-body cardiovascular movements. This class involves both standing and sitting. Get ready, this class supports the improvement of muscular atrophy and improves muscle mass. This class will give you the skills and eagerness to return each week! Please bring a mat to stand on and for stretching/cooldown work. Floor work is not required but having your own mat is still recommended.

**Rundle 2909-113 Ave**

**A** Tue, Sep 12 / 11:45AM-12:45PM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**A** Tue, Sep 19-Oct 17 / 11:45-12:45PM / Wks 5

**\$33**

**B** Tue, Oct 24 / 11:45AM-12:45PM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**B** Tue, Oct 31-Nov 28 / 11:45-12:45PM / Wks 5

**\$33**

## UNSURE OF WHICH FITNESS CLASS TO CHOOSE?

For help with determining what is most suitable based on your current fitness level and experience, see page 29 for a class selection overview.

## Fit For Your Life

### Falon Fleming

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

**Kilkenny 14910-72 St**

**A** Mon, Sep 11-Oct 23 / 10:30-11:30AM / Wks 5

No classes Oct 9, 16

\$33

**Rundle 2909-113 Ave**

**B** Wed, Sep 13-Oct 18 / 10:30-11:30AM / Wks 6

\$39

**Kilkenny 14910-72 St**

**C** Mon, Oct 30-Dec 11 / 10:30-11:30AM / Wks 6

No class Nov 13

\$39

**Rundle 2909-113 Ave**

**D** Wed, Oct 25-Nov 29 / 10:30-11:30AM / Wks 6

\$39

## Flexibility and Foam Rolling

### 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.

**Rundle 2909-113 Ave**

**A** Wed, Sep 13-Oct 11 / 1:30-2:30PM / Wks 5

\$33

**B** Wed, Oct 25-Nov 29 / 1:30-2:30PM / Wks 6

\$39



## Fun and Fitness

### Maggie Nichol

Join us for an hour of full body conditioning in a safe and fun environment. This class consists of up to 30 minutes of vigorous, low impact cardio, weights/resistance bands to improve overall strength, and activities that improve posture, balance and flexibility. Some mat work is required - please bring your own mat if you have one.

**Kilkenny 14910-72 St**

**A** Mon, Sep 11-Oct 23 / 1:15-2:15PM / Wks 6

No class Oct 9

\$39

**B** Thu, Sep 14-Oct 19 / 2:15-3:15PM / Wks 6

\$39

**C** Mon, Oct 30-Dec 11 / 1:15-2:15PM / Wks 6

No class Nov 13

\$39

**D** Thu, Oct 26-Nov 30 / 2:15-3:15PM / Wks 6

\$39

## TEMPORARY VENUE INFO

Please visit page 8 to learn more about the temporary venue spaces NESA programs are scheduled at this season.



## Gentle Yoga Explorations

**Christine Leach**

Practice yoga in a way that completely honors your body. Gentle yoga can allow space to bring peace, balance, and harmony to our minds, bodies and hearts. We will start with a soft breathing practice or centering meditation, and explore various styles of gentle yoga, including comfortable hatha stretches, easy flows, some gentle yin and restorative postures, and at times, meditation. Every week, the class is different, the only constant is that the practice is gentle. This class addresses various needs and is particularly suitable for: beginners; people who have been away from yoga for a while; people with various injuries; seniors. Low intensity. Floor work is required so please bring your own mat if you have one.

**Rundle 2909-113 Ave**

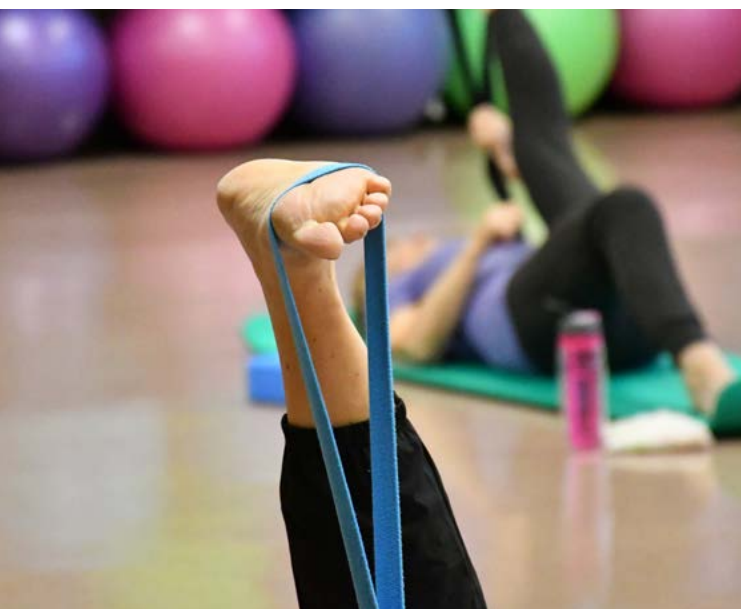
**A** Wed, Sep 13-Oct 18 / 9:30-10:30AM / Wks 5

No class Sep 20

**\$38**

**B** Wed, Oct 25-Nov 29 / 9:30-10:30AM / Wks 6

**\$46**



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESAs Landry Leisure Pass.

## **NEW!** HIIT Me Up Amy Petersen

High-intensity interval training (HIIT) is a popular exercise class that incorporates bursts of high-intensity exercise with periods of active recovery. This class involves a warm-up, followed by several rounds of intense exercise, each lasting about 20-30 seconds. These exercises can include anything from sumo squats and tricep extensions to jumping jacks and walking lunges. In between each exercise round, there is a brief period of active recovery, usually involving light cardio or stretching. The goal of a HIIT class is to get your heart rate up and keep it there, which can help you burn more calories and improve your overall fitness. HIIT classes can be challenging, but they are a great way to get a full-body workout in a short amount of time. Please bring your own mat to stand on and for any floor work required. Modifications can be provided if you are unable to do floor work.

**Rundle 2909-113 Ave**

**A** Thu, Sep 14 / 11:45AM-12:45PM / Wks 1

**FREE TRIAL** Registration is still required **NMW**

**A** Thu, Sep 21-Oct 19 / 11:45AM-12:45PM / Wks 5

**\$33**

**B** Thu, Oct 26 / 11:45AM-12:45PM / Wks 1

**FREE TRIAL** Registration is still required **NMW**

**B** Thu, Nov 2-30 / 11:45AM-12:45PM / Wks 5

**\$33**

## **NEW!** Move Well

Terri Jones

### **NEW Instructor!**

This movement class combines the ancient practice of yoga with the insights of modern science. The goal is to provide a mindful movement experience that supports increased mobility, strength and flexibility. If you have chronic pain, you will learn guiding principles to assist you in managing and working with your pain - using breath, movement and mindfulness to help you find safety in your nervous system.

We will explore breath and body awareness, breath and body regulation techniques, and gentle, mindful movement in a safe, kind, compassionate way. We integrate ways to strengthen interception, proprioception and balance to strengthen the signals of safety in your body. This is a chair-based program with some standing but no floor work.

**Kilkenny 14910-72 St**

**A** Tue, Sep 12 / 1-2PM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**A** Tue, Sep 19-Oct 17 / 1-2PM / Wks 5

**\$40**

**B** Tue, Oct 24 / 1-2PM / Wks 1

**FREE TRIAL Registration is still required** **NMW**

**B** Tue, Oct 31-Nov 28 / 1-2PM / Wks 5

**\$40**

## **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](http://www.nesa1.ca) and visit the 'Get Involved' section to learn about how you can make an impact in our community.

## Stretch 'n Tone Yoga: Beginner

Beverley Moore

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

**Rundle 2909-113 Ave**

**A** Tue, Sep 12-Oct 17 / 1:30-3PM / Wks 6

**\$56**

**B** Tue, Oct 24-Nov 28 / 1:30-3PM / Wks 6

**\$56**

## Stretch 'n Tone Yoga: Intermediate

Barb Deneka

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

**Steele Heights 5825-140 Ave**

**A** Thu, Sep 14-Oct 19 / 9-10:30AM / Wks 6

**\$56**

**B** Thu, Oct 26-Nov 30 / 9-10:30AM / Wks 6

**\$56**

## Strong and Stable

Amy Petersen

Join us for a gentle and light-intensity total body workout. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. All levels of fitness welcome! No floor work.

**Rundle 2909-113 Ave**

**A** Tue, Sep 12-Oct 17 / 9:15-10:15AM / Wks 6

**\$39**

**B** Thu, Sep 14-Oct 19 / 9:15-10:15AM / Wks 6

**\$39**

**C** Tue, Oct 24-Nov 28 / 9:15-10:15AM / Wks 6

**\$39**

**D** Thu, Oct 26-Nov 30 / 9:15-10:15AM / Wks 6

**\$39**

## Tai Chi (Yang Style) Level 1

**Leslie Sarabin**

The most popular and widely practiced Tai Chi style throughout the world, Yang Tai Chi is a progressive series of slow moving, gentle exercises that stretch, tone and relax the muscles. Other benefits include improved focus and concentration and increased energy.

 **Rundle 2909-113 Ave**

Wed, Sep 20-Nov 22 / 12-1PM / Wks 10

**\$90**

## Tai Chi (Yang Style) Level 2

**Leslie Sarabin**

This course is a continuation of the movements learned in Tai Chi (Yang Style) Level 1.

 **Rundle 2909-113 Ave**

Wed, Sep 20-Nov 22 / 1:15-2:15PM / Wks 10

**\$90**

## Tai Chi (Yang Style): An Introduction

**Weston Benjamin**

This class is an introduction to Yang-style Tai Chi. Tai Chi is a popular exercise and martial arts system originating in China. Tai Chi improves a person's flexibility and balance and the overall well-being of the body's joints, muscles, and connective tissues. Students will be taught a form called Yang 24 during this twelve-week session. All are welcome. No floor work is required. \*Note: This is a repeat of the course offered in the Spring of 2023. Students who took this class before are welcome to join again as are new students!

 **Steele Heights 5825-140 Ave**

Mon, Sep 11-Dec 11 / 9:30-10:30AM / Wks 12

**No classes Oct 9, Nov 13**


**\$108**

## Yin and Yoga Nidra

**Christine Leach**

Yin Yoga is a slow moving and intentional practice, sometimes using props, that cultivates length in the connective tissues of the body increasing functionality and integrity in a mindful way. It's a perfect preparation for Yoga Nidra, Sanskrit for yogic sleep. After setting up a comfortable rest position you are gently and systematically guided into a deeper state of relaxation so the unconscious and subconscious layers of the mind can open to possibility. Come join in an opportunity to notice and cultivate inner peace. In this fusion of effective approaches to mind/body practice, you'll finish class feeling rested, renewed, and refreshed. All experience levels welcome. Floor work is required.

 **Rundle 2909-113 Ave**

 **Fri, Sep 15-Oct 20 / 12-1PM / Wks 6**

**\$56**

 **Fri, Oct 27-Dec 1 / 12-1PM / Wks 6**

**\$56**

## Yin/Yang 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. Please bring your own yoga mat.

 **Steele Heights 5825-140 Ave**

Wed, Sep 13-Oct 18 / 11:30AM-1PM / Wks 6

**\$56**

Wed, Oct 25-Nov 29 / 11:30AM-1PM / Wks 6

**\$56**





## Zumba®

**Marguerite Critchley**

Use of low-impact dance moves to Latin, American-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.

📍 **Kilkenny 14910-72 St**

**A** Tue, Sep 12-Oct 17 / 11AM-12PM / Wks 6

**\$39**

📍 **Kilkenny 14910-72 St**

**B** Thu, Sep 14-Oct 19 / 11AM-12PM / Wks 6

**\$39**

📍 **Rundle 2909-113 Ave**

**C** Thu, Sep 14-Oct 19 / 1:15-2:15PM / Wks 6

**\$39**

📍 **Kilkenny 14910-72 St**

**D** Tue, Oct 24-Nov 28 / 11AM-12PM / Wks 6

**\$39**

📍 **Kilkenny 14910-72 St**

**E** Thu, Oct 26-Nov 30 / 11AM-12PM / Wks 6

**\$39**

📍 **Rundle 2909-113 Ave**

**F** Thu, Oct 26-Nov 30 / 1:15-2:15PM / Wks 6

**\$39**

## Zumba® Gold

**Bella Hanske**

This class is perfect for the active older adult who is looking for a modified Zumba® class that recreates the original moves you love at a lower intensity focusing on all elements of fitness including cardio, muscular conditioning, flexibility and balance!

📍 **Rundle 2909-113 Ave**

**A** Mon, Sep 11-Oct 16 / 12-1PM / Wks 5

**No class Oct 9**

**\$33**

**B** Mon, Oct 23-Nov 27 / 12-1PM / Wks 5

**No class Nov 13**

**\$33**

## Zumba® Gold Chair

**Bella Hanske**

This class is perfect for older adults who are looking for a modified Zumba® class while seated on a chair. We recreate the original moves you love at a lower-intensity while seated!

📍 **Rundle 2909-113 Ave**

**A** Mon, Sep 11-Oct 16 / 1:15-2:15PM Wks 5

**No class Oct 9**

**\$33**

**B** Mon, Oct 23-Nov 27 / 1:15-2:15PM / Wks 5

**No class Nov 13**

**\$33**

# PICKLEBALL PROGRAMS



**While the Northgate building is currently undergoing some renovations, NESAs has been successful at securing a temporary venue in which we can rent court space by the hour, on two select weekdays, and oversee all registration for these bookings.**

**NESA will be hosting Monday and Friday Pickleball at Rundle Park / ACT Recreation Centre (2909-113 Avenue).**

## Pickleball Schedule Format

The format for this season's pickleball will remain the same as previous seasons. There will be a **15-member maximum** per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

## Pickleball Rules, Scoring and Group Support

To ensure that all pickleball registrants are familiar with the rules, scoring system, and how to organize their round robin matches, it is recommended that only members with experience playing the game or those who have taken one of NESAs's previous 'Learn to Play' workshops register as there will be no instruction or support available for those new to the game.

**NOTE** Once NESAs returns back to its Northgate location, it is our hope to have the 'Learn to Play' pickleball workshops return for those wishing to register for some instructor-guided lessons.

## Cancellation/Refunds for Missed Pickleball Sessions

No refunds will be issued unless NESAs cancels this program. Due to the gymnasium rental agreement that NESAs shares with Rundle Park, NESAs requires all registrants to pay in full for the entire 10/12 week session and will be unable to credit or transfer any pickleball sessions you may be unable to attend.

## Waitlist Reminder

If you were unsuccessful at registering for a pickleball program before it filled up, be sure to add your name to the waitlist as you will be contacted in the event of additional spaces/sessions opening up. (There is no cost to be on the waitlist).

## Where else can I play pickleball?

If you are looking for more dates and times to play we encourage you to visit the various seniors centres throughout the city along with the numerous City of Edmonton recreation facilities that offer drop-in, registered programs, and private court rentals.

**Central Lions Recreation Centre**  
11113-113 Street / 780.496.7369 / [www.centrallions.org](http://www.centrallions.org)

**City of Edmonton** Call 311 for information about court locations and rental details

**North West Edmonton Seniors Society**  
12963-120 Street / 780.451.1925 / [www.nwess.ca](http://www.nwess.ca)

**Southeast Edmonton Seniors Association**  
9350-82 Street / 780.468.1985 / [www.seesa.ca](http://www.seesa.ca)

**Westend Seniors Activity Centre**  
9629-176 Street / 780.483.1209 / [www.weseniors.ca](http://www.weseniors.ca)

### SESSION DETAILS

75-minutes / 15 people max **ROUND-ROBIN FORMAT**

**Mon 2:05PM:** Mon, Sep 11-Nov 27 / 2:05-3:20PM / Wks 10

**No session Oct 9, Nov 13**

**\$55**

**FRI 9:15AM:** Fri, Sep 15-Dec 1 / 9:15-10:30AM / Wks 12

**\$66**

**FRI 10:35AM:** Fri, Sep 15-Dec 1 10:35-11:50AM / Wks 12

**\$66**

**FRI 2:05PM:** Fri, Sep 15-Dec 1 / 2:05-3:20PM / Wks 12

**\$66**

# FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Cardio Plus</li> <li>• Chair Total Body Workout</li> <li>• Essentrics® Stretch and Tone</li> <li>• Feelin' Alive at 7:45</li> <li>• Fit For Your Life</li> <li>• Fun and Fitness</li> <li>• Tai Chi Yang Style (Intro)</li> </ul>	<ul style="list-style-type: none"> <li>• Active with Arthritis</li> <li>• Bender Ball: Total Body Workout</li> <li>• Cross Training</li> <li>• Ex-Press 60 Minute Workout</li> <li>• Feelin' Alive at 7:45</li> <li>• Strong and Stable</li> <li>• Zumba®</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Feelin' Alive at 7:45</li> <li>• Fit For Your Life</li> <li>• Gentle Yoga</li> <li>• Meditation</li> <li>• Yin/Yang Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Active with Arthritis</li> <li>• Barre Cardio</li> <li>• Chair Yoga</li> <li>• Cross Training</li> <li>• Essentrics® for Seniors</li> <li>• Feelin' Alive at 7:45</li> <li>• HIIT Me Up</li> <li>• Stretch 'n Tone Yoga (Int).</li> <li>• Strong and Stable</li> <li>• Zumba®</li> </ul>	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Essentrics® Stretch and Tone</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>• Beginner Yoga</li> <li>• Chair Stretch and Balance</li> <li>• Zumba® Gold</li> <li>• Zumba® Gold Chair</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Ex-Press 60 Minute Workout</li> <li>• Move Well</li> <li>• Stretch 'n Tone Yoga (Beg).</li> </ul>	<ul style="list-style-type: none"> <li>• Flexibility and Foam Rolling</li> <li>• Meditation Practice</li> <li>• Tai Chi (Yang Style) Level 1</li> <li>• Tai Chi (Yang Style) Level 2</li> <li>• Yin/Yang Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Total Body Workout</li> <li>• Fun and Fitness</li> <li>• HIIT Me Up</li> <li>• Zumba®</li> </ul>	<ul style="list-style-type: none"> <li>• Yin and Yoga Nidra</li> </ul>

## WHAT EXERCISE CLASS IS BEST FOR ME?

Please review the below descriptions to learn more about the difference between our low to moderate intensity-based programs.

### Gentle Fitness Programs and Classes for the new exerciser or person requiring low/light intensity movements and pace. **No floor work.**

#### Classes include:

Active with Arthritis, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Ex-Press 60 Minute Workout, Fit For Your Life, Move Well, Strong and Stable, Tai Chi (Yang Style), Zumba® Gold and Zumba® Gold Chair.

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

### Fitness Programs and Classes for the exerciser comfortable with moderate intensity, pace, and/or some floor work.

#### Classes include:

Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Bender Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Feelin' Alive at 7:45, Flexibility and Foam Rolling, Fun and Fitness, Gentle Yoga Explorations, Gentle Yoga, HIIT Me Up, Meditation, Meditation Practice, Stretch 'n Tone Yoga, Yin/Yang Yoga, Yin and Yoga Nidra, and Zumba®.

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





**NEW!** **Dividend Investing in Retirement Portfolios for Inflationary Times**

**Weichurn Woo, Mackie Research Financial Advisor**

The past two years have been tough for current retirees and their traditional retirement portfolios, with many wondering if they are positioned right for the structurally changing financial and investment landscape. There is now growing signs that we are headed back towards the years 1939 to 1979 investment period environment, where the majority of investment returns came from dividends. This is in contrast to the years 1980 to 2021 (which was what most baby boomers investments had experienced), where dividends only accounted for approx. 30 % of complete investment returns. Come join Wei Woo to discuss this changing landscape for retirement portfolios, and the modern dividend investment options now available to current retirees in a higher inflation economy.

**📍 Steele Heights 5825-140 Ave**

Wed, Oct 11 / 11:30AM-1PM / Wks 1

**\$2** **NMW**

**NEW!** **Make-up Mastery**

**Susanne Urbina**

This workshop will give you a step-by-step demonstration on how to create a flawless face as we mature. Discover your face shape to understand product placement and learn how to create a good brow shape to frame those eyes. Tips to take a daytime look quickly into a dressy look for the upcoming festive season.

**📍 Steele Heights 5825-140 Ave**

Thu, Oct 5 / 9-10:30AM / Wks 1

**\$20** **NMW**

**NEW!** **Skin Care Mastery**

**Susanne Urbina**

This workshop outlines the steps for proper treatment of the skin for all skin types and especially aging skin. Learn about all the products beyond cleansing, toning and moisturizing and learn to look for key ingredients in those products. Great tips will be shared to get the most out of your products and keep prices down.

**📍 Steele Heights 5825-140 Ave**

Wed, Oct 4 / 11:30AM-1PM / Wks 1

**\$20** **NMW**

## **NEW!** Understanding Investment Fees with your Financial Institution

**Weichurn Woo, Mackie Research Financial Advisor**

An increasingly amount of banks and investment firms' clients are demanding more clarity on the type of investment fees they are paying directly or indirectly with their retirement accounts, as well as to why. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussions on fee based accounts, that the financial industry is moving towards with their investment clients, and if they are truly beneficial to your situation.

**📍 Steele Heights 5825-140 Ave**

Thu, Oct 26 / 9-10:30AM / Wks 1

**\$2 NMW**

## **NEW!** Wardrobe Mastery - Be a Color Master

**Susanne Urbina**

This workshop teaches you how to work with color to create a wardrobe that reflects your personality and with recommendations for your best colors through color draping. Learn the laws of color combining and using the color wheel. Discover the color trends for Fall 2023 and how to incorporate them in your wardrobe.

**📍 Steele Heights 5825-140 Ave**

Wed, Sep 27 / 11:30AM-1PM / Wks 1

**\$20 NMW**

## **NEW!** Wardrobe Mastery - Be a Style Master

**Susanne Urbina**

This workshop covers the use of line and design to shape the body to look your best. You will discover your body shape and find your best styles. Learn some great tips to dress for your clothing personality and learn how to work with today's trends to give you a current look.

**📍 Steele Heights 5825-140 Ave**

Thu, Sep 28 / 9-10:30AM / Wks 1

**\$20 NMW**



## Connections

**Carole Furgala**

Are you feeling isolated at home and unsure about how to become involved again? This program offers social opportunities, education and physical activities in a safe, encouraging environment.

 **McClure 13708-74 St**

**A** Mon, Sep 11-Dec 11 / 10AM-12PM / Wks 12

No class Oct 9, Nov 13

\$24

**B** Mon, Sep 11-Dec 11 / 1-3PM / Wks 12

No class Oct 9, Nov 13

\$24

## Meditation

**Christine Leach**

This meditation is simple, friendly, and accessible. Participants will be gently guided to relax the body and quiet the mind. You will learn, practice and discuss relaxation techniques such as deep breathing, visualization, and progressive muscle relaxation. Meditation is known to help reduce everyday stress levels and boost feelings of joy and serenity. Participants will be encouraged to make themselves comfortable on a chair or yoga mat or other props. Come learn, practice and share your experience and thoughts on the benefits of meditation with other like-minded community members. No experience necessary. All levels from beginner to experienced are welcomed.

 **Rundle 2909-113 Ave**

**A** Wed, Sep 13-Oct 18 / 10:45-11:45AM / Wks 5

\$38

No class Sep 20

**B** Wed, Oct 25-Nov 29 / 10:45-11:45AM / Wks 6

\$46



**HAVEN'T SIGNED UP FOR YOUR ONLINE NESA ACCOUNT YET?**

Please see page 4 of the guide for how to set up your online account ahead of time so you are ready for registration day!

## **Meditation Practice** **Christine Leach**

There are no rules, no right, no wrong way to practice meditation. How would you like to have a place to practice meditation in your own way with a group of like-minded people? Join Christine and others from your NESA community where you can discuss and practice meditation in a simple, friendly, accessible and kind way. Come, reduce your everyday stress levels, boost feelings of joy, serenity and kindness. No experience necessary. All levels welcome.

 **Rundle 2909-113 Ave**

**A** Wed, Sep 13-Oct 18 / 12-12:45PM / Wks 5

\$33

No class Sep 20

**B** Wed, Oct 25-Nov 29 / 12-12:45PM / Wks 6

\$40





## River Cree Casino Outing

The River Cree Casino is the best casino in the Greater Edmonton Area. They offer the best entertainment in Edmonton in our 100% smoke-free facility. Participants will receive a \$5 gambling voucher and a lunch voucher for Tap 25 within the casino, which does not include drink or gratuity. Come try your luck at the River Cree Casino!

**NOTE** All participants are asked to park at the McClure United Church (13708-74 Street) on the north side of the parking lot.

**Registration deadline:** Sep 13, 2023

Wed, Sep. 20, 2023 / Bus Departs from McClure: 10AM / Bus Returns: 3PM

**\$20 (Bus, Gambling money and Lunch) NMW**



## Lunch and Lego

Bring a friend and come to the Telus World of Science for Lunch and Lego! Come experience 'The Art of the Brick', the world's largest and most popular display of LEGO Art! Discover over one million LEGO bricks transformed into more than 100 sculptures by contemporary artist Nathan Sawaya. This critically acclaimed collection includes Sawaya's original sculptures as well as re-imagined versions of some of the world's most famous art masterpieces, such as Michelangelo's David, Van Gogh's Starry Night, and Da Vinci's Mona Lisa. Other highlights include a 20-foot Tyrannosaurus Rex skeleton and an innovative, multimedia collection of LEGO brick-infused photography produced in tandem with award-winning photographer Dean West.

**Registration deadline:** Sep 19, 2023

Wed, Oct. 4, 2023 / Bus Departs from McClure: 10AM / Bus Returns: 3PM

**\$54 (Bus, Lunch and Telus World of Science admission) per person NMW**

**NOTE** All participants are asked to park at the McClure United Church (13708-74 Street) on the north side of the parking lot.



## Muttart Tour and Coffee

Bring a friend to our guided tour of the Muttart Conservatory where we will learn from a knowledgeable interpreter for a guided tour of the gems of Muttart Conservatory's plant collection. You'll explore the lush plant life of the tropical pyramid, discover unique plant adaptations in the arid pyramid, and enjoy the changing of the seasons in the temperate pyramid.

**Registration deadline:** Nov 14, 2023

Wed, Nov. 29, 2023 / Bus Departs from McClure: 12PM / Bus Returns: 3PM

**\$32 (Bus and Tour costs) NMW**

**NOTE** All participants are asked to park at the McClure United Church (13708-74 Street) on the north side of the parking lot. Coffee is not included in the cost of the tour.

## AVOID BEING WAITLISTED

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Fall 2023 season! Be sure to double-check your course dates and selection before you register!

### Spanish - Beginner

**Tania Oyarzun**

Join in on this beginner's class to develop the skills to talk, read, write and listen in Spanish. Textbook is required: Spanish Vocabulary: Practice Makes Perfect by Dorothy Richmond, Fourth Edition (ISBN 978-1-264-26424-7). Note: If you own the Spanish Now or Spanish Vocabulary Third Edition, textbook you do not have to purchase the new suggested textbook.

 **Steele Heights 5825-140 Ave**

Wed, Sep 13-Nov 29 / 9:30-11AM / Wks 12

**\$131**

### Spanish - Intermediate

**Jorge Oyarzun**

Take the next step for your language comprehension and learn how to put emphasis in the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening for the students to communicate in Spanish. Textbook required: Spanish Verb Tenses by Dorothy Richmond (ISBN 978-0-07-163930-9). Note: If you own the Spanish Now textbook you do not have to purchase the new suggested textbook.

 **Steele Heights 5825-140 Ave**

Wed, Sep 13-Nov 29 / 9:30-11AM / Wks 12

**\$131**

## TEMPORARY VENUE INFO

Please visit page 8 learn more about the temporary venue spaces NESA programs are scheduled at this season.

LEARN  
A NEW LANGUAGE





## Choralaires

**Director: Sandi Ollenberger, Pianist: Vicki McClelland**

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!

**📍 McClure 13708-74 St**

Tue, Sep 12-Nov 28 / 1-2:30PM / Wks 12 (+5 Singouts)

\$91

## Clogging: Beginner (A continuation)

**Adele Brewer**

Clogging is a fun, rhythmic form of dance and is a great way to get that heart rate up while getting in those daily steps. No experience is necessary, no partner, and no clogging shoes are required.

**📍 Steele Heights 5825-140 Ave**

Mon, Sep 11-Dec 11 / 1-2PM / Wks 12

**No classes Oct 9, Nov 13**

\$83

## Clogging: Beginner Level 2 and 3

**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!

**📍 Steele Heights 5825-140 Ave**

Wed, Sep 13-Nov 29 / 1:30-2:30PM / Wks 12

\$85

## ARE YOU A NON-MEMBER WHO WANTS TO PARTICIPATE?

Look for this symbol **NMW** to know which programs you are eligible for.

## Clogging: EZ Intermediate

**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.

**📍 Steele Heights 5825-140 Ave**

Wed, Sep 13-Nov 29 / 2:45-3:45PM / Wks 12

\$85

## Clogging: Intermediate

**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!

**📍 Steele Heights 5825-140 Ave**

Mon, Sep 11-Dec 11 / 2:15-3:15PM / Wks 12

**No class Oct 9, Nov 13**

\$83





## Clogging: Intermediate (Advanced Steps Add-on)

**Adele Brewer**

Join Adele for this mini 30-minute challenge to learn advanced steps. Prerequisite: Must also be enrolled in the 'Clogging: Intermediate' program.

📍 **Steele Heights 5825-140 Ave**

Mon, Sep 11-Dec 11 / 3:15-3:45PM / Wks 12

**No classes Oct 9, Nov 13**

**\$41**

## Guitar: Blues Level 1

**Gilles Benoiton**

Participants will look at 7th chords, blues forms, shuffle patterns, boogie-woogie basslines, pentatonic scales, and all things blues! Prerequisite: Guitar Level 2.5 recommended.

📍 **Kilkenny 14910-72 St**

Fri, Sep 15-Dec 1 / 1-2PM / Wks 9

**No classes Sep 29, Oct 20, Nov 10**

**\$51**

## Guitar: Finger Pickin' 201

**Gilles Benoiton**

This intermediate class will introduce participants to picking with their fingers! The 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 2.5 is recommended.

📍 **Kilkenny 14910-72 St**

Fri, Sep 15-Dec 1 / 10-11AM / Wks 9

**No classes Sep 29, Oct 20, Nov 10**

**\$51**

## Guitar: Level 1

**Gilles Benoiton**

No musical experience is 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 along to. Arrangements can be made with the instructor to borrow a guitar if one is needed.

📍 **Kilkenny 14910-72 St**

Wed, Sep 20-Nov 22 / 11:45AM-12:45PM / Wks 9

**No class Nov 8**

**\$57**

## Guitar: Level 2

**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, even work your way up to the B7 chord as well as the pick and strum method. New Songs!

📍 **Kilkenny 14910-72 St**

Wed, Sep 20-Nov 22 / 1-2:30PM / Wks 9

**No class Nov 8**

**\$84**

## Guitar: Level 2.5

**Gilles Benoiton**

Join Gilles in this fun-filled class playing and singing all of your favorite tunes. This program is ideal for those participants who are ready to move on from level 2 but not quite ready to make that jump to Level 3. Guitar: Level 2.5 is a combination of the more challenging songs in Level 2 and some of the early concepts from level 3. Prerequisite: Guitar: Level 2.

📍 **Kilkenny 14910-72 St**

Wed, Sep 20-Nov 22 / 10-11:30AM / Wks 9

**No class Nov 8**

**\$84**

## Guitar: Level 3

Gilles Benoiton

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-note lines. Appropriate pieces will be brought into play. Students are encouraged to suggest selections! Guitar Level 2.5 is recommended.

📍 **Kilkenny 14910-72 St**

Fri, Sep 15-Dec 1 / 11:15AM-12:45PM / Wks 9

**No classes Sep 29, Oct 20, Nov 10**

**\$75**

## Handbells

Wendy Hoskin

If you can count, you can ring handbells. Beginning ringers are mentored by an experienced partner to learn the skills needed. Our goal is to have fun and make music - good for the body, mind, and soul. Being able to read music is helpful but not necessary.

📍 **McClure 13708-74 St**

Thu, Sep 14-Nov 30 / 10-11:30AM / Wks 12

**\$68**

**NEW!** **Harmonica**  
Mike Chenoweth

Have you ever thought about playing the Harmonica? Come see just how surprisingly easy it is to get started! Mike will begin with some easy to play well-known melodies. Soon afterwards, you will learn to play popular songs and campfire crooners like "Have You Ever Seen The Rain", "Blowin' In The Wind", "Jolene", "House Of The Rising Sun" and "What A Wonderful World"! Then, you'll progress to playing chords to timeless songs like "Jambalaya", "Mustang Sally" and "Hound Dog" while learning about fun techniques like vibrato and how to sound like a locomotive! Lastly, you will be introduced to the vast, wonderfully rich world of The Blues! Participants must provide their own ten hole harmonica in the key of C, usually readily available in most music stores.

📍 **Kilkenny 14910-72 St**

Fri, Sep 15-Dec 1 / 11AM-12PM / Wks 12

**\$116**

## TEMPORARY VENUE INFO

Please visit page 8 learn more about the temporary venue spaces NESA programs are scheduled at this season.

## Latin Dance: Solo

Emily Soriano

Let's Latin it up with Emily! This class includes dances like Salsa, Cumbia, Cha-Cha, Merengue, and Bachata! No partner is needed.

📍 **Kilkenny 14910-72 St**

Wed, Sep 20-Nov 29 / 5-6PM / Wks 11

**\$66 Evening**

## Line Dancing: Back to the Grassroots

Dwayne Tulik

Kick up your heels and join us for some fun while toning your 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.

📍 **Kilkenny 14910-72 St**

Tue, Sep 12-Nov 28 / 9-10:30AM / Wks 12

**\$82**

**NEW!** **Line Dancing: Level 2**  
Tracy Walters

In this program you will be learning dances to all different genres of music (country, rock, dance, hip hop, Irish, etc.) Participants must already have experience with a beginner or level 1 line dancing program. Shoes with leather soles are recommended, but not required. No partner needed. Come join Tracy for some Line Dancin' fun!

📍 **Kilkenny 14910-72 St**

Wed, Sep 13-Nov 29 / 6:15-7:45PM / Wks 12

**\$87 Evening**



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 46 for information about NESAs Landry Leisure Pass.

### **NEW!** Music Lessons (1:1) - Guitar, Ukulele, and Harmonica

**Mike Chenoweth**

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. (30-minute sessions).

**Kilkenny 14910-72 St**

**A** Tue, Sep 12-Nov 28 / 9-9:30AM / Wks 12

**\$250**

**B** Tue, Sep 12-Nov 28 / 9:30-10AM / Wks 12

**\$250**

**C** Tue, Sep 12-Nov 28 / 10-10:30AM / Wks 12

**\$250**

**D** Tue, Sep 12-Nov 28 / 10:30 -11AM / Wks 12

**\$250**

**E** Tue, Sep 12-Nov 28 / 11-11:30AM / Wks 12

**\$250**

**F** Tue, Sep 12-Nov 28 / 11:30AM-12PM / Wks 12

**\$250**

### Music Lessons (1:1) - Piano, Mandolin 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. (30-minute sessions).

**Hope Lutheran 5104-106 Ave**

**A** Thu, Sep 14-Nov 30 / 9-9:30AM / Wks 12

**\$360**

**B** Thu, Sep 14-Nov 30 / 9:30-10AM / Wks 12

**\$360**

**C** Thu, Sep 14-Nov 30 / 10-10:30AM / Wks 12

**\$360**

**D** Thu, Sep 14-Nov 30 / 10:30-11AM / Wks 12

**\$360**

**E** Thu, Sep 14-Nov 30 / 11-11:30AM / Wks 12

**\$360**

**F** Thu, Sep 14-Nov 30 / 11:30AM-12PM / Wks 12

**\$360**

**G** Thu, Sep 14-Nov 30 / 12-12:30PM / Wks 12

**\$360**

**H** Thu, Sep 14-Nov 30 / 12:30-1PM / Wks 12

**\$360**





## NEED HELP GETTING TO YOUR PROGRAM?

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

### Sing-a-long: For those who love to sing!

**Suzan & John Shewchuk**

Suzan and John enjoy all types of music! They find singing joyful and like to share that joy with others. They have been active members of various jammer groups in Edmonton, St. Albert, and surrounding areas - including two at NESAs, for approximately five years. Since retiring, they began performing at Senior Lodges, condominium functions, and occasional birthdays and other parties. Join Suzan and John for a sing-a-long! Songbooks with over 200 songs of various genres spanning decades are provided. Participants will take turns selecting their favorite songs to sing. No musical experience is necessary.

**Kilkenny 14910-72 St**

Mon, Oct 16, 30, Nov 6, 20 / 1:30-3PM / Wks 4

**\$28**

### NEW! Ukulele: Level 1

**Colin Deneka**

**NEW Instructor!**

This program is for beginners (under a year's experience) or those who want to brush up on the basics. You will learn about the instrument, how to play basic chords, how to play in a group, basic improv and how to read music. Participants get input into what kind of music is played. Come experience recreational music at its finest, and feel both the mental and physical benefits of music. Join the group and "Let the Good Times Roll"!

\$20 Payable to Instructor for Music Book

**Kilkenny 14910-72 St**

Wed, Sep 20-Dec 6 / 9:30-10:30AM / Wks 12

**\$84**

### NEW! Ukulele: Level 2

**Colin Deneka**

**NEW Instructor!**

This program is for those who have had lessons or have played for at least a year. If you know how to play beginning chords, can read tab and the treble clef, and really want to get deeper into your instrument, this is the program for you! In level 2 you will learn: how to play advanced chords, how to play in a group with improvisations, pentatonics and advanced scales for improve, challenging repertoire, and reading that includes ledger lines. Participants get input into what kind of music is played. Come experience recreational music at its finest, and feel both the mental and physical benefits of music. Join this group and "Let the Good Times Roll"!

\$20 Payable to Instructor for Music Book

**Kilkenny 14910-72 St**

Wed, Sep 20-Dec 6 / 10:45-11:45AM / Wks 12

**\$84**





# NESA CLUBS AT A GLANCE



COME AND CHECK OUT OUR CLUBS,  
STOP BY AT OUR SCHEDULED TIME **FOR A VISIT!**

Location / Day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Central Lions</b> 11113-113 St	<b>Wildlife Carving Club</b> 9AM-12PM		<b>Stained Glass Club</b> 9AM-3PM	<b>Stained Glass Club</b> 9AM-3PM	<b>Silversmithing Club</b> 9AM-3PM
<b>Kilkenny Hall</b> 14910-72 St				<b>Fiber Arts Club</b> 1-4PM	
<b>McClure United Church</b> 13708-74 St		<b>Music Makers</b> 9:30AM-12:30PM <b>Jammers Club</b> 1-4PM	<b>Book Lover's Club</b> 10-11:30AM (See schedule) <b>Wizards of Odds 'n Ends</b> 12-2:30PM	<b>Guitar Jam Club</b> 12:30-3:30PM	<b>Pins and Needles Quilting Club</b> 9:30AM-12:30PM <b>The Northgate Writers Club</b> 1-3PM
<b>Rundle Park</b> 2909-113 Ave	<b>Badminton</b> 9:30-11:30AM				
<b>Southeast Edmonton Seniors</b> 9350-82 St				<b>Carpet Bowling Club</b> 2:15-4:15PM	
<b>Steele Heights</b> 5825-140 Ave	<b>Art Club</b> 9AM-12PM	<b>Creative Greeting Cards Club</b> 9AM-12PM <b>Travel Club</b> 9-10:30AM (See schedule) <b>Garden Club</b> 9-10:30AM (See schedule)		<b>Canasta Club</b> 1-4PM <b>Bridge</b> 12:30-4PM	<b>Cribbage Club AM</b> 9:45AM-12PM <b>Cribbage Club PM</b> 12:45-3PM

**FOR MORE INFORMATION ABOUT THESE CLUBS,**  
please email [info@nesa1.ca](mailto:info@nesa1.ca) or call 780.496.6969.

Club days/times are subject to change.

**NOTE** Reciprocal memberships are not accepted as admission into NESA Clubs.  
Must be a NESA member to join a NESA club.

# NESA CLUBS



**REGISTRATION IS OPEN!  
REGISTER TODAY**

Programs start **SEPTEMBER 11, 2023 @ 8:30AM**

## Art Club

Complete those unfinished art projects or just do your own thing in the supportive company of fellow art students. All mediums are welcomed if they are non-toxic and solvent and odor-free.

**Steele Heights 5825-140 Ave**

Mon, Sep 11-Dec 11 / 9AM-12PM / Wks 12

No sessions Oct 9, Nov 13

\$24

## Badminton Club\*

Join other NESA members for a morning of Badminton! Please note that experience with badminton is required as no instruction will be provided. Please bring your own racquet.

**NOTE** A minimum of 15 registrants is required in order to secure this gymnasium booking. If the minimum is unmet before September 8/23, the program will be cancelled.

\*While not operating as the official NESA Club during this temporary relocation, this activity is only open to NESA Members.

**NEW Date and Time!**

**Rundle Park 2909-113 Ave**

Mon, Sep 11-Nov 27 / 9:30-11:30AM / Wks 10

No sessions Oct 9, Nov 13

\$75

## Book Lover's Club

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

**NEW Date and Time!**

**McClure United Church 13708-74 St**

Wed, Sep 20, Oct 18 & Nov 15 / 10-11:30AM / 3 dates

\$6

## CLUBS ARE FOR NESA 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 Club fees must be paid prior to the start date of your club. **THERE IS NO PRORATING FOR CLUBS.** If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available.

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

## Bridge Club

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

**NOTE** If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

**Steele Heights 5825-140 Ave**

Thu, Sep 14-Dec 7 / 12:30-4PM / Wks 13

\$26

## Canasta Club

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

**NOTE** If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

**Steele Heights 5825-140 Ave**

Thu, Sep 14-Dec 7 / 1-4PM / Wks 13

\$26

## AVOID BEING WAITLISTED

Avoid being waitlisted for your favorite program and be sure to sign up for both mini-sessions if you want to secure a spot for the entire Fall 2023 season! Be sure to double-check your course dates and selection before you register!

## NESA CLUBS . . . continued

### Carpet Bowling Club

A year-round sport that resembles lawn bowling. All are welcome. Register at SEESA to play! Drop-in rates are applicable for Reciprocal members. See SEESA Guide for more information at [seesa.ca](https://seesa.ca)

📍 SEESA 9350-82 St

Thu, Sep 7-Dec 28 / 2:15-4:15PM / Wks 17

**\$3/Session Drop-in Fee**

### Chip Carvers Club

**Fall 2023 Update:** The Club will be taking some time off during the renovation. Please stay tuned for more information in 2024.

### Creative Greeting Cards Club

Create cards using different techniques and materials. Some equipment is available for use at the club. Knowledge of card making is necessary and you are required to bring your own supplies as they are not provided. No formal instruction is offered but help is available.

📍 Steele Heights 5825-140 Ave

Tue, Sep 12-Dec 5 / 9AM-12PM / Wks 13

**\$26**

### Cribbage Club

No partner necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes prior to the start time for team assignment. Late arrivals will not be permitted to play.

📍 Steele Heights 5825-140 Ave

**A** Fri, Sep 15-Dec 8 / 9:45AM-12PM / Wks 13

**\$26**

**B** Fri, Sep 15-Dec 8 / 12:45-3PM / Wks 13

**\$26**

## INTERESTED IN MORE CARD AND TABLE GAMES?

See page 15 for Whist and Table Games Tuesday.

### Fiber Arts Club

Fiber Arts is a group of like-minded crafters who by using needle and thread create a variety of embroideries, beading, felting and more. Experience with needlework is required as no formal instruction is available.

**NOTE** If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

📍 Kilkenny 14910-72 St

Thu, Sep 14-Dec 7 / 1-4PM / Wks 13

**\$26**

### Garden Club

Join fellow garden enthusiasts on a monthly basis to talk plants, gardening and more!

**NEW Time!**

📍 Steele Heights 5825-140 Ave

Tue, Sep 19, Oct 17 & Nov 21 / 9-10:30AM / 3 dates

**\$6 (for all dates)**

### Golf Club

Check back for more details in the Spring 2024 Program Guide - we will be back next year!

### Guitar Jam Club

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

📍 McClure United Church 13708-74 St

Thu, Sep 14-Dec 7 / 12:30-3:30PM / Wks 13

**\$26**

## Jammers Club

An acoustic guitar group who meets for singing and fellowship!

**NOTE** If you require DATS, please ensure to book your pick-up time at this Hall for 3:30pm.

📍 **McClure United Church 13708-74 St**

Tue, Sep 12-Dec 5 / 1-4PM / Wks 13

\$26

## Music Makers Club

Do you enjoy making music? We welcome all instruments!

📍 **McClure United Church 13708-74 St**

Tue, Sep 12-Dec 5 / 9:30AM-12:30PM / Wks 13

\$26

## The Northgate Writers Society Club

Our group of writers wishes to welcome any NESAs members who are interested in writing or have done some writing to join us. We do challenging exercises to help improve our writing skills, share our stories, provide positive feedback, and may occasionally have a visit from seasoned writers or writing-related experts to inspire us. As a group, we have published a number of books of short stories and recipe/story books. We encourage you to check out our blog at [nglswordweavers.blogspot.com](http://nglswordweavers.blogspot.com) where you will also have the opportunity to share your stories. If you are interested in signing up, we recommend that you purchase the book "Creative Writing for Dummies" by Maggie Hamand ISBN: 978-0-470-74291-4.

📍 **McClure United Church 13708-74 St**

Fri, Sep 15-Dec 8 / 1-3PM / Wks 13

\$26

## Pins and Needles Quilting Club

Socialize and share quilting ideas. Work on your own projects or club projects! Experience required as no formal instruction provided.

📍 **McClure United Church (13708 74 Street)**

Fri, Sep 15-Dec 8 / 9:30AM-12:30PM / Wks 13

\$26

## Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction, experience required. Register at Central Lions or visit [www.centrallions.org](http://www.centrallions.org) for more information.

📍 **Central Lions 11113-113 St**

Fri, Sep 8-Dec 15 / 9AM-3PM / Wks 15

\$75.00 (Register at Central Lions)

## DONATION REQUEST FROM NESAs!

Have any worsted weight yarn you're not using? If so, please bring it to the McClure United Church (13708-74 St) and have it donated to 'Knitting From the Heart' so this volunteer group can turn the yarn into amazing creations that will be donated to those in our community who need them most! Thank you!







**FOR MORE INFORMATION ABOUT THESE CLUBS,**  
please email [info@nesa1.ca](mailto:info@nesa1.ca) or call 780.496.6969.

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

## Stained Glass Club

Experienced stained glass enthusiasts share ideas. New members welcome (must have taken stained glass classes before joining this club). Register at Central Lions or visit [www.centrallions.org](http://www.centrallions.org) for more information.

📍 **Central Lions 11113-113 St**

Wed, Sep 6-Dec 20 / 9AM-3PM / Wks 16

**\$80.00 (Register at Central Lions)**

Thu, Sep 7-Dec 21 / 9AM-3PM / Wks 16

**\$80.00 (Register at Central Lions)**

## Travel Club

NESA Travel Club's mission is to provide travel opportunities and travel related information to club members by arranging for tour companies and travel providers to present these travel destinations at our meetings in line with the club members stated preferred destinations.

**NEW Time!**

📍 **Steele Heights 5825-140 Ave**

Tue, Sep 12, Oct 10 & Nov 14 / 9-10:30AM

**\$6 (for all 3 dates)**

## Washi Chigiri-e Club

**Fall 2023 Update:** The Club will be taking some time off during the renovation. Please stay tuned for more information in 2024.

## Weavers Club

**Fall 2023 Update:** The Club will be taking some time off during the renovation. Please stay tuned for more information in 2024.

## 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. Register at Central Lions or visit [www.centrallions.org](http://www.centrallions.org) for more information.

📍 **Central Lions 11113-113 St**

Mon, Sep 11-Dec 18 / 9AM-12PM / Wks 13

**No Sessions Oct 9, Nov 13**

**\$32.50 (Register at Central Lions)**

## Wizards of Odds 'n Ends Club

The Wizards fundraise for NESA. Our members sew, knit, crochet, etc., The Wizards welcome NESA members who are skilled in these crafts.

**NOTE** We are not able to offer instruction.

We are looking for any clean fabric, batting or yarn that you may have to donate for us to make beautiful homemade items.

📍 **McClure United Church 13708-74 St**

Wed, Sep 13-Dec 6 / 12-2:30PM / Wks 13

**Free (Registration is still required)**

# NESA Events

## PLEASE NOTE

Event details including prices, dates and times are subject to change.

**NMW** (Non-members welcome)

<b>Aug 22 – 25</b> (the week of)	<b>FALL GUIDE AVAILABLE / REGISTRATION IS OPEN</b>
<b>Sep 4</b>	<b>NESA CLOSED / STAT HOLIDAY / LABOUR DAY</b>
<b>Sep 6</b>	<b>BOTTLE DRIVE</b> 9AM – 12PM   Steele Heights Parking lot (5825 140 Avenue)
<b>Sep 18 – Dec 11</b>	<b>LIL' BOOK SALE</b> (Mondays) Pocket, Hard and Soft cover books 9AM – 3PM   McClure Church (13708 74 Street)
<b>Oct 4</b>	<b>BOTTLE DRIVE</b> 9AM – 12PM   Steele Heights Parking lot (5825 140 Avenue)
<b>Oct 9</b>	<b>NESA CLOSED / STAT HOLIDAY / THANKSGIVING DAY</b>
<b>Nov 1</b>	<b>BOTTLE DRIVE</b> 9AM – 12PM   Steele Heights Parking lot (5825 140 Avenue)
<b>Nov 13</b>	<b>NESA CLOSED / STAT HOLIDAY / REMEMBRANCE DAY (IN LIEU)</b>
<b>Dec 4-8</b> (the week of)	<b>WINTER GUIDE AVAILABLE / REGISTRATION IS OPEN</b>
<b>Dec 6</b>	<b>BOTTLE DRIVE</b> 9AM – 12PM   Steele Heights Parking lot (5825 140 AVENUE)
<b>Dec 25 - 29</b>	<b>NESA CLOSED / CHRISTMAS CLOSURE</b>

## STAY TUNED:

NESA's Event planning team is currently working on figuring out the logistics of having a couple of Social events this season. We look forward to seeing you soon!

# NESA's LANDRY LEISURE PASS



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

## Things to Know

You can now register for the 2023/2024 LLP program.

## How do I qualify?

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

**1 Person Household:** An income of **\$35,000 or less.**

**2 Person Household:** An income of **\$42,000 or less.**

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

NESA also welcomes and supports the following for one year, then individuals can reapply under the income qualification:

- You are a new Permanent Resident or a Refugee aged 55+ (To qualify you must have been in Canada less than one year and are not yet eligible to file a tax return).
- You are a Ukrainian National aged 55+ who arrived in Canada on or after *February 24, 2022.*

## How do I renew my current LLP pass?

- Ensure you have an active 2023 NESA Membership;
- Provide NESA with a copy of your 2022 Notice of Assessment. How?
  - Visit our office during business hours (see page 4 for schedule) or;
  - Email us a copy at [llp@nesa1.ca](mailto:llp@nesa1.ca)
- If eligibility requirements met, your member account will be updated, and your subsidy will be in effect and available immediately for all eligible programs.

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

- Ensure to have your LLP status updated/active with NESA **PRIOR** to registering so your member account can be updated.
- Complete the NESA registration process (See page 4 for available options).
- If registering online, your subsidy will automatically be applied to eligible programs. If mailing in your payment, please pay only your portion. Program cost is reduced by 75%, therefore you pay 25% of the regular program cost\*.
- Your LLP status will be in effect from September 1/23 to December 31, 2024, and you will be eligible for up to 13 program subsidies during this 16-month timeframe. A valid 2024 NESA Membership will be required for any 2024 program registration. (Memberships will go on sale towards the end of this year).

## \*NOT eligible for discount:

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

## INTERESTED? HAVE QUESTIONS?

For more information or to register for the Landry Leisure Pass, contact the NESA Team at 780.496.6969 or via email at [llp@nesa1.ca](mailto:llp@nesa1.ca)



## Outreach and Home Supports Update

In 2022, at the request of the Family and Community Support Services Program run by the City of Edmonton, Edmonton Seniors Coordinating Council convened a group of around 26 senior serving organizations to discuss how we could provide outreach services in a more coordinated fashion, including Home Support Services. A number of changes to these services have been implemented and the support model and their locations for service delivery has recently changed.

Please note that effective July 1, 2023 NESAs are no longer offering either of these services, please refer to the below contact information to access them:

If you are in need of **Home Supports services**, please call **780.454.1194** to request assistance.

If you know of a senior that may need **Outreach** support or assistance, please contact **211** for referrals to an agency.

## Need help getting to your NESAs Programs?

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





Over 40 years ago, the North Edmonton Seniors Association chose a different way to get older. We began with a simple premise: fun has no expiration date.

ACTIVE



It keeps you young. When we learn, play, build, eat, dance and travel together, we are happier and healthier.

FUN



We live longer. We live more meaningfully.

LEARN



**Please recycle!**  
– And pass this program guide on to a friend