

Fall 2026

Program Registration starts Tuesday, August 25, 2026 at 8:30AM
Programs start September 8, 2026



Find your FUN inside:

- Conversation Circle pg. 46
- Fitness Centre 101 pg. 34
- Kinusaiga Landscapes pg. 20
- Mahjong pg.11
- Smoky Lake Pumpkin Festival pg. 65
- Stained Glass Workshops pg. 21
- Suspension Training pg. 37-38

Program & Activity **GUIDE**

At the Northgate Lions Seniors Recreation Centre



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

NESA's success speaks for itself:

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

MISSION STATEMENT

Supporting the mental, physical, social, and emotional well-being of adults 55+ by encouraging and enabling them to participate in NESA programs and activities.

VISION STATEMENT

To foster a diverse and inclusive, vibrant community that supports the well-being of adults 55+.

Table of Contents

Clubs	8-12
Computers & Devices	13
Crafts & Hobbies	14-21
Drawing & Painting	22-27
Events at a Glance	68
Fitness & Sports	29-41
Fitness Class Schedule	28
Fitness Centre	42
Fitness Trials & Workshops	57
General Interest	46-51
Health & Wellness	52-56
Home Supports & Outreach	71
Landry Leisure Pass	70
Languages	58
Pickleball Programs	43-45
Performing Arts	59-64
Tours & Outings	65-67

MEMBERSHIP INFORMATION

Fall 2026



ANNUAL MEMBERSHIPS

55+ MEMBERSHIP: \$40/person

UNDER 55 MEMBERSHIP: \$80/person

- Valid January 1 (or date of purchase) to December 31.
- Full voting privileges at Annual General Meeting (55+ only).
- Priority access to NESA programs and club enrollment at membership rates. (Not required for special events and various one-day lectures or presentations).

How to Obtain: Purchase online (nesa1.ca), by calling 780.496.6969, in person (see page 4 for office location details), or via mail.

FALL PROMOTIONAL MEMBERSHIP

\$15 FALL 2026 55+ | \$30 FALL 2026 UNDER 55

- Valid August 10-December 31, 2026
(Available only to individuals who **do not** already have a 2026 Membership).

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 NESA programs and club enrollment at membership rates.

LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 70 for more information about NESA'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, Pickleball Programs, or club activities (must be a NESA member).
- Access to NESA program enrollment at member rates, starting the next business day 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.

NON-MEMBERS

Want to join us for a special event, one day workshop, outing, or presentation?

Look for this symbol  (Non-members welcome) to confirm which activities do not require a NESA membership.

NOT SURE IF YOU HAVE ALREADY PURCHASED A 2026 MEMBERSHIP?

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

PROGRAM REGISTRATION INFORMATION & FORMS



**PROGRAM REGISTRATION
BEGINS TUESDAY, AUGUST
25, 2026 AT 8:30AM**

HOW TO REGISTER:

ONLINE REGISTRATION

Already have your online account set up? Please visit our website www.nesa1.ca and click on 'My Account' to sign in and register.

Don't have an account? Please visit our website 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 NESA staff can make arrangements to add them to your account.

For Technical Support call:
780.496.6969

NESA'S OFFICE LOCATION

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

REGULAR HOURS OF OPERATION

Monday-Friday | 8:30AM-4:00PM
*Closed on weekends and all
statutory holidays*

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

MAIL-IN Complete the form on page 7 and mail it with cheque payment to North Edmonton Seniors Association. Mail-in registrations must include full payment. Receipts will be mailed once enrolment is confirmed.

IN-PERSON Members who are unable to register online or require assistance are welcome to register in person at the NESA office during regular hours. Please note that registration days can be very busy and line-ups may occur. If possible, we encourage online registration or mailing/dropping off a completed registration form with cheque payment to help reduce wait times.

TELEPHONE Telephone registration is **not available on the first day** of registration. Phone support is available for online account or technical assistance only.

CANCELLATIONS AND REFUND POLICY Programs, clubs, presentations, tours, workshops, events, and fitness centre passes are non-transferable and non-refundable. Registration confirms acceptance of this policy.

Requests for a transfer or credit must be made prior to the start of a class, program, or event and may be considered at NESA's discretion. Requests related to medical or personal emergencies may also be considered on a case-by-case basis. Supporting documentation may be required.

Requests submitted after a program or event has ended cannot be considered.

NESA reserves the right to make all final decisions regarding transfers, credits, and cancellations.

LOW ENROLLMENT POLICY Programs are reviewed one week prior to the start date. If minimum enrollment is not met, the program may be cancelled. Register early to avoid disappointment.

DISCLAIMERS Opinions expressed by guest speakers do not necessarily reflect the views of NESA or its Board of Directors. NESA is not responsible for injuries incurred during programs or activities. All participants must sign a waiver before participating.



North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY

55+ Membership	☐
Under 55 Membership	☐
Gold Membership	☐
Reciprocal Membership	☐

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+) - \$40 | Non-Senior Membership - \$80

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

FIRST NAME: _____ LAST NAME: _____

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 SAY

EMERGENCY INFORMATION:

EMERGENCY CONTACT (FIRST AND LAST NAME): _____

EMERGENCY PHONE: (____) _____ EMERGENCY RELATION: _____

OFFICE USE ONLY:

- | | |
|--|---|
| ☐ MEMBERSHIP INFORMATION INPUT INTO UNIVERUS ON _____ (DATE) BY _____ (INITIALS) | |
| ☐ EMAIL ADDED TO NESA1.CA eCOMMUNICATIONS | ☐ 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 >

Membership, Activities, and Tour/Outing Waiver and Terms of Service

NESA is dedicated to providing safe, enjoyable, and accessible programs for all members. Please read carefully before signing. Your signature confirms that you have read, understood, and agree to the terms below.

1. Important Information and Participant Responsibility

Participation in NESA programs, activities, and outings is intended to be enjoyable and accessible for all members. Each participant is responsible for ensuring that they are physically able to take part in their chosen activities. If you have any concerns about your health or mobility, you are encouraged to consult your physician before participating.

NESA staff and volunteers are not able to provide one-on-one or personal assistance during programs or outings. Participants who require support with mobility, transportation, or other personal needs must arrange for their own aide, companion, or support person to accompany them.

2. Warning of Risk

While NESA strives to conduct all activities safely, not all hazards and dangers can be foreseen. Risks may include, but are not limited to, slips, falls, illness, injury, vehicle accidents, inclement weather, or other circumstances inherent to recreational and off-site activities. Absolute safety cannot be guaranteed.

3. Waiver and Release of Liability

By signing below, I understand and voluntarily accept all risks associated with participating in any NESA activity, class, club, event, or outing (on-site or off-site). I hereby fully release and discharge NESA, its staff, volunteers, officers, the City of Edmonton, and any affiliated partners from any and all claims, liabilities, damages, or losses arising from my participation, including travel to and from such activities.

I acknowledge that NESA only organizes its activities and does not provide specialized instruction or personal supervision for all programs, and that participation is voluntary and at my own risk.

4. Conduct and Facility Use

I agree to follow all facility guidelines and to respect the rights, safety, and property of others. Inappropriate, abusive, dangerous, or criminal behavior will not be tolerated and may result in removal or loss of privileges in accordance with NESA and City of Edmonton policies.

NESA is not responsible for personal belongings brought into the facility or on outings.

5. Membership Information

I am responsible for keeping my contact and emergency information current with NESA.

6. Refund Policy

As NESA is a non-profit organization, fees collected help cover programming, facility, and administrative costs. No refunds or credits will be issued for memberships, programs, clubs, presentations, special events, tours, or fitness centre use unless the activity is cancelled by NESA.

7. Photography Consent

I acknowledge that photographs or videos may be taken at NESA programs, events, or outings. These images may be used for promotional or archival purposes. If I do not wish to be photographed, I will inform the photographer at the time and NESA will make reasonable efforts to exclude me from images.

8. Acknowledgement and Signature

I have read, fully understand, and voluntarily agree to the above Membership, Activities, and Tour/Outing Waiver and Terms of Service, and Photography Consent.

Participant Name: _____ Date: _____

Signature: _____





North Edmonton Seniors Association
at Northgate Lions Seniors Recreation Centre
7524-139 Avenue, Edmonton, AB T5C 3H7
780.496.6969 | fax 780.496.4707 | www.nesa1.ca

OFFICE USE ONLY

55+ Membership ☐
Under 55 Membership ☐
Gold Membership ☐
Reciprocal Membership ☐

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 first day of online registration and as received thereafter;
- Are accepted on a space availability basis and a space in class is not guaranteed; **in-person and online registration opens first and 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.nesa1.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
Payment: Payment in full must accompany registration. Please do NOT send cash. Cheques must be made payable to: North Edmonton Seniors Association		Total		Supply lists Required/Added? ☐ YES ☐ NO



CLUBS

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A M C L U B S	Stained Glass 9AM-4PM	Creative Greeting Cards 9AM-12PM Silversmithing 9AM-4PM Music Makers 9:30AM-12:30PM Weavers 10AM-4PM Mahjong 10AM-12:30PM Carpet Bowling 10:30AM-12PM	Washi Chigiri-E 9AM-12PM Book Lovers 10:30AM-12PM (See schedule)	Wood Carvers 9AM-12PM Carpet Bowling 10:30AM-12PM	Badminton 9AM-11AM Pins and Needles Quilting 9:30AM -12:30PM Cribbage (A) 9:45AM-12PM
P M C L U B S	Stained Glass 9AM-4PM Art 12:30PM-4PM Whist 12:45PM-3:15PM	Silversmithing 9AM-4PM Weavers 10AM-4PM Jammers 1PM-4PM	Late Bloomers Garden Club 12PM-2PM (See schedule) Wizards of Odds 'n Ends 12PM-2:30PM Travel 12:45PM-2:45PM	Guitar Jam 12PM-3PM Bridge 12PM-3:45PM Canasta 1PM-4PM Fibre Arts 1PM-4PM	Cribbage (B) 12:45PM-3PM Creative Writing 1PM-3PM

**FOR MORE INFORMATION
ABOUT THESE CLUBS,
PLEASE EMAIL
INFO@NESA1.CA OR
CALL 780.496.6969.**

Club days/times are subject to change. Reciprocal memberships are not accepted. You must be an active/registered NESA member to join a NESA club.

CLUBS ARE FOR NESA MEMBERS ONLY

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



CLUBS

ART

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

Mon, Sep 14-Dec 14, 2026 | 12:30 PM-4:00 PM

No session Oct 12

\$26 | 13 Weeks

BADMINTON

Welcome to our friendly badminton club! New members are always welcome – please note that having knowledge, and the ability to serve and rally is required for your participation as no formal instruction is provided. Want to try it out before you register? NESAs Members are welcome to try one session before registering. Registration is required for the entire season; no drop-ins permitted.

Fri, Sep 11-Dec 18, 2026 | 9:00 AM-11:00 AM

\$30 | 15 Weeks

BOOK LOVERS

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

Note: The Book Lovers Club Coordinator will reach out to all registered members after the start of the Fall 2026 registration to confirm book selection and pickup arrangements.

Wed, Sept 23, Oct 28 & Nov 25, 2026

10:30 AM-12:00 PM

\$6 | 3 Dates



BRIDGE

Enjoy an afternoon of Contract Style Bridge with fellow enthusiasts! All skill levels are welcome, from beginners and novice players to those with more experience.

Thu, Sep 10-Dec 17, 2026 | 12:00 PM-3:45 PM

\$30 | 15 Weeks

CANASTA

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

Thu, Sep 10-Dec 17, 2026 | 1:00 PM-4:00 PM

\$30 | 15 Weeks

CARPET BOWLING

Carpet bowling is a year-round indoor game, resembling lawn bowling. It is a great opportunity to socialize and have fun. All are welcome!

Tue & Thu, Sept 8-Dec 17, 2026 | 10:30 AM-12:00 PM

\$60 | 15 Weeks

CREATIVE GREETING CARDS

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 offered but help is available.

Tue, Sep 8-Dec 15, 2026 | 9:00 AM-12:00 PM

\$30 | 15 Weeks



CLUBS

CREATIVE WRITING

"Nobody ever became a writer merely by wanting to be one." (F. Scott Fitzgerald). Come write with us! It's fall and a new opportunity to pursue your dream of writing. We welcome writers of all levels. Through the generosity of NESA, the Creative Writing Club (formerly the Northgate Seniors Writing Society) has existed for some 30 years. Its current members continue to encourage published authors and to guide new writers. In past years, some of the many stories have been collected and published in anthologies. As well, members can post their stories on nglswordweavers.blogspot.com. The blog is open to the reading public. Join us as we share our literary works and give each other support and feedback. Your writing experience awaits!

Fri, Sep 11-Dec 18, 2026 | 1:00 PM-3:00 PM

\$30 | 15 Weeks

CRIBBAGE

No partner necessary. Challenge your skills with fellow crib players. Please arrive five to ten minutes prior to start time for team assignment. Later arrivals will not be permitted to play. There is a yearly \$5 fee to each member collected by the club coordinator to help support club activities & social events.

A Fri, Sep 11-Dec 18, 2026 | 9:45 AM-12:00 PM

\$30 | 15 Weeks

B Fri, Sep 11-Dec 18, 2026 | 12:45 PM-3:00 PM

\$30 | 15 Weeks

FIBRE ARTS

Fibre 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.

Thu, Sep 10-Dec 17, 2026 | 1:00 PM-4:00 PM

\$30 | 15 Weeks

GOLF

Stayed tuned for further details. Check back in the Spring 2027 for club updates.

GUITAR JAM

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

Thu, Sep 10-Dec 17, 2026 | 12:00 PM-3:00 PM

\$30 | 15 Weeks

JAMMERS

An acoustic guitar group who meet for singing and fellowship!

Tue, Sept 8-Dec 8, 2026 | 1:00 PM-4:00 PM

\$28 | 14 Weeks

LATE BLOOMERS GARDEN CLUB

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

Wed, Sep 16, Oct 21 & Nov 18, 2026

12:00 PM-2:00 PM

\$6 | 3 Dates



CLUBS

MAHJONG

Join our new Mahjong Club and discover the fun of this traditional Chinese strategy game in a welcoming and social environment! As a new club, we're learning together, so whether you're a beginner or an experienced player, everyone is welcome. Games are relaxed and non-competitive; we are not playing with scoring at this time, so the focus is on learning, practicing, and enjoying the experience. Meet new people, keep your mind active, and have fun together as we grow the club.

Tue, Sept 8-Dec 15, 2026 | 10:00 AM-12:30 PM

\$30 | 15 Weeks

MUSIC MAKERS

Do you enjoy making music? We welcome all instruments!

Tue, Sept 8-Dec 15, 2026 | 9:30 AM-12:30 PM

\$30 | 15 Weeks

PINS AND NEEDLES QUILTING

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

Fri, Sep 11-Dec 18, 2026 | 9:30 AM-12:30 PM

\$30 | 15 Weeks

SILVERSMITHING

Socialize and share jewelry ideas and techniques with others. No formal instruction is provided. Experience required using basic jewelry tools, including a Micro-torch.

Tue, Sep 8-Dec 15, 2026 | 9:00 AM-4:00 PM

\$60 | 15 Weeks



STAINED GLASS

Experienced stained glass enthusiasts share ideas. New members welcome (must have taken stained glass classes before joining this club).

Mon, Sep 14-Dec 14, 2026 | 9:00 AM-4:00 PM

No session Oct 12

\$52 | 13 Weeks

TRAVEL

NESA Travel Club's mission is to provide travel opportunities and travel-related information to 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. Join our club to learn about the trips and travel adventures we have planned for 2027!

Note: November meeting is at a restaurant. Further details will be provided at the October meeting.

Wed, Sept 23, Oct 14, Dec 9, 2026

12:45 PM-2:45 PM

\$6 | 3 Dates



CLUBS

WASHI CHIGIRI-E

Washi Chigiri-E is a Traditional Japanese Art consisting of hand-torn Japanese paper called washi. This paper can be handmade, or machine made of various colour combinations, weaves, and textures. The torn paper is glued on a canvas to make a picture which can look like a watercolour, a pastel, or an oil painting (or a combination of all these). Chigiri-E is an artistic experience/a mental experience – requires a sense of colour, order/organization, and a bit of patience. Supplies can be purchased from the Club.

Wed, Sep 9-Dec 16, 2026 | 9:00 AM-12:00 PM

No Session Sep 30, Nov 11

\$26 | 13 Weeks

WEAVERS

We are fun, friendly, and love to weave! Basic weaving experience is required as no formal instruction is provided.

Tue, Sep 8-Dec 15, 2026 | 10:00 AM-4:00 PM

\$60 | 15 Weeks

WHIST

Do you like playing cards and having fun? Join our Whist club for good conversation and friendly card playing. If you want to learn to play whist, we would be happy to provide instructions. If you want to try it out before registering, NESAs members are welcome to one free session.

Note: Please arrive 10 minutes prior to start time.

Mon, Sep 14-Dec 14, 2026 | 12:45 PM-3:15 PM

No session Oct 12

\$2/date | 13 Weeks

WIZARDS OF ODDS 'N ENDS

The Wizards fundraise for NESAs. Our members sew, knit, crochet, etc., The Wizards welcome those NESAs members who are skilled in these crafts. Please note that we are not able to offer instruction.

Note: We are always looking for any medium to large sized clean fabric, batting or yarn that you may have to donate for us to make beautiful homemade items. Please drop off your donations at the front desk – thank you for your support!

Wed, Sep 9-Dec 16, 2026 | 12:00 PM-2:30 PM

No Session Sep 30, Nov 11

FREE Registration still required | **13 Weeks**

WOOD CARVERS

Members come to share tips and learn from fellow carvers while working on their own new or old wood projects; no formal instruction is provided.

Thu, Sep 10-Dec 10, 2026 | 9:00 AM-12:00 PM

\$28 | 14 Weeks





COMPUTERS & DEVICES

1:1 TECH TUTORIALS

NMW

Gramiak, Shawn

Do you need to: Learn how to use your phone, tablet or computer? Get your email under control? Learn some tips and tricks for making Word, Excel or other Microsoft stuff easier to use? What about how to figure out how to use the Google Drive, Docs, Sheets, Slides or other apps? Well, wait no longer, we have some tutorials for you! On select weekdays, computer/device-tutor Shawn will offer hour-long tech tutorials. Book one or book a bunch! Closer to the start date of your session the instructor will contact you to review what your tutorial needs and goals are and will prepare for your time together accordingly. Just remember to bring your electronics' power adapters or cables to the session. No matter what the future holds, we will endeavor to answer your technical questions to the best of our ability and make sure you have fun while we do so!

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



QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

Email Instructor Shawn: shawn@gruntmulti.com

Please DO NOT contact the instructor about personal inquiries or for registration.

Wed, Sep 23, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Wed, Oct 21, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Wed, Nov 25, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Thu, Sep 24, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Thu, Oct 22, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial

Thu, Nov 26, 2026

- 1 10:00 AM-11:00 AM
- 2 11:15 AM-12:15 PM
- 3 12:30 PM-1:30 PM
- 4 1:45 PM-2:45 PM

\$50 Per One-Hour Tutorial



CRAFTS & HOBBIES

NEW! BIRD CARVING: PUFFIN

Sharkey, Diane

Join Diane for a hands-on bird carving class featuring a charming puffin project. Participants will learn how to shape, refine and add character to their carving while developing skills

at their own pace. This class is suitable for all levels, including beginners. Students must bring a Dremel with a flex shaft or a micromotor, calipers, a pencil and two to three carving bits. Carving bits may be purchased from the instructor for approximately \$25 each. A puffin blank is also required and can be purchased from the instructor for \$50.



 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Wed, Sep 16-May 26, 2027 | 1:00 PM-4:00 PM

No Class Sep 30, Nov 11, Dec 23, 30, Jan 6, Mar 31

\$419.00 | 31 Weeks

NEW! CAKE DESIGN: HAPPY HOLIDAYS!

Konzy of Cakes'n'Bakes

Join Konzy for a fun, hands-on Christmas cake decorating workshop and transform a simple cake into a festive showstopper! With step-by-step guidance, you'll learn buttercream decorating, piping techniques, and seasonal finishing touches using colourful sprinkles and decorations. This relaxed workshop is perfect for beginners and experienced decorators alike—no experience is necessary. Each participant will receive a 4" pre-baked vanilla cake, all decorating supplies, and use of the required tools. You'll also receive a cake box and recipe card to take home with your beautifully decorated creation. Space is limited, so reserve your spot and get ready for a deliciously creative holiday experience!



ALL SUPPLIES INCLUDED.

Fri, Dec 11, 2026 | 1:00 PM-3:00 PM

\$62.00 | 1 Week

NMW

NON-MEMBERS WELCOME

Grab a friend and join us for our fun and inspiring one-day workshops! You don't need to be a member to participate – just look for the **NMW** symbol. Our workshops are the perfect way to try something new, learn a new skill, or simply spend quality time with a friend. Sign up today!



CRAFTS & HOBBIES

CEDAR HOLIDAY WREATH

Toma, Shantel

Celebrate the holiday season by creating a stunning, massive cedar wreath with Shantel! These impressive wreaths range from 26-36" in diameter, depending on your preference for fresh cedar. Customize your wreath with a variety of embellishments to make it uniquely yours. Perfect for all skill levels, this workshop ensures you'll bring home a beautiful, fragrant wreath that welcomes the holidays in style.



ALL SUPPLIES INCLUDED.

Wed, Dec 2, 2026 | 9:00 AM-12:00 PM

\$70.00 | 1 Week **NMW**

CEDAR PORCH GNOMES

Toma, Shantel

Get ready for a delightful and creative workshop where you will build a charming 3' fresh cedar porch gnome! Join Shantel as she guides you through the step-by-step process of attaching fresh cedar to a metal form. Your handcrafted gnome will be a festive addition to your porch and will last throughout the winter season and into spring.



ALL SUPPLIES INCLUDED.

Wed, Dec 16, 2026 | 9:00 AM-12:00 PM

\$58.00 | 1 Week **NMW**

CERAMICS

Garrant, Jackie

Discover the art of creating beautifully crafted ceramic pieces with the guidance of a skilled instructor. In this workshop, you will learn about the tools and techniques necessary to create your masterpiece. Enjoy a relaxed environment where social interaction is strongly encouraged, making it a perfect setting for both beginners and experienced crafters. Students are expected to purchase their greenware before class begins.



[CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Wed, Sep 16-Dec 16, 2026 | 12:30 PM-3:30 PM

No Class Sept 30, Nov 11

\$140.00 | 12 Weeks

CREATIVE CARDS WORKSHOP: ALL OCCASIONS

Tameling, Janelle

Join us at the Creative Card Buffet for a delightful day of card-making! Work at your own pace to create a variety of cards for all occasions. Choose from over a dozen designs, including birthday cards for him and her, sympathy cards, thank you cards, and more. Each kit includes all the necessary materials and instructions, so you can focus on stamping, assembling, embellishing, and adding your personalized message. Your handmade cards will surely impress their recipients. The class fee covers supplies for up to 20 cards with envelopes, with additional cards available for \$2 each. The cafeteria will be open for lunch to purchase, or you can bring your own.

ALL SUPPLIES INCLUDED.

Fri, Oct 2, 2026 | 9:00 AM-3:00 PM

\$45.00 | 1 Week **NMW**



CREATIVE CARDS WORKSHOP: CHRISTMAS

Tameling, Janelle

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. The cafeteria will be open for lunch to purchase, or you can bring your own.

ALL SUPPLIES INCLUDED.

Fri, Oct 23, 2026 | 9:00 AM-3:00 PM

\$45.00 | 1 Week **NMW**

CROCHET CORNER

Babb, Annette

Crochet Corner is a warm, welcoming space to work on your own crochet projects with the guidance of instructor Annette. Bring your own supplies and whatever you're currently creating—big, small, simple, or ambitious. Annette will be on hand to offer support, troubleshoot tricky stitches, and help you build confidence at your own pace. Whether you're a beginner or a seasoned yarn-lover, this relaxed class is the perfect place to learn, create, and connect. Join us for a cozy, creative crochet experience!

Tue, Sep 15-Dec 15, 2026 | 1:30 PM-3:30 PM

\$124.00 | 14 Weeks

NEW! CROCHET FOR BEGINNERS: MARKET BAG

Babb, Annette

This beginner-friendly course, led by instructor Annette, introduces the fundamentals of needlecraft. Students will learn and practice the chain and double crochet stitches while building confidence and technique.

The course includes a complete starter kit featuring a 5 mm crochet hook, blunt plastic yarn needle, stitch markers, yarn cutters, yarn, and a reusable project bag. Annette will guide participants step-by-step, offering support and tips throughout. No prior experience is needed—just bring your enthusiasm to create your first wearable project.

ALL SUPPLIES INCLUDED.

Mon, Sep 21-Dec 14, 2026 | 9:30 AM-11:30 AM

No Class Oct 12

\$106.00 | 12 Weeks





CRAFTS & HOBBIES

NEW! DOTABLE MANDALA

Linnea of Dutable Mandalas

Discover the relaxing and rewarding art of dot painting in this guided mandala workshop. Participants will learn step-by-step techniques to create beautiful, intricate mandala designs on stones using vibrant colors and specialized dotting tools. Whether you are a beginner or have some artistic experience, this workshop offers a welcoming and supportive environment to explore creativity, mindfulness, and precision through dot art. All supplies are included — stones, paints, tools, and materials — so you can simply come ready to create and leave with your own stunning hand-painted mandala stone. This is a go-at-your-own-pace workshop, making it easy to relax, socialize, and enjoy the moment. There's no pressure to keep up or rush through the process.

ALL SUPPLIES INCLUDED.

AUTUMN STONE

A Mon, Sep 21, 2026 | 2:00 PM-4:00 PM

\$39.00 | 1 Week NMW

WINTER STONE

B Mon, Nov 23, 2026 | 2:00 PM-4:00 PM

\$39.00 | 1 Week NMW



A



B

ENCAUSTIC ART: GREETING CARDS

Serina of WannabeeArt.ca



Have you ever painted with beeswax and an iron? In this class we will learn the basics of Encaustic painting using the Encaustic Iron as our paintbrush. We will begin with a few pieces of Encaustic paper and learn how to melt the coloured beeswax onto the iron and then transfer it to the paper. We will try out a few tools to make marks in the wax and the effects of applying multiple colours at once. Once you are comfortable, we will move on to create 5-7 paintings that we can mount to greeting cards, ready for giving!

ALL SUPPLIES INCLUDED.

A Fri, Nov 27, 2026 | 10:00 AM-12:00 PM

\$42.00 | 1 Week NMW

B Fri, Nov 27, 2026 | 1:00 PM-3:00 PM

\$42.00 | 1 Week NMW

OUTREACH WORKER

NESA has an Outreach Worker available in our building on the last Thursday of each month. To schedule an appointment, visit the front desk or call us at 780-496-6969.



CRAFTS & HOBBIES

NEW! FLORAL DESIGN: PUMPKIN

Caitlin of Iris Flower Co

Celebrate the colours of fall by creating a fresh floral arrangement displayed in a real pumpkin. You'll work with seasonal flowers and foliage while learning simple techniques for balancing colour, texture, height, and shape. Step-by-step guidance will help you design an arrangement that feels full, natural, and beautifully finished. This workshop is welcoming to beginners while still offering plenty of creative freedom for experienced participants. All flowers, foliage, tools, and materials are included. You'll leave with a one-of-a-kind autumn centerpiece ready to brighten your home or table. Disclaimer: The floral varieties in the photos are subject to substitution based on suppliers.



Deadline to Register: Oct 8

ALL SUPPLIES INCLUDED.

Thu, Oct 22, 2026 | 1:00 PM-4:00 PM

\$63.00 | 1 Week

NMW

NEW! FLORAL DESIGN: REMEMBRANCE

Caitlin of Iris Flower Co



Create a meaningful and modern floral arrangement inspired by remembrance, gratitude, and reflection. Using fresh seasonal flowers and foliage, you'll design a thoughtful tribute featuring rich colours and symbolic elements suited to the occasion. You'll learn how to combine blooms, greenery, and texture to create a balanced and respectful arrangement. Gentle, step-by-step guidance makes this workshop suitable for all levels, with no previous floral experience required. All flowers, foliage, tools, and materials are included. You'll leave with a beautiful handmade arrangement that honours the spirit of Remembrance Day. Disclaimer: The floral varieties in the photos are subject to substitution based on suppliers.

Deadline to Register: Oct 22

ALL SUPPLIES INCLUDED.

Thu, Nov 5, 2026 | 1:00 PM-4:00 PM

\$68.00 | 1 Week

NMW

REGISTRATION DEADLINES

Some specialty workshops require advance registration. See "Deadline to Register" for details.



NEW! FLORAL DESIGN: HOLIDAY

Caitlin of Iris Flower Co

Bring the beauty of the season to your table with a lush holiday centerpiece made from fresh flowers, fragrant



evergreens, berries, pinecones, and festive accents. During this hands-on workshop, you'll learn how to layer seasonal foliage and arrange decorative elements for a balanced, professional-looking design. Your finished centerpiece will be perfect for a holiday meal, mantel, or welcoming display. Clear, step-by-step instructions make the workshop fun and approachable for every skill level. All flowers, foliage, tools, and materials are provided. Come enjoy a little holiday creativity and leave with a festive arrangement made entirely by you. Disclaimer: The floral varieties in the photos are subject to substitution based on suppliers.

Deadline to Register: Nov 19

ALL SUPPLIES INCLUDED.

Thu, Dec 3, 2026 | 1:00 PM-4:00 PM

\$53.00 | 1 Week **NMW**

DONATIONS WELCOME!

We're always looking for donations of books, puzzles, jewellery, fabric, yarn, and board games! Your generous donations help support NESAs fundraising efforts and make a difference in our community. Thank you!

NEW! HOLIDAY GNOME PORCH DISPLAY

Toma, Shantel

Add a playful welcome to your holiday décor in this three-hour workshop with Shantel Toma. You'll create your own 4' wooden gnome porch display, complete with a tall hat, cheerful details, and plenty of seasonal personality. Choose from a variety of paint colours and ribbons to give your gnome a look that suits your style. Step-by-step guidance makes this project fun and approachable for all skill levels. All supplies are included, so you can focus on creating and enjoying the process. You'll leave with a festive statement piece ready to greet guests throughout the holiday season. Paint-friendly clothing is recommended.

ALL SUPPLIES INCLUDED.

Fri, Nov 13, 2026 | 9:00 AM-12:00 PM

\$53.00 | 1 Week **NMW**



JUMBO ORNAMENTS

Toma, Shantel

In this festive workshop, students will create a set of two jumbo holiday ornaments, sized 16"x 11" and 9"x 6". Led by instructor Shantel, the class offers a variety of paint colors and embellishment options to personalize each piece. Participants will explore basic decorative techniques while designing ornaments that make bold holiday décor or heartfelt gifts. All materials are provided, and no prior experience is needed. Paint-friendly clothing is recommended.

ALL SUPPLIES INCLUDED.

Wed, Nov 25, 2026 | 9:00 AM-12:00 PM

\$46.00 | 1 Week **NMW**





NEW! KINUSAIGA LANDSCAPES: FABRIC ART WITHOUT SEWING

Finstad, Linda



Discover the beautiful art of Kinusaiga—creating fabric artwork without a single stitch—with instructor and artist Linda Finstad. In this relaxing three-hour class, you'll learn the history of this unique art form, how to prepare your foam board, and how to choose fabrics for colour, contrast, and texture. Linda will guide you through the technique of securing fabric pieces without sewing, along with tips for achieving crisp lines and a polished finish. An 8"x10" foam board with a pre-drawn design and all specialty tools are included. Bring cotton fabric or quilting scraps if you have them, or choose from the community fabric stash provided. You'll leave with a completed fabric artwork and the skills to continue exploring Kinusaiga at home.

ALL SUPPLIES INCLUDED.

Thu, Oct 8, 2026 | 9:00 AM-12:00 PM

\$48.00 | 1 Week **NMW**

NEW! PUMPKIN STACKER PORCH DISPLAY

Toma, Shantel

Welcome fall with a charming 3' stacked wooden pumpkin decoration made by you! In this three-hour workshop with Shantel Toma, you'll paint and personalize a pre-cut wooden pumpkin stack using your choice of colours and embellishments. Step-by-step guidance makes this project fun and approachable for all skill levels. Your finished piece will add a warm, welcoming touch to your home, porch, or seasonal display. All supplies are included, so you can simply show up ready to create. Paint-friendly clothing is recommended.



ALL SUPPLIES INCLUDED.

Tue, Sep 29, 2026 | 9:00 AM-12:00 PM

\$58.00 | 1 Week **NMW**

NEW! SEA GLASS CHRISTMAS TREE

Jensen, Wendy

Create your own beautiful 8" sea glass Christmas tree, complete with a starfish topper and lights! This fun and easy project is perfect for beginners—just bring yourself, and a glue gun, we'll provide the rest. Come get creative and take home a unique holiday decoration!



ALL SUPPLIES INCLUDED.

Tue, Nov 24, 2026 | 1:00 PM-3:30 PM

\$52.00 | 1 Week **NMW**



NEW! STAINED GLASS

Waunch Tomljenovich, Sharon

Join instructor Sharon for a hands-on workshop where you'll create a stunning piece while exploring the art of stained glass. Perfect for beginners, this class provides all materials, including pre-cut glass pieces, so you can focus on assembling and bringing your design to life. No prior experience is needed—just bring your creativity and enjoy the process. By the end of the workshop, you'll have a beautiful, handcrafted stained glass piece to brighten any window!

ALL SUPPLIES INCLUDED.

CARDINAL

A Tue, Nov 3, 2026 | 9:00 AM-1:00 PM

\$83.00 | 1 Week **NMW**

SNOWFLAKE

B Tue, Dec 1, 2026 | 9:00 AM-1:00 PM

\$83.00 | 1 Week **NMW**



NEW! STAINED GLASS: MOSAIC GLASS ART

Waunch Tomljenovich, Sharon



Come create a vibrant glass-on-glass mosaic with instructor Sharon. Unlike traditional tile mosaics, these pieces allow light to shine through, creating a beautiful stained-glass effect. Sharon will guide you through designing and assembling your artwork while sharing tips for a polished finish. Suitable for all skill levels, this relaxing class is a wonderful way to explore colour, texture, and light. Leave with a unique mosaic piece ready to display. The cafeteria will be open for lunch to purchase, or you can bring your own.

ALL SUPPLIES INCLUDED.

Tue, Oct 13, 2026 | 9:00 AM-3:00 PM

\$85.00 | 1 Week **NMW**



DRAWING & PAINTING

NEW! ACRYLICS: BLUE JAY

Jensen, Wendy

Come and spend two hours with Wendy and have some fun creating a lovely 12" x 12" painting of a Blue Jay. Take home your finished masterpiece same day! No experience needed — just bring your creativity and enjoy a relaxing, fun-filled session!



ALL SUPPLIES INCLUDED.

Wed, Oct 21, 2026 | 1:00 PM-3:00 PM

\$22.00 | 1 Week **NMW**

NEW! ACRYLICS: MOODY LANDSCAPES

Salayi, Muhammed

Explore the beauty and atmosphere of moody landscapes through expressive acrylic painting. Suitable for all levels, this class will teach you how to capture mood, light, colour harmony, and depth while creating evocative and painterly landscapes.

Discover practical techniques for mixing and applying colours, creating atmospheric effects, and bringing your landscape to life under the guidance of a professional artist.



 **CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.**

Tue, Nov 10-Dec 15, 2026 | 1:00 PM-4:00 PM

\$134.00 | 6 Weeks

NEW! ACRYLICS: NEGATIVE PAINTING

Finstad, Linda

Explore the creative possibilities of negative painting in this two-hour class with artist Linda Finstad. You'll create a colourful abstract background using acrylic paint, markers, and stencils, then learn how values and



composition can reveal a hidden image.

Linda will guide you gently through each step, showing you how to plan your design and use acrylic paint markers to define details and add highlights. An 11"x14" canvas and all required materials are included. By the end of the class, you'll have a vibrant finished artwork and a new technique to continue exploring at home.

ALL SUPPLIES INCLUDED.

Thu, Nov 26, 2026 | 9:30 AM-12:30 PM

\$48.00 | 1 Week **NMW**

TAKE A BREAK IN OUR UPSTAIRS LOUNGE

It's a quiet, welcoming space where you can relax with a book, work on a puzzle, or check out our books and puzzles for sale. With comfy chairs, tables, a microwave, a fridge and plenty of sunlight, it's the perfect place to unwind.



DRAWING & PAINTING

NEW! BAS RELIEF: POPPIES

Finstad, Linda

Discover the ancient art of bas-relief in this creative two-session class with artist Linda Finstad. You'll learn how to build texture and dimension as you create a stunning three-dimensional poppy design on an 11-by-14-inch canvas. Linda will guide you step by step through the process, making the class approachable for all experience levels. This workshop is a wonderful opportunity to explore a unique art form and unleash your creativity. All supplies are included, and you'll leave with a beautiful finished piece ready to display.

ALL SUPPLIES INCLUDED.

Thu, Oct 29-Nov 5, 2026 | 9:30 AM-12:30 PM

\$95.00 | 2 Weeks

FALL WORD SCRAMBLE

UPINMKP _ _ _ _ _

OYPKOS _ _ _ _ _

ACRDE _ _ _ _ _

WGRIDNA _ _ _ _ _

LRFSOAL _ _ _ _ _

RAUENT _ _ _ _ _

WORD LIST:
PUMPKIN DRAWING
SPOOKY FLOWERS
CEDAR NATURE

NEW! COFFEE ART: GILDED BEE GREETING CARDS

Finstad, Linda



Discover the unexpected beauty of painting with coffee in this creative greeting card workshop. You'll learn how to create a warm colour wash, burnish the edges of your artwork and draw charming bees using simple, approachable techniques. Explore the rich tones and natural variations that make coffee such a unique and enjoyable painting medium. Add eye-catching details with special chrome gilding pens that bring a touch of shimmer and elegance to your designs. You'll complete two bee-themed paintings and receive cardstock and envelopes to transform your artwork into stunning handmade greeting cards. No previous painting or drawing experience is required.

ALL SUPPLIES INCLUDED.

Thu, Nov 12, 2026 | 9:30 AM-12:30 PM

\$48.00 | 1 Week **NMW**



DRAWING & PAINTING

DEVELOPMENTAL PAINTING: ACRYLIC AND/OR WATERCOLOR

Barratt, Cindy



This class is perfect for those with some painting experience who are looking to grow their skills in a supportive, creative environment. Whether you prefer working in acrylic or watercolour, the choice is yours. Each week, students help guide the focus by suggesting subjects or techniques they'd like to explore. Cindy offers engaging demonstrations, thoughtful discussion, helpful reference materials, and one-on-one guidance to support you as you work through your personal painting projects. Come ready to be inspired, experiment, and take your painting to the next level!

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Tue, Sep 29-Nov 3, 2026 | 12:30 PM-3:30 PM

\$140.00 | 6 Weeks

NEW! DRAWING 101: FOUNDATIONS AND TECHNIQUES

Salayi, Muhammed



Whether you are a beginner or an experienced artist, this class will help you develop and strengthen your drawing skills. Explore the fundamentals of line, shape, form, proportion, perspective, and shading while improving your observation and confidence. Learn practical techniques in a relaxed and supportive environment under the guidance of a professional drawing instructor.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Thu, Nov 12-Dec 17, 2026 | 1:00 PM-4:00 PM

\$134.00 | 6 Weeks

JEWELLERY LOBBY SALE

Looking for something special? Join us for our Jewellery Lobby Sale on November 26 & 27 from 9AM-3PM, just in time for the holiday season! Browse a selection of previously loved jewellery while supporting NESA's fundraising efforts.



DRAWING & PAINTING

NEW! BOHO-STYLE PAINTED POTS

Kaur, Manjot

These pots are the perfect way to add a touch of modern style to your home or garden. Join instructor Manjot as you transform a pre-primed 5.9" pot into a unique piece using clean, contemporary boho-inspired designs. You'll learn simple painting techniques while exploring colour, pattern, and composition in a fun, relaxed atmosphere. No experience is necessary—this class is suitable for all skill levels. Leave with a beautiful hand-painted pot that's ready to brighten your space or make a thoughtful handmade gift.



ALL SUPPLIES INCLUDED.

Fri, Sep 25, 2026 | 1:00 PM-3:00 PM

\$32.00 | 1 Week **NMW**

NEW! NATURE DRAWING IN GRAPHITE PENCIL

Casault, Susan

In this nature themed drawing class, have fun exploring the essentials of drawing. Create realistic drawings with just a pencil, eraser and various blending techniques to create form, light and texture. A slower-paced course using different subjects each week, including plants, trees and water, there is lots of time to practice what you learn. Gain confidence in your abilities, using line, proportion, depth, values and perspective. The class will be taught with demonstrations and one-on-one guidance. Photo reference will be provided by the instructor.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

Thu, Sep 24-Oct 29, 2026 | 9:30 AM-12:30 PM

\$115.00 | 6 Weeks

NEW! OILS: BENEATH THE BLUE - HUMPBACK WHALES

Adrian of The Adrian Zorzut School of Fine Art



Dive into the beauty of the ocean as you create a striking humpback whale scene in oils with instructor Adrian. During this two-day workshop, participants will explore colour blending, shading, texture and depth to bring the whales and surrounding water to life. Adrian will prepare each canvas with the drawing already in place, allowing you to focus on learning painting techniques and adding your own artistic touches. Step-by-step guidance will be provided throughout both sessions, making this workshop suitable for a range of experience levels. All painting supplies are included. Leave with a completed ocean-inspired artwork ready to display and enjoy.

ALL SUPPLIES INCLUDED.

Mon, Nov 2-Nov 9, 2026 | 9:00 AM-12:00 PM

\$95.00 | 2 Weeks



DRAWING & PAINTING

PEN & WASH: ALL LEVELS

Jeong, Lily



Capture the world around you with expressive pen and watercolor sketches! In this class, you'll learn how to draw and paint quickly using loose, creative techniques that bring your work to life. Each session explores a variety of subjects while guiding you toward building your own art journal or travel sketchbook—perfect for recording everyday moments and adventures wherever you go.

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

A Mon, Sep 21-Nov 2, 2026 | 10:00 AM-12:00 PM

No Class Oct 12

\$99.00 | 6 Weeks

B Mon, Nov 9-Dec 14, 2026 | 10:00 AM-12:00 PM

\$99.00 | 6 Weeks

NEW! SPOOKY CATS: PAINTED BOTTLE ART

Kaur, Manjot

Get into the Halloween spirit with instructor Manjot as you transform glass bottles into playful, one-of-a-kind cat creations. You'll explore colour, character, and simple painting techniques while designing

a spooky, silly, or sweet feline-inspired piece.

Manjot will guide you step by step, while still leaving plenty of room to add your own personality and creative details. This workshop is suitable for all levels, including beginners. Your finished bottle will make a fun seasonal decoration or a charming handmade gift. Come ready to paint, experiment, and have a little Halloween fun.



ALL SUPPLIES INCLUDED.

Fri, Oct 23, 2026 | 1:00 PM-3:00 PM

\$32.00 | 1 Week **NMW**

EXPLORE MORE THIS FALL!

Make the most of fall with a fun day out! Explore new places, try something different, and enjoy a great outing. **See pages 65-67 for our upcoming Tours & Outings.**



DRAWING & PAINTING

WATERCOLOR: FLORALS

Jeong, Lily



Learn how to paint flowers in watercolor. You will learn how to simplify and sketch flowers quickly either in pencil or permanent ink pen. Then we will color with watercolor in expressive and painterly style. All levels are welcome!

 [CLICK HERE TO DOWNLOAD YOUR SUPPLY LIST.](#)

A Wed, Sep 16-Oct 28, 2026 | 10:00 AM-12:00 PM

No Class Sep 30

\$99.00 | 6 Weeks

B Wed, Nov 4-Dec 16, 2026 | 10:00 AM-12:00 PM

No Class Nov 11

\$99.00 | 6 Weeks

NEW! WELCOME SIGN: LAMPOST

Jensen, Wendy

Join Wendy and paint this lovely lampost Welcome Sign. This 3' tall sign is perfect to welcome guest to your front door to place it wherever you want! All materials are included and be sure to wear clothes that won't be ruined if you get paint on them, as we do work with latex paint!

ALL SUPPLIES INCLUDED.

Wed, Dec 9, 2026 | 1:00 PM-3:30 PM

\$52.00 | 1 Week 



NESA'S MINI WORD SEARCH

PUFFIN
MOSAIC

UKULELE
BALANCE

FLORAL
ACTIVE

MANDALA
PILATES

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

FITNESS CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	• 7:15 Strong Start • Beginner Yoga • Cardio Plus • Chair Total Body Workout • Essentrics® for Seniors • Essentrics® for Stretch and Tone • Fit For Your Life • Interval Training • Suspension Training • Suspension Training Express • Yang Style Tai Chi – Introduction/ Level 1 • Yang Style Tai Chi - Level 1/2 Hybrid • Zumba® Gold	• 7:15 Strong Start • Active with Arthritis • Bender and Stability Ball: Total Body Workout • Chair Yoga • Cross Training • Strong and Stable • Suspension Training Express	• 7:15 Strong Start • Cardio Plus • Chair Yoga • Fit For Your Life • Interval Training • Suspension Training • Yin/Yang Yoga • Zumba® Gold plus Toning, Sit or Stand	• 7:15 Strong Start • Active with Arthritis • Barre Cardio • Chair Yoga • Essentrics® for Seniors • Pilates on the Mat Express • Strong and Stable • Suspension Training Express	• 7:15 Strong Start • Age Reversing Essentrics® • Chair Total Body Workout • Cross Training • Essentrics® for Stretch and Tone • Suspension Training • Suspension Training Express
AFTERNOON	• Chair Stretch and Balance • Fun and Fitness • Hatha Yoga • Zumba® Gold Chair	• Chair Total Body Workout • Chair Yoga • Introduction to Yoga, Breathwork and Meditation • Zumba®	• Fascial Maneuvers • Flexibility and Foam Rolling	• Chair Total Body Workout • Cross Training • Fun and Fitness • Suspension Training • Yang Style Tai Chi - Level 1 • Yang Style Tai Chi - Level 2 • Zumba®	• Gentle Fit Chair Yoga • Zumba® Gold • Zumba® Gold Chair

WHAT FITNESS CLASS IS BEST FOR ME?

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



Low intensity,
no floor

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, Fascial Maneuver, Fit For Your Life, Fitness Centre 101, Gentle Fit Chair Yoga, Interval Training, Strong and Stable, Suspension Training, Suspension Training Express, Yang Style Tai Chi Introduction, Level 1 and Level 1/2 Hybrid, Zumba®, Zumba® Gold, Zumba® Gold Chair and Zumba® Gold plus Toning.

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



Moderate intensity,
some floor

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

Classes include:

7:15 Strong Start, Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Bender and Stability Ball: Total Body Workout, Cardio Plus, Cross Training, Essentrics® for Stretch and Tone, Flexibility and Foam Rolling, Fun and Fitness, Gentle Hatha Yoga, Intro to Yoga, Breathwork & Meditation, Iyengar Yoga, Pilates on the Mat Express, Yang Style Tai Chi Level 2, and Yin/Yang Yoga.

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



FITNESS & SPORTS



7:15 STRONG START

Ferrari, Jollean

Get moving, stay strong, and have fun in this guided circuit-style class held right in NESAs weight room. Each week, you will work through eight energizing stations designed to improve balance, endurance, and range of motion, all while boosting your strength and confidence. The stations change weekly to keep things fresh, fun, and functional, giving you a full hour of purposeful movement in a supportive small group setting.

A Mon, Sep 14-Nov 30, 2026 | 7:15 AM-8:15 AM

No Class Oct 12

\$151.00 | 11 Weeks

B Tue, Sep 15-Dec 1, 2026 | 7:15 AM-8:15 AM

\$165.00 | 12 Weeks

C Wed, Sep 16-Dec 2, 2026 | 7:15 AM-8:15 AM

No Class Sep 30, Nov 11

\$137.00 | 10 Weeks

D Thu, Sep 17-Dec 3, 2026 | 7:15 AM-8:15 AM

\$165.00 | 12 Weeks

E Fri, Sep 18-Dec 4, 2026 | 7:15 AM-8:15 AM

\$165.00 | 12 Weeks

WHICH FITNESS CLASS IS RIGHT FOR YOU?

For help with determining what is most suitable based on your current fitness level and experience, see page 28 for a class selection overview.



ACTIVE WITH ARTHRITIS

Petersen, Amy

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.

A Tue, Sep 8-Dec 15, 2026 | 10:30 AM-11:30 AM

\$98.00 | 15 Weeks

B Thu, Sep 10-Dec 17, 2026 | 10:30 AM-11:30 AM

\$98.00 | 15 Weeks



AGE REVERSING ESSENTRICS®

Hipkin, Meaghan

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.

TRIAL CLASS **NMW**

Fri, Sep 11, 2026 | 10:30 AM-11:30 AM

FREE Registration still required | 1 Week

14 WEEK PROGRAM

Fri, Sep 18-Dec 18, 2026 | 10:30 AM-11:30 AM

\$161.00 | 14 Weeks



FITNESS & SPORTS



BARRE CARDIO

Fleming, Falon

Rev up that intensity with barre-styled cardio to feel that extra burn and 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.

Thu, Sep 10-Dec 17, 2026 | 9:00 AM-10:00 AM

No Class Nov 12

\$91.00 | 14 Weeks



BEGINNER YOGA

Critchley, Marguerite

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.

Mon, Sep 14-Dec 14, 2026 | 1:15 PM-2:45 PM

No Class Oct 12

\$146.00 | 13 Weeks



BENDER AND STABILITY BALL: TOTAL BODY WORKOUT

Fleming, Falon

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 a bender ball. Must be able to transition to the floor easily and be comfortable with mat-based exercises.

TRIAL CLASS **NMW**

Tue, Sep 8, 2025 | 8:30 AM-9:30 AM

FREE Registration still required | **1 Week**

14 WEEK PROGRAM

Tue, Sep 15-Dec 15, 2026 | 8:30 AM-9:30 AM

\$91.00 | 14 Weeks



**NEW! BUILD YOUR FOUNDATION:
FITNESS TRAINING FOR
PICKLEBALL**

Ferrari, Jollean

This fitness workshop is designed to help pickleball players build strength, improve movement and feel more confident on the court.

Strong legs and a stable core are the foundation of every movement in pickleball. Learn simple strength exercises that support balance, endurance and power so you can move better, feel stronger and enjoy your games with confidence.

You'll learn:

- Why strength matters for pickleball
- Exercises to improve strength, balance and stability
- Proper technique for key movements
- A simple home routine to continue building strength

Please note: this is not a pickleball lesson and no court play is included.

A Tue, Sep 29, 2026 | 3:00 PM-4:00 PM

\$10.00 | 1 Week **NMW**

B Thu, Oct 1, 2026 | 9:15 AM-10:15 AM

\$10.00 | 1 Week **NMW**



CARDIO PLUS

Fleming, Falon

Start the day with Falon leading you through a variety of exercises to get your 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.

A Mon, Sep 14-Dec 14, 2026 | 8:15 AM-9:15 AM

No Class Oct 12

\$85.00 | 13 Weeks

B Wed, Sep 9-Dec 16, 2026 | 8:15 AM-9:15 AM

No Class Sep 30, Nov 11

\$85.00 | 13 Weeks



CHAIR STRETCH AND BALANCE

Critchley, Marguerite

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.

Mon, Sep 14-Dec 14, 2026 | 12:00 PM-1:00 PM

No Class Oct 12

\$85.00 | 13 Weeks



CHAIR TOTAL BODY WORKOUT

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.

Hughes, Tom

A Mon, Sep 14-Dec 14, 2026 | 11:00 AM-12:00 PM

No Class Oct 12

\$85.00 | 13 Weeks

Petersen, Amy

B Tue, Sep 8-Dec 15, 2026 | 12:00 PM-1:00 PM

\$98.00 | 15 Weeks

Divincenzo, Tracy

C Thu, Sep 10-Dec 17, 2026 | 12:00 PM-1:00 PM

\$98.00 | 15 Weeks

Hughes, Tom

D Fri, Sep 18-Dec 18, 2026 | 11:30 AM-12:30 PM

\$91.00 | 14 Weeks



FITNESS & SPORTS



CHAIR YOGA

Hughes, Makaela

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.

A Tue, Sep 15-Dec 15, 2026 | 11:00 AM-12:00 PM
\$110.00 | 14 Weeks

B Tue, Sep 15-Dec 15, 2026 | 12:15 PM-1:15 PM
\$110.00 | 14 Weeks

NEW Time!

C Wed, Sep 16-Dec 16, 2026 | 10:00 AM-11:00 AM
No Class Sep 30, Nov 11
\$94.00 | 12 Weeks

D Thu, Sep 17-Dec 17, 2026 | 10:30 AM-11:30 AM
\$110.00 | 14 Weeks



CROSS TRAINING

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. 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.

Fleming, Falon

A Tue, Sep 8-Dec 15, 2026 | 9:45 AM-10:45 AM
\$98.00 | 15 Weeks

Ferrari, Jollean

B Thu, Sep 17-Dec 3, 2026 | 12:00 PM-1:00 PM
\$78.00 | 12 Weeks

Hughes, Tom

C Fri, Sep 18-Dec 18, 2026 | 10:15 AM-11:15 AM
\$91.00 | 14 Weeks



ESSENTRICS® FOR SENIORS

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.

Hipkin, Meaghan

TRIAL CLASS **NMW**

A Mon, Sep 14, 2026 | 10:30 AM-11:15 AM
FREE Registration still required | 1 Week

12 WEEK PROGRAM

A Mon, Sep 21-Dec 14, 2026 | 10:30 AM-11:15 AM
No Class Oct 12
\$123.00 | 12 Weeks

Olson, Liz

NMW

TRIAL CLASS

B Thu, Sep 10, 2026 | 11:00 AM-11:45 AM
FREE Registration still required | 1 Week

14 WEEK PROGRAM

B Thu, Sep 17-Dec 17, 2026 | 11:00 AM-11:45 AM
\$143.00 | 14 Weeks

WHICH FITNESS CLASS IS RIGHT FOR YOU?

For help with determining what is most suitable based on your current fitness level and experience, see page 28 for a class selection overview.



FITNESS & SPORTS



ESSETRICS[®] FOR STRETCH AND TONE

Hipkin, Meaghan

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.

TRIAL CLASS **NMW**

A Mon, Sep 14, 2026 | 9:15 AM-10:15 AM

FREE Registration still required | 1 Week

12 WEEK PROGRAM

A Mon, Sep 21-Dec 14, 2026 | 9:15 AM-10:15 AM

No Class Oct 12

\$123.00 | 12 Weeks

TRIAL CLASS **NMW**

B Fri, Sep 11, 2026 | 9:15 AM-10:15 AM

FREE Registration still required | 1 Week

14 WEEK PROGRAM

B Fri, Sep 18-Dec 18, 2026 | 9:15 AM-10:15 AM

\$161.00 | 14 Weeks



FASCIAL MANEUVERS

Uchach, Brittany

Join Personal Fitness Trainer Brittany Uchach for a gentle and refreshing introduction to Fascial Maneuvers — simple, guided movements designed to help you reduce stiffness, improve mobility, and feel more at home in your body. This class is perfect for all abilities and focuses on creating ease, balance, and calm from the inside out. Please note that there is no floor work in this class.

TRIAL CLASS **NMW**

Wed, Sep 16, 2026 | 12:30 PM-1:15 PM

FREE Registration still required | 1 Week

11 WEEK PROGRAM

Wed, Sep 23-Dec 16, 2026 | 12:30 PM-1:15 PM

No Class Sep 30, Nov 11

\$88.00 | 11 Weeks



FIT FOR YOUR LIFE

Fleming, Falon

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.

A Mon, Sep 14-Dec 14, 2026 | 9:45 AM-10:45 AM

No Class Oct 12

\$85.00 | 13 Weeks

B Wed, Sep 9-Dec 16, 2026 | 9:45 AM-10:45 AM

No Class Sep 30, Nov 11

\$85.00 | 13 Weeks

NESA'S BOTTLE DRIVES

NESA holds a bottle drive on the first Wednesday of every month. Bring your empties and help support NESA's fundraising efforts!



FITNESS & SPORTS



FITNESS CENTRE 101

Ferrari, Jollean

Do you have questions about how to use NESAs fitness centre equipment? Need some ideas for exercise modifications? Join Jollean for a fitness centre orientation and learn more about what exercises you can do while working out! Please note, individualized fitness programming will not be provided as this is a group session.

A Thu, Sep 17, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

B Sat, Sep 19, 2026 | 9:00 AM-10:30 AM

\$15.00 | 1 Week

C Sat, Sep 19, 2026 | 11:00 AM-12:30 PM

\$15.00 | 1 Week

D Tue, Sep 22, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

E Thu, Oct 8, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

F Tue, Oct 20, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week



FUN AND FITNESS

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 and/or resistance bands to improve overall strength, and activities that improve posture, balance and flexibility. Some floor work is required. Please bring a yoga mat.

Hughes, Tom

TRIAL CLASS **NMW**

A Mon, Sep 14, 2026 | 12:15 PM-1:15 PM

FREE Registration still required | **1 Week**

12 WEEK PROGRAM

A Mon, Sep 21-Dec 14, 2026 | 12:15 PM-1:15 PM

No Class Oct 12

\$78.00 | 12 Weeks

Divincenzo, Tracy

TRIAL CLASS **NMW**

B Thu, Sep 10, 2026 | 1:30 PM-2:30 PM

FREE Registration still required | **1 Week**

14 WEEK PROGRAM

B Thu, Sep 17-Dec 17, 2026 | 1:30 PM-2:30 PM

\$91.00 | 14 Weeks



FLEXIBILITY AND FOAM ROLLING

Fleming, Falon

Hit the mat to stretch commonly overused muscles 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.

Wed, Sep 9-Dec 16, 2026 | 1:30 PM-2:30 PM

No Class Sep 30, Nov 11

\$104.00 | 13 Weeks



FITNESS & SPORTS



GENTLE FIT CHAIR YOGA

Law, Swee

Ready to feel good in your body? Join our chair-supported movement class where we focus on fun, low-impact ways to improve your stamina, strength, balance, and mobility. Using tools like yoga blocks, resistance bands, and bender balls, you'll learn how to reconnect your mind and body through gentle exercises and stretches. This has no floor work and requires no previous experience, making it perfect for anyone looking to start or restart a movement practice. You have the option to stand or sit in your chair during class workout. There will be a five minute seated cool down at the end for the practice of mind-body-spirit connection.

TRIAL CLASS **NMW**

Fri, Sep 11, 2026 | 1:00 PM-2:00 PM

FREE Registration still required | 1 Week

14 WEEK PROGRAM

Fri, Sep 18-Dec 18, 2026 | 1:00 PM-2:00 PM

\$110.00 | 14 Weeks



HATHA YOGA

Law, Swee

This yoga class offers stress relief while improving strength, flexibility, and balance in a welcoming supportive environment. It involves a variety of standing, seated and reclining postures. It would be an asset if participants are able to get down and come up freely from the floor. Movements are guided with breaths and modifications are made possible with the use of props, chairs and wall. This class is suitable for all levels and beginners are encouraged to join. The class will end with a guided relaxation for a well rounded practice. Please bring a yoga mat.

TRIAL CLASS **NMW**

Mon, Sep 14, 2026 | 2:15 PM-3:30 PM

FREE Registration still required | 1 Week

12 WEEK PROGRAM

Mon, Sep 21-Dec 14, 2026 | 2:15 PM-3:30 PM

No Class Oct 12

\$118.00 | 12 Weeks



INTERVAL TRAINING

Ferrari, Jollean

Join a welcoming group for a total-body workout that's always fresh and adaptable to your pace! Through timed intervals of light cardio and total-body exercises, you'll work on strength, balance, flexibility, and more—using different equipment and movement styles each week. Safe, social and fun for every fitness level!

A Mon, Sep 14-Nov 30, 2026 | 9:00 AM-10:00 AM

No Class Oct 12

\$72.00 | 11 Weeks

B Wed, Sep 16-Dec 2, 2026 | 9:45 AM-10:45 AM

No Class Sep 30, Nov 11

\$65.00 | 10 Weeks

GIFT CARD FUNDRAISER

Did you know NESAs sells gift cards for Sobeys, Safeway, Save-On Foods and Kuhlmann's Greenhouse Garden Market? A portion of every gift card purchase supports NESAs's programs, services and fundraising initiatives for older adults.

If you are interested in purchasing a gift card, please visit us during our office hours. Thank you for supporting NESAs!



FITNESS & SPORTS



INTRODUCTION TO YOGA, BREATHWORK AND MEDITATION

Hughes, Makaela

Discover the foundations of yoga in this gentle yet enriching introductory class designed to nurture both body and mind. We will explore fundamental yoga postures, simple breathwork techniques, and guided meditation to promote relaxation, mindfulness, and overall well-being. Students must be comfortable getting up and down from the floor. Please bring your own yoga mat and any additional props you find supportive - such as a blanket, pillow, or bolster - from home. This class is ideal for beginners and anyone curious about the philosophical and meditative foundations of yoga in a relaxed, supportive environment.

TRIAL CLASS 

Tue, Sep 15, 2026 | 1:30 PM-2:45 PM

FREE Registration still required | 1 Week

13 WEEK PROGRAM

Tue, Sep 22-Dec 15, 2026 | 1:30 PM-2:45 PM

\$128.00 | 13 Weeks



PILATES ON THE MAT EXPRESS

Fleming, Falon

Mat Pilates is designed to strengthen your core, improve overall body stability, and enhance muscle strength. We focus on activating and strengthening small accessory muscles that support balance, posture, and functional movement. Participants should be comfortable getting down to and up from the floor, as many movements will be performed on a mat.

TRIAL CLASS 

Thu, Sep 10, 2026 | 8:15 AM-8:45 AM

FREE Registration still required | 1 Weeks

13 WEEK PROGRAM

Thu, Sep 17-Dec 17, 2026 | 8:15 AM-8:45 AM

No Class Nov 12

\$52.00 | 13 Weeks

BOOK & PUZZLE SALE

Join us September 3-5 to browse a great selection of gently loved books and puzzles, with plenty of treasures to discover.

September 3: 9AM-7PM

September 4: 9AM-7PM

September 5: 9AM-3PM





FITNESS & SPORTS

NEW! STAY IN THE GAME: MOBILITY AND RECOVERY FOR PICKLEBALL

Ferrari, Jollean

This fitness workshop is designed to help pickleball players improve mobility, support healthy movement and stay active in the sport they love. Pickleball requires quick movements, balance and repeated actions that can challenge the body. Learn simple strategies to improve mobility, support recovery and help keep your body ready for the court.

You'll learn:

- The role of mobility, flexibility, and stability
- Exercises to support shoulders, hips and upper-back movement
- Warm-up and recovery strategies
- Simple movements to support long-term joint health

Please note: this is not a pickleball lesson and no court play is included.

A Wed, Oct 14, 2026 | 11:15 AM-12:15 PM
\$10.00 | 1 Week

B Fri, Oct 16, 2026 | 2:30 PM-3:30 PM
\$10.00 | 1 Week



STRONG AND STABLE

Petersen, Amy

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.

A Tue, Sep 8-Dec 15, 2026 | 9:15 AM-10:15 AM
\$98.00 | 15 Weeks

B Thu, Sep 10-Dec 17, 2026 | 9:15 AM-10:15 AM
\$98.00 | 15 Weeks



SUSPENSION TRAINING

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Already taken classes in the past? Get in on the fun and take this class to learn (or revisit) the basics of how to safely use this equipment with just your body weight to help improve your strength, balance, flexibility and coordination. All fitness levels are welcome! No floor work.

Ferrari, Jollean

A Mon, Sep 14-Nov 30, 2026 | 10:15 AM-11:15 AM
No Class Oct 12
\$88.00 | 11 Weeks

Ferrari, Jollean

B Wed, Sep 16-Dec 2, 2026 | 8:30 AM-9:30 AM
No Class Sep 30, Nov 11
\$80.00 | 10 Weeks

Fleming, Falon

C Thu, Sep 10-Dec 17, 2026 | 1:30 PM-2:30 PM
\$120.00 | 15 Weeks

Hughes, Tom

D Fri, Sep 18-Dec 18, 2026 | 9:00 AM-10:00 AM
\$112.00 | 14 Weeks



FITNESS & SPORTS



SUSPENSION TRAINING EXPRESS

Ferrari, Jollean

Looking for a short but effective workout? Want to supplement your current fitness program using just your body weight and the suspension trainers? Join Jollean for a 30 minute class where she will lead you through a safe, low impact and fun workout - sign up today and come 'hang out'! No floor work, no experience necessary, and all fitness levels welcome.

A Mon, Sep 14-Nov 30, 2026 | 8:15 AM-8:45 AM

No Class Oct 12

\$44.00 | 11 Weeks

B Tue, Sep 15-Dec 1, 2026 | 8:30 AM-9:00 AM

\$48.00 | 12 Weeks

C Thu, Sep 17-Dec 3, 2026 | 8:30 AM-9:00 AM

\$48.00 | 12 Weeks

D Fri, Sep 18-Dec 4, 2026 | 8:15 AM-8:45 AM

\$48.00 | 12 Weeks



SUSPENSION TRAINING WORKSHOP

Ferrari, Jollean

Join Jollean for a one-hour introductory class on how to use the suspension trainers for a safe, fun, and low impact workout. No experience is necessary and all fitness levels are welcome. No floor work.

A Tue, Sep 22, 2026 | 3:00 PM-4:00 PM

\$10.00 | 1 Week **NMW**

B Tue, Oct 20, 2026 | 3:00 PM-4:00 PM

\$10.00 | 1 Week **NMW**

C Tue, Nov 17, 2026 | 3:00 PM-4:00 PM

\$10.00 | 1 Week **NMW**



YANG STYLE TAI CHI - AN INTRODUCTION/LEVEL 1

Benjamin, Weston

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 eleven-week session. All are welcome. No floor work is required

Mon, Sep 14-Dec 14, 2026 | 10:00 AM-11:00 AM

No Class Oct 12, Oct 19, Oct 26, Nov 2

\$110.00 | 10 Weeks



YANG STYLE TAI CHI - LEVEL 1

Sarabin, Leslie

Tai Chi is a gentle exercise that stretches, tones and relaxes the muscles. It also improves our ability to focus, concentrate and balance. The arms and legs are slowly moved through different positions with one movement connecting to the next, training the body and mind to work in coordination. Leslie teaches a traditional style of Yang Tai Chi. Leslie has been doing Tai Chi for 30 years under the instruction of Andy Wong and has been teaching her own classes since 2000. Leslie has also worked as an Occupational Therapist for 38 years in the areas of Geriatrics and Community Rehabilitation and has a passion for wellness as we age.

Thu, Sep 24-Nov 26, 2026 | 1:15 PM-2:15 PM

\$110.00 | 10 Weeks



FITNESS & SPORTS



YANG STYLE TAI CHI - LEVEL 1/2 HYBRID

Benjamin, Weston

This all-levels hybrid Tai Chi class combines beginner and continuing participants. Students will learn and practice the Yang 24 form while improving balance, flexibility, and overall well-being. Instruction will be adapted to support varying experience levels. No floor work is required.

Mon, Sep 14-Dec 14, 2026 | 11:15 AM-12:15 PM

No Class Oct 12, Oct 19, Oct 26, Nov 2

\$110.00 | 10 Weeks



YANG STYLE TAI CHI - LEVEL 2

Sarabin, Leslie

This program is a continuation of Traditional Yang Style Tai Chi for students who have completed Traditional Yang Style Tai Chi - Level 1.

Thu, Sep 24-Nov 26, 2026 | 2:30 PM-3:30 PM

\$110.00 | 10 Weeks



YIN/YANG YOGA

Critchley, Marguerite

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.

Wed, Sep 9-Dec 16, 2026 | 11:30 AM-1:15 PM

No Class Sep 30, Nov 11

\$184.00 | 13 Weeks

WHICH FITNESS CLASS IS RIGHT FOR YOU?

For help with determining what is most suitable based on your current fitness level and experience, see page 28 for a class selection overview.



FITNESS & SPORTS



ZUMBA®

Critchley, Marguerite

Join us for a low-impact Zumba® class that blends infectious Latin rhythms with timeless favorites to create an upbeat and energizing workout experience, combining fitness and dance. Whether you're a Zumba® veteran or just getting started on your wellness journey, this class is designed for everybody and every body! No need to sit this one out, unless you want to! Chair-based modifications are available, making it easy for individuals with limited mobility or balance concerns to participate fully and safely. Dance from your feet or your seat—either way, you're guaranteed a great time and a heart-healthy workout. Come for the music, stay for the joy. Let's dance our way to feeling fabulous!

A Tue, Sep 8-Dec 15, 2026 | 12:15 PM-1:15 PM
\$98.00 | 15 Weeks | or \$10 per class

B Thu, Sep 10-Dec 17, 2026 | 12:15 PM-1:15 PM
\$98.00 | 15 Weeks | or \$10 per class



ZUMBA® GOLD

Join our Zumba® Gold class, the perfect blend of fun and fitness for active older adults! We take the Zumba® moves you love and modify them to a lower intensity, focusing on all elements of fitness: cardio, muscular conditioning, flexibility, and balance. It's an exhilarating way to stay active, feel great, and unleash your inner dancer. Come discover why Zumba® Gold is the ultimate workout for your body and mind!

Clark, Tammy

TRIAL CLASS

NMW

A Fri, Sep 11, 2026 | 12:00 PM-1:00 PM

FREE Registration still required | **1 Week**

14 WEEK PROGRAM

A Fri, Sep 18-Dec 18, 2026 | 12:00 PM-1:00 PM
\$91.00 | 14 Weeks | or \$10 per class

Au, Anna

TRIAL CLASS

NMW

B Mon, Sep 14, 2026 | 11:30 AM-12:30 PM

FREE Registration still required | **1 Week**

12 WEEK PROGRAM

B Mon, Sep 21-Dec 14, 2026 | 11:30 AM-12:30 PM

No Class Oct 12

\$78.00 | 12 Weeks | or \$10 per class

NEW!

ZUMBA DROP-IN

Register for a full session or enjoy the flexibility of dropping in for just \$10 per class!

Sign up for drop-in at the front desk on the day of the class you wish to sign up for.

**Please note drop-in admissions are subject to availability.*



FITNESS & SPORTS



ZUMBA® GOLD CHAIR

Join our Zumba® Gold class, the perfect blend of fun and gentle fitness for active older adults! We take the Zumba® moves you love and adapt them for a seated workout, focusing on all elements of fitness: cardio, muscular conditioning and flexibility. It's a fantastic way to stay active, feel great, and unleash your inner dancer, all from the comfort of your chair. Come discover why Zumba® Gold is the ultimate gentle workout for your body and mind!

Clark, Tammy

TRIAL CLASS

NMW

A Fri, Sep 11, 2026 | 1:15 PM-2:15 PM

FREE Registration still required | 1 Week

14 WEEK PROGRAM

A Fri, Sep 18-Dec 18, 2026 | 1:15 PM-2:15 PM

\$91.00 | 14 Weeks | or \$10 per class

Au, Anna

TRIAL CLASS

NMW

B Mon, Sep 14, 2026 | 12:45 PM-1:45 PM

FREE Registration still required | 1 Week

12 WEEK PROGRAM

B Mon, Sep 21-Dec 14, 2026 | 12:45 PM-1:45 PM

No Class Oct 12

\$78.00 | 12 Weeks | or \$10 per class

NEW!

ZUMBA® GOLD PLUS TONING, SIT OR STAND



Hota-Mitchell, Sheela

Want a feel-good dance party atmosphere that gives you cardio AND tones your body? Find it in our Zumba® Gold plus Toning Sit or Stand combination class! From warmup to final stretch, you will groove to global rhythms, as well as sing-along tunes, at an intensity that suits active older adults. You can do the whole class fully seated in a chair or do it standing and moving side to side and front to back. Some songs will be fully seated, so we can concentrate on working key muscle groups - core, biceps, inner thighs. All classes will wake up muscle groups you use for daily activities (hello, triceps, quadriceps, abdominals!). To keep the "fun" in fitness, we may do themed classes (Thanksgiving, Halloween, winter holidays, St. Patrick's Day, and more). On your seat or on your feet, if you love Zumba® you will adore Zumba® Gold plus Toning!

TRIAL CLASS

NMW

Wed, Sep 9, 2026 | 11:00 AM-12:00 PM

FREE Registration still required | 1 Week

12 WEEK PROGRAM

Wed, Sep 16-Dec 16, 2026 | 11:00 AM-12:00 PM

No Class Sep 30, Nov 11

\$78.00 | 12 Weeks | or \$10 per class

CHECK OUT WHAT'S COMING UP AT NESA!

There's always something exciting happening at NESA! Check out our Upcoming Events on pages 68-69 and mark your calendar for the fun.



FITNESS CENTRE

REGULAR FITNESS CENTRE HOURS

The Fitness Centre is open weekdays from 8:30 AM-4 PM. Closed on weekends and all statutory holidays.

HAVE QUESTIONS? Please call 780.944.7442 or 780.496.4915 for fitness centre inquiries.

FITNESS CENTRE ADMISSION FEES

Single Admission	\$5
10-Visit Pass	\$30
Monthly Pass	\$35
Annual Pass	\$325

**Prices may be subject to change.*

***Passes are not refundable or transferable. 10-Visit passes expire after one year from date of purchase.*

WHAT WE OFFER

The fitness centre is a welcoming, friendly and inclusive environment equipped with various cardio, resistance training, and portable equipment. While not required of members to participate in, a machine basic-operation orientation is available (by appointment) with a fitness centre volunteer.

Personal Training Services are available to help you achieve your fitness goals, including: Health and Fitness Assessments, One-on-One and Partner Training, and Personalized Training Program Design. **Additional costs apply for these services, please visit the Fitness Centre for more details.**



12-VISIT FITNESS CENTRE PASS SALE

Just \$30! On sale August 24–28, 2026

FITNESS CENTRE 101

Ferrari, Jollean

Do you have questions about how to use NESA's fitness centre equipment? Need some ideas for exercise modifications? Join Jollean for a fitness centre orientation and learn more about what exercises you can do while working out! Please note, individualized fitness programming will not be provided as this is a group session.

A Thu, Sep 17, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

B Sat, Sep 19, 2026 | 9:00 AM-10:30 AM

\$15.00 | 1 Week

C Sat, Sep 19, 2026 | 11:00 AM-12:30 PM

\$15.00 | 1 Week

D Tue, Sep 22, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

E Thu, Oct 8, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

F Tue, Oct 20, 2026 | 4:30 PM-6:00 PM

\$15.00 | 1 Week

Please Note: The Fitness Centre will be closed on Friday, September 4, 2026 for floor cleaning.



PICKLEBALL PROGRAMS

PICKLEBALL AT NESAs

Whether you're learning the game or building on your skills, NESAs offers a welcoming and enjoyable pickleball experience for players of all levels.

Programs are organized by skill level to help create balanced, enjoyable play for all NESAs members.

Not sure which level is right for you? Contact the Fitness Program Coordinator at pickleball@nesa1.ca before registering. We're happy to help you choose the program that best matches your current skill level and playing experience.

SKILL LEVELS

Beginner

- You are learning the rules, scoring and basic strokes such as serving and returning.
- You are developing consistency and becoming comfortable with gameplay and court movement.

Novice

- You understand the rules and can consistently serve and return the ball.
- You are able to sustain short rallies, are improving your shot consistency and are beginning to use basic game strategies and court positioning.

Intermediate

- You have consistent control of the basic strokes, including volleys and dinks.
- You understand court positioning, can sustain longer rallies and are developing more advanced strategies such as third-shot drops and drives.

Mixed Levels

- Players of all skill levels are welcome to register and enjoy playing together in a fun, social environment.

Please Note: If a skill level does not receive enough registrations to run, NESAs may combine groups into a Mixed Levels program to ensure everyone has the opportunity to participate.

PICKLEBALL LOCATIONS

NESAs pickleball programs are offered at two locations:

- Northgate Lions Recreation Centre – 7524 139 Avenue
- Rundle Park – 2909 113 Avenue

Please note that not all programs are offered at both locations. Be sure to confirm the location when registering.

PICKLEBALL SCHEDULE FORMAT

The format for this season's pickleball will remain the same as in previous seasons.

- Maximum of 15 NESAs members per group.
- Timed round-robin games lasting approximately 11–13 minutes.
- A rotating schedule designed to provide all NESAs members with an organized and equitable opportunity to play.

RULES, SCORING AND GROUP PLAY

Regular pickleball sessions are intended for members who already have a basic understanding of pickleball rules, scoring and gameplay.

NESAs members should be comfortable organizing their round-robin games independently, as on-court instruction and game support are not provided during regular pickleball sessions.

Members who are new to the sport are encouraged to register for Introduction to Pickleball workshop before joining a regular pickleball program.



PICKLEBALL PROGRAMS

PICKLEBALL INSTRUCTION WORKSHOPS

Whether you're picking up a paddle for the first time or looking to improve your skills, NESAs's pickleball workshops are a great way to build confidence and develop your game. This season, we are pleased to offer two workshop options:

INTRO TO PICKLEBALL

Leslie Srogen

Here is a great opportunity to learn the sport everyone is talking about! Work with Leslie, a qualified pickleball instructor who will teach you everything you need to know about the game and to help get you started! (You are welcome to take this workshop again if you have taken it in the past!) Paddles are provided if you require one.

Mon, Sep 14 & Sep 21, 2026 | 2:00 PM-4:00 PM

\$45 | 2 Weeks

PICKLEBALL DEVELOPMENT CLINIC

Leslie Srogen

This program is designed for players with some pickleball experience who want to further develop their skills. Qualified instructors will provide you with strategies and suggestions as to how you can improve your game through drills and mentored game play. (You are welcome to take this workshop again if you have taken it in the past!) Paddles are provided if you require one.

Prerequisite: Recommended for those members who have been playing for at least one year and are very familiar with the game, rules, scoring, can maintain a rally, etc.

Wed, Sep 16 & Sep 23, 2026 | 2:30 PM-4:00 PM

\$35 | 2 Weeks

WAITLISTS AND SINGLE-SESSION OPPORTUNITIES

If your preferred pickleball program is full, be sure to add your name to the waitlist. If a space becomes available or an additional session is offered, members on the waitlist will be contacted in the order they were added. In addition, occasional openings may occur when registered members are unable to attend a weekday pickleball session. If you are interested in filling an available spot for a single session, simply:

- email pickleball@nesa1.ca or
- add your name to the waitlist for the weekday and time you would like to play (online or at NESAs).

If a space becomes available, the Fitness Program Coordinator will contact you.

There is no cost to join the waitlist.

CREDITS AND REFUNDS FOR MISSED PICKLEBALL SESSIONS

Refunds will only be issued if NESAs cancels the program.

To secure our court bookings for the entire season, all NESAs members are required to pay the full program fee at the time of registration. As a result, NESAs is unable to provide refunds or credits for sessions that NESAs members are unable to attend.

If you know you will be absent, please email pickleball@nesa1.ca as early as possible.

When sufficient notice is provided, the Fitness Program Coordinator will make every effort to find a replacement player for your session(s). If a replacement is found, your NESAs account will be credited for the value of the session(s) that were filled.

PICKLEBALL FITNESS WORKSHOPS

See pages 31 & 37 for more information!



PICKLEBALL PROGRAMS

BEGINNER

Northgate Lions

Tue, Sep 8-Dec 15 | 2:50 PM-4:05 PM

\$82.50 | 15 Weeks

Northgate Lions

Wed, Sep 9-Dec 16 | 3:10 PM-4:25 PM*

**No Session Sep 16, 23, 30 and Nov 11 due to scheduled pickleball workshops and statutory holiday closures.*

\$60.50 | 11 Weeks

Northgate Lions

Thu, Sep 10-Dec 17 | 2:50 PM-4:05 PM

\$82.50 | 15 Weeks

NOVICE

Northgate Lions

Mon, Sep 28-Dec 14 | 2:50 PM-4:05 PM*

**Session begins Sep 28 due to the September 7 statutory holiday closure and scheduled pickleball workshops Sep 14-21. No Session Oct 12 due to a statutory holiday.*

\$60.50 | 11 Weeks

Northgate Lions

Wed, Sep 9-Dec 16 | 1:50 PM-3:05 PM*

**No Session Sep 16, 23, 30 and Nov 11 due to scheduled pickleball workshops and statutory holiday closures.*

\$60.50 | 11 Weeks

MIXED LEVELS

Northgate Lions

Tue, Sep 8-Dec 15 | 1:30 PM-2:45 PM

\$82.50 | 15 Weeks

PLANNING TO REGISTER AT RUNDLE PARK?

Please note that NESA must meet the required minimum of 12 registrants per session by the end of day September 10, 2026.

INTERMEDIATE

Rundle Park

Mon, Sep 14-Dec 14 | 9:15 AM-10:30 AM

**No Session Oct 12 due to a statutory holiday.
Registration required by Sept 10, 2026*

\$71.50 | 13 Weeks

Rundle Park

Mon, Sep 14-Dec 14 | 10:35 AM-11:50 AM

**No Session Oct 12 due to a statutory holiday.
Registration required by Sept 10, 2026*

\$71.50 | 13 Weeks

Northgate Lions

Mon, Sep 28-Dec 14 | 1:30 PM-2:45 PM*

**Session begins Sep 28 due to the September 7 statutory holiday closure and scheduled pickleball workshops Sep 14-21. No Session Oct 12 due to a statutory holiday.*

\$60.50 | 11 Weeks

Rundle Park

Wed, Sep 16-Dec 16 | 9:15 AM-10:30 AM

**No Session Sep 30 & Nov 11 due to statutory holiday closures.
Registration required by Sept 10, 2026*

\$66 | 12 Weeks

Rundle Park

Wed, Sep 16-Dec 16 | 10:35 AM-11:50 AM

**No Session Sep 30 & Nov 11 due to statutory holiday closures.
Registration required by Sept 10, 2026*

\$66 | 12 Weeks

Northgate Lions

Wed, Sep 9-Dec 16 | 12:30 PM-1:45 PM

**No Session Sep 30 & Nov 11 due to statutory holiday closures.*

\$71.50 | 13 Weeks

Rundle Park

Fri, Sep 18-Dec 18 | 9:15 AM-10:30 AM

Registration required by Sept 10, 2026

\$77 | 14 Weeks

Rundle Park

Fri, Sep 18-Dec 18 | 10:35 AM-11:50 AM

Registration required by Sept 10, 2026

\$77 | 14 Weeks



GENERAL INTEREST

NEW! 50 YEARS OF MEDIA WITH BOB LAYTON: 1970-2020

Layton, Bob – Veteran Broadcaster

Join veteran broadcaster Bob Layton as he takes a look back at five decades of media, from the rise of television news and radio to the digital and social media age. Drawing on his years of experience in broadcasting, Bob will share stories, key moments, and how technology has transformed the way we receive and share information. This engaging presentation offers a unique perspective on the evolution of media from 1970 to 2020.

Thu, Nov 12, 2026 | 10:00 AM-11:00 AM

\$10.00 | 1 Week **NMW**

CONVERSATION CAFÉ

Representative of NESA

Are you looking to meet new people in a relaxed and welcoming environment? Join us for a casual gathering where you can meet people and enjoy meaningful conversations. Fun icebreakers will help everyone get acquainted and feel comfortable. Whether you're looking to make new friends or simply spend time with others, this is a great opportunity to socialize and build connections. Light refreshments will be served.

A Tue, Oct 13, 2026 | 1:30 PM-3:00 PM

\$5.00 | 1 Week **NMW**

B Tue, Dec 8, 2026 | 1:30 PM-3:00 PM

\$5.00 | 1 Week **NMW**

NEW! CONVERSATION CIRCLE: DEMENTIA & ALZHEIMERS

Representative of NESA

Caring for or supporting a loved one living with dementia or Alzheimer's disease can bring many challenges, emotions, and experiences. This Conversation Circle offers a safe, welcoming, and supportive space for individuals to come together and share their stories, insights, and feelings with others who understand the journey. Whether you are caring for a parent, spouse, partner, family member, or friend, you are invited to join us for meaningful conversation, mutual support, and connection. This is not an educational or medical information session, but rather an opportunity to listen, share, and find comfort in community. Light refreshments will be served.

Tue, Nov 17, 2026 | 1:30 PM-3:30 PM

\$5.00 | 1 Week **NMW**

NEW! CONVERSATION CIRCLE: ENDING AGISM-LET'S CHANGE THE STORY

Representative of NESA

Join us to share your perceptions and experiences of ageism as we explore how it shows up in everyday life and how each of us can help shift the narrative. Together, we'll look at how everyday language shapes attitudes about aging, and discover simple, meaningful ways to speak with more respect and inclusion. We'll also celebrate the strength of intergenerational relationships—the skills, stories, and wisdom that flow between younger and older people. This Conversation Circle is your chance to share experiences, learn from others, and help build a community where people of all ages feel valued, visible, and heard. Light refreshments will be served.

Tue, Sep 29, 2026 | 1:30 PM-3:30 PM

\$5.00 | 1 Week **NMW**



GENERAL INTEREST

NEW! DEBT MANAGEMENT: STRATEGIES FOR MANAGING CREDIT

Lesyk, Jonathan – Wealth Advisor of Allied Asset Management

A little strategy can go a long way. Join Jonathan Lesyk, CFP – Wealth Advisor with Raymond James Ltd. – for an interactive discussion on how thoughtful debt management can strengthen your retirement plan and create more flexibility for your future.

Mon, Nov 23, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week **NMW**

NEW! DEMYSTIFYING EXECUTORSHIP WITH Q&A

Vliet, Gina – Certified Executor Advisor of Charon Consulting

Join Gina Vliet to Learn the facts behind some common myths about executorship. This session is suitable for estate owners and executors. Test your assumptions and assess role readiness. An informal Q&A will follow. Meant as a learning opportunity only; no professional or situation-specific advice given.

Thu, Sep 24, 2026 | 2:00 PM-3:30 PM

\$2.00 | 1 Week **NMW**

NEW! DEPARTURE PLANNING: ANATOMICAL GIFTS, ORGAN AND TISSUE DONATION

Vliet, Gina – Certified Executor Advisor of Charon Consulting

Join Gina Vliet in an information discussion, learn how organ, tissue, and body donation relate to other. Discover what you, your loved ones, caregivers, and your executor need to know to ensure your wishes can be met.

Thu, Oct 29, 2026 | 1:30 PM-3:30 PM

\$15.00 | 1 Week **NMW**

NEW! DEPERATURE PLANNING: DEMYSTIFYING BURIAL AND CREMATION

Vliet, Gina – Certified Executor Advisor of Charon Consulting

Discover and document your choices for after-death care. Review options for both burial and cremation. Learn about budgetary considerations and regulatory requirements. Prepare to discuss your final rest with those who need to know.

Thu, Nov 19, 2026 | 1:30 PM-3:30 PM

\$15.00 | 1 Week **NMW**

NEW! DRESSING FOR THE FESTIVE SEASON: COLOR AND STYLE

Urbina, Susanne – Beauty Expert

Get ready for the holiday season with confidence and flair! This fun and informative session explores how to use color, style, and accessories to create festive looks for any occasion. Learn tips for choosing flattering colors, building outfits from your existing wardrobe, and adding seasonal touches that reflect your personal style. Whether you're attending holiday gatherings or simply looking to refresh your look, you'll leave with ideas to help you dress with confidence throughout the festive season.

Fri, Nov 13, 2026 | 9:30 AM-11:30 AM

\$20.00 | 1 Week **NMW**



GENERAL INTEREST

NEW! ESTATE PLANNING FROM A FINANCIAL PERSPECTIVE

Woo, Wei – Investment Advisor of Research Capital Corporation

More than just investments, a successful estate plan is about caring for family, friends and special organizations through some simple preplanning. Just as important is preparing your executor or co executors for the task , and regularly updating your estate strategy. Join Wei Woo as he speaks about some important ideas to consider for your estate planning from a financial planning and investment perspective. As well, Wei Woo will share some of the estate issues and challenges that he has come across over the past 18 years in the finance industry. It's never too early or too late to plan for your family's future.

Mon, Oct 19, 2026 | 10:00 AM-12:00 PM

\$2.00 | 1 Week **NMW**

NEW! FALL INTO FASHION: COLOR AND STYLE

Urbina, Susanne – Beauty Expert

Join Susanne Urbina for Fall into Fashion: Color and Style, a fun and inspiring session designed to help you look and feel your best. Discover how choosing the right colours and clothing styles can enhance your natural features, boost confidence, and simplify your wardrobe. Whether you're refreshing your look or looking for new style inspiration, you'll leave with practical tips you can use every day.

Thu, Sep 24, 2026 | 9:30 AM-11:30 AM

\$20.00 | 1 Week **NMW**

NEW! FINANCIAL MARKETS OUTLOOK: INVESTMENT CONSIDERATIONS FOR 2027

Lesyk, Jonathan – Wealth Advisor of Allied Asset Management

Join Jonathan Lesyk, CFP – Wealth Advisor with Raymond James Ltd. for an informative look at the financial markets and key investment considerations for 2027. This session will explore current economic trends, market influences, and factors that may shape the investment landscape in the year ahead. Participants will gain insights to help them better understand market conditions and make informed financial decisions based on their own goals and circumstances.

Mon, Dec 7, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week **NMW**

NEW! FINDING YOUR PEOPLE: BUILDING AND MAINTAINING FRIENDSHIPS

Vliet, Gina – Certified Executor Adviser of Charon Consulting

Friendships rarely happen by accident in adulthood. They take intention, shared interests and values, and consistent effort. Discover practical ways to meet new people, build meaningful relationships, and nurture friendships throughout life's changes.

Thu, Dec 3, 2026 | 10:00 AM-12:00 PM

\$15.00 | 1 Week **NMW**



GENERAL INTEREST

NEW! HOW DO YOU KNOW WHEN TO MOVE, AND HOW TO MOVE?

Owerko, Doranna – Real Estate Agent of Maxwell Progressive

As a Seniors Realty Specialist in Edmonton, join Doranna Owerko to talk about your options. The pros and cons of selling, financing through Chip mortgages, HLOC products, and lines of credit. We will also discuss how to prepare for a move and the resources available to you i.e. packing, consignment, auctions.

Mon, Nov 2, 2026 | 10:00 AM-12:00 PM

\$2.00 | 1 Week **NMW**

NEW! MAKEUP FOR FALL FACES

Urbina, Susanne – Beauty Expert

Join Susanne Urbina for Makeup for Fall Faces, a fun and interactive session exploring makeup techniques and colour trends for the fall season. Learn simple tips to enhance your natural features, update your everyday look, and choose products and shades that complement your skin tone. Whether you're new to makeup or looking to refresh your routine, you'll leave with practical techniques and confidence to create a polished fall look.

Fri, Oct 9, 2026 | 9:30 AM-11:30 AM

\$20.00 | 1 Week **NMW**

NESA'S SHREDDING PROGRAM

Exclusive to NESA members. Envelopes for shredding can be purchased at the front desk for \$5 each. Gold members will receive one free envelope per month. Simply fill an envelope(s) with your personal documents, and we'll take care of the shredding for you!

NEW! MEMBER MIXER

Representative of NESA

Whether you're a longtime member, new to NESA, or simply looking to connect with others, this casual gathering is a wonderful opportunity to meet fellow members and enjoy great conversations. You'll also learn more about NESA and its history in a warm and welcoming atmosphere. Light refreshments will be served.

A Tue, Oct 6, 2026 | 1:30 PM-3:00 PM

FREE Registration still required | **1 Week**

B Tue, Nov 10, 2026 | 1:30 PM-3:00 PM

FREE Registration still required | **1 Week**

NEW! MID-AUTUMN MOON FESTIVAL TASTING EXPERIENCE

Lisa of Asian Market Adventures

Join Lisa from Asian Market Adventures for a cultural and culinary adventure exploring the traditions of the Mid-Autumn Moon Festival! Discover the history, legends, and customs behind this beloved celebration while sampling traditional snacks like mooncakes and seasonal fruits. This interactive session is perfect for those curious to learn more about Asian culture through food and stories.

Mon, Sep 28, 2026 | 1:30 PM-3:00 PM

\$20.00 | 1 Week



GENERAL INTEREST

NEW! OPTIMIZING THE BENEFITS OF A TFSA

Woo, Wei – Investment Advisor of Research Capital Corporation

Join Wei Woo for an informative session on how to optimize the benefits of a Tax-Free Savings Account (TFSA). The Tax Free Savings Account has been out since 2009, it is now 2026 and many retired Canadians are still confused about how to best use this tax saving investment shelter. What complicate matters further, is that depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice, especially regarding the estate planning side of it. Wei Woo will clarify the myths surrounding this account, as we discuss how to use this highly flexible account in maximizing your personal financial strategies during your retirement years as well as the final estate year.

Mon, Sep 21, 2026 | 10:00 AM-12:00 PM

\$2.00 | 1 Week 

NEW! PREP YOUR SKIN FOR WINTER

Urbina, Susanne – Beauty Expert

Cold weather can be tough on your skin. Join Susanne Urbina for an informative session on preparing your skin for the winter months. Learn how seasonal changes affect your skin, discover simple skincare routines to help prevent dryness and irritation, and explore tips for keeping your skin healthy, hydrated, and comfortable all season long. This session offers practical advice for maintaining healthy skin throughout the winter.

Thu, Dec 10, 2026 | 9:30 AM-11:30 AM

\$20.00 | 1 Week 

NEW! PREPARING FOR LIFE TRANSITIONS: GETTING FINANCES IN ORDER

Restall-Pinder, Jessica – Financial Advisor of Next Path Financial

Join Jessica Rendall-Pinder from Next Path Financial for an informative session focused on organizing your financial information. This presentation is about creating clarity and confidence by organizing the important financial documents and details we all manage, including bank accounts, credit cards, tax records, and other personal financial information. Using examples from a variety of financial situations, Jessica will share practical strategies to help participants better organize their information, simplify financial management, and ensure they are prepared for the future.

Thu, Sep 17, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week 

NEW! RETIREMENT BENEFITS: UNDERSTANDING CPP, OAS AND THE ALBERTA SENIORS BENEFIT

Lesyk, Jonathan – Wealth Advisor of Allied Asset Management

Join Jonathan Lesyk, CFP and Wealth Advisor with Raymond James Ltd., for an informative presentation on Canadian retirement benefits. Learn how programs such as the Canada Pension Plan (CPP), Old Age Security (OAS), and the Alberta Seniors Benefit fit into your retirement income plan. Whether you're preparing to retire or already enjoying retirement, this session will help you better understand your benefits, eligibility, and strategies to make the most of your retirement income.

Mon, Sep 14, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week 



GENERAL INTEREST

NEW! WOMEN AND WEALTH

Lesyk, Jonathan – Wealth Advisor of Allied Asset Management

Women are playing an increasingly central role in shaping how wealth is understood and managed. Join Jonathan Lesyk, CFP – Along with special guest speaker Cindy Rae Tanguay, CFP – Wealth Advisor with Raymond James Ltd. – for an interactive session with insight on the role women play in modern wealth management and the alignment of investing with planning, purpose, and personal and societal values.

Mon, Oct 5, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week **NMW**

NEW! WRITE YOUR LIFE STORY

Layton, Bob – Veteran Broadcaster

Everyone has a story worth telling. Join Bob Layton as he shares practical tips and guidance inspired by his book "How to Write Your Life Story". Learn how to organize your memories, capture meaningful experiences, and write with confidence, whether you're creating a keepsake for your family or simply recording your personal journey. This encouraging session is suitable for both new and experienced writers.

Fri, Nov 27, 2026 | 10:00 AM-11:00 AM

\$10.00 | 1 Week **NMW**

NEW! YOUR RETIREMENT LIVING JOURNEY

Pandza, Sharon – Sales Advisor of Chartwell Homes

Join Sharon Pandza from Chartwell Homes for an informative and engaging presentation designed to help seniors confidently navigate the retirement journey. Whether you're beginning to explore your options or considering a move to a retirement residence, this session will provide practical information to help you make informed decisions. We'll discuss the different stages of retirement living, when it may be time to consider additional support, and how to plan ahead for your future needs while maintaining your independence and quality of life.

Thu, Sep 10, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week **NMW**

GAMES DAY GET TOGETHER

Join us for Board Games in our new drop-in games room! A volunteer will be on hand to help organize games, explain the rules, and welcome players. Come on your own or bring a friend and enjoy a fun, relaxed social experience. If you can't make these scheduled sessions, you're welcome to visit Room 207 any weekday and enjoy a game from our collection with friends, free of charge as long as you are a NESA member.

Monday, October 19 | 10:00 AM-12:30 PM

Friday, November 20 | 12:30 PM-3:00 PM

These events are free with no registration required, and are in Room 207.



HEALTH & WELLNESS

NEW! ACTIVE WITH ARTHRITIS: KEEP MOVING WITH CONFIDENCE

Petersen, Amy

Living with arthritis doesn't mean you have to stop moving. In fact, regular exercise is one of the best ways to help reduce joint pain, improve mobility, and maintain strength. This workshop explores safe, evidence-informed exercises and practical movement strategies designed to help participants manage arthritis while staying active, comfortable, and independent. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Nov 4, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week **NMW**

NEW! BALANCE & FALL PREVENTION: STAY STEADY, STAY INDEPENDENT

Petersen, Amy

Maintaining good balance is essential for staying active and independent. Learn practical exercises and simple strategies to improve balance, coordination, reaction time, and confidence while reducing the risk of falls. Discover how small changes in your daily routine can make a big difference in your stability and mobility. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Dec 9, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week **NMW**

NEW! BE KIND TO YOUR MIND

Representative of Canadian Mental Health Association

Learning how to take care of our mental health and well-being can be challenging!. This course will cover the importance of maintaining positive mental health and recognizing some of the ways that we can struggle. We will also explore and discuss the different tools that we can use to support ourselves and others on our journey to mental wellness. You will gain a better understanding of what mental health is, why it's important to maintain, identify signs that you or someone you know may be struggling, how to support someone you know who is experiencing a mental health challenge, and coping strategies to use in times of need for both you and the people you know.

Fri, Oct 23, 2026 | 10:30 AM-11:30 AM

\$15.00 | 1 Week **NMW**

NEW! CANADIAN MENTAL HEALTH ASSOCIATION INFORMATION SESSION

Representative of Canadian Mental Health Association

Join us for an informative session with the Canadian Mental Health Association to learn about the CMHA mental health programs, services, and supports available in Edmonton. This presentation will provide an overview of available resources, strategies for promoting mental wellness, and information on how to access support for yourself or a loved one. Whether you're looking for information or simply want to learn more, this session offers a welcoming opportunity to connect with valuable community resources.

Fri, Oct 23, 2026 | 1:00 PM-2:00 PM

\$2.00 | 1 Week **NMW**



HEALTH & WELLNESS

CONNECTIONS

Furgala, Carole

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.

A Mon, Sep 14-Dec 14, 2026 | 10:00 AM-12:00 PM

No Class Oct 12

\$26.00 | 13 Weeks

B Mon, Sep 14-Dec 14, 2026 | 1:00 PM-3:00 PM

No Class Oct 12

\$26.00 | 13 Weeks

NEW! CORE & BALANCE: BUILD STABILITY FROM THE INSIDE OUT

Petersen, Amy

A strong core is about much more than abdominal muscles—it supports better posture, balance, and overall movement. Learn practical exercises that strengthen your core, improve stability, and help reduce the risk of falls. Whether you're looking to stay active, move with greater confidence, or improve your everyday function, this workshop provides the tools to build a stronger foundation. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Oct 7, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week **NMW**

NEW! DEMENTIA & ALZHEIMER AWARENESS

Pauline of Prairie Comfort Homecare

Join Pauline from Prairie Comfort Homes for an informative presentation on dementia and Alzheimer's awareness. Learn about the signs and progression of dementia, practical strategies for supporting individuals living with the disease, and effective communication techniques. Learn about resources for caregivers and families while highlighting ways to foster understanding, compassion, and dementia-friendly communities.

Mon, Sep 14, 2026 | 10:00 AM-11:30 AM

\$2.00 | 1 Week **NMW**

NEW! HEARING HEALTH AWARENESS

Brynn of Ears To You Clinic

Join Brynn from Ears to You for an informative session on hearing health and the importance of protecting your hearing at every stage of life. Learn about common signs of hearing loss, ways to maintain healthy hearing, and the impact hearing health can have on communication and overall well-being. This presentation will also cover available hearing support options and provide practical tips for maintaining good hearing health.

Mon, Nov 9, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week **NMW**

CASUAL COFFEE HANGOUT

Join fellow NESAs members for a casual coffee hangout in the café every third Tuesday of the month at 1:30pm. Come chat, visit, and enjoy time together!



HEALTH & WELLNESS

NEW! HIP HEALTH IS WEALTH: STRENGTHEN YOUR HIPS & KNEES

Petersen, Amy

Strong hips are the foundation for healthy knees, better balance, and easier movement. This workshop focuses on improving hip mobility and strengthening the muscles that support your hips and knees through simple, effective exercises. Discover practical strategies to help reduce stiffness, improve stability, and make everyday activities such as walking, climbing stairs, and getting up from a chair feel easier. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Sep 23, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week **NMW**

NEW! LIFEHACKING: STRESS AND CHANGE - GETTING THROUGH THE EMOTIONAL AND GETTING INTO THE PRACTICAL

Vliet, Gina

Learn how to identify your stressors, protect your energy during difficult times, recharge your personal batteries, and adapt to change while still having the energy for what matters most.

Thu, Oct 15, 2026 | 10:00 AM-12:00 PM

\$15.00 | 1 Week **NMW**

NEW! MINDFUL MORNING WITH MAKAELA

Hughes, Makaela

Start your day connecting—to yourself and others! We'll gather for some friendly conversation before practicing simple breathwork and a guided meditation. Feel free to bring your own tea or coffee if you'd like to enjoy a warm beverage during the session. The intention is to have you move through the rest of your day feeling more relaxed and grounded. No experience is necessary and no floor work is required—just come as you are and enjoy a mindful morning together.

A Thu, Sep 24, 2026 | 9:00 AM-10:00 AM

\$10.00 | 1 Week **NMW**

B Thu, Oct 29, 2026 | 9:00 AM-10:00 AM

\$10.00 | 1 Week **NMW**

C Thu, Nov 26, 2026 | 9:00 AM-10:00 AM

\$10.00 | 1 Week **NMW**

D Thu, Dec 17, 2026 | 9:00 AM-10:00 AM

\$10.00 | 1 Week **NMW**

HAVE ANY BOARD GAMES YOU'RE NO LONGER USING?

Do you have any family-friendly board games you're no longer using? Consider donating them to NESAs! We're looking for games in good condition with all pieces included to share with our members for drop in board games in room 207. In specific we are looking for Crokinole, Backgammon, Clue, Sorry and Go. We will accept any Board Game donations!



NEW! MOVE STRONG: AN INTRODUCTION TO INTERVAL TRAINING

Ferrari, Jollean

Looking for a fun way to add variety to your fitness routine? Join Jollean for this one-time introductory workshop and discover how interval training can keep exercise fresh, enjoyable, and achievable.

You'll take part in a beginner-friendly workout that alternates short rounds of light cardio with simple strength, balance, and mobility exercises, with time to recover between activities. Interval training is a great way to support heart health, build strength, increase endurance, and improve balance—all while keeping your workouts interesting.

This active workshop is designed for older adults, is not high intensity, and every exercise can be modified to suit your comfort level. No floor work. No experience necessary. All fitness levels welcome!

A Thu, Sep 17, 2026 | 9:15 AM-10:15 AM

\$10.00 | 1 Week NMW

B Thu, Oct 15, 2026 | 9:15 AM-10:15 AM

\$10.00 | 1 Week NMW

C Thu, Nov 19, 2026 | 9:15 AM-10:15 AM

\$10.00 | 1 Week NMW

JEWELLERY LOBBY SALE

Looking for something special? Join us for our Jewellery Lobby Sale on November 26 & 27 from 9AM-3PM, just in time for the holiday season! Browse a selection of previously loved jewellery while supporting NESA's fundraising efforts.

NEW! NUTRITION SCREENING RESOURCES

Assoue, Ruth

Join Ruth Assoue for a session on Nutrition Screening Resources. Learn how nutrition screenings can help identify individual needs and connect participants with helpful supports, including access to dietitians, healthy meal ideas, and practical recipes. Ruth will share resources and guidance to help individuals make informed choices and support their overall health and well-being.

Fri, Sep 18, 2026 | 2:00 PM-3:30 PM

\$2.00 | 1 Week NMW

NEW! RESISTANCE BANDS 101: BUILD STRENGTH WITH BANDS

Petersen, Amy

Resistance bands are one of the most versatile and affordable tools for building strength. Learn how to safely use resistance bands and mini-bands to improve muscle strength, posture, balance, and functional fitness. Participants will leave with practical exercises they can easily incorporate into their home fitness routine. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Nov 18, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week NMW



HEALTH & WELLNESS

NEW!

STRENGTH TRAINING 101: WEIGHT TRAINING FOR BEGINNERS

Petersen, Amy

Curious about strength training but not sure where to start? This beginner-friendly workshop introduces the fundamentals of resistance training in a safe, supportive environment. Learn proper technique, exercise progressions, and how strength training can improve balance, bone health, mobility, and confidence in everyday activities. No previous experience is necessary. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Sep 9, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week **NMW**

NEW!

STROKE RECOGNITION & PREVENTION

Taralson, Colleen

Join Colleen Taralson from Alberta Health Services for an informative session on stroke recognition and prevention. Learn the warning signs of a stroke, understand common risk factors, and discover simple ways to lower your risk through healthy habits. This program will also highlight the importance of acting quickly during a stroke emergency and provide practical information to help keep you and your loved ones safe.

Fri, Oct 16, 2026 | 1:30 PM-3:30 PM

\$2.00 | 1 Week **NMW**

NEW!

STRONG SHOULDERS & BACK: IMPROVE POSTURE AND EVERYDAY STRENGTH

Petersen, Amy

Improve your posture, increase upper body strength, and move with greater ease. This workshop focuses on shoulder mobility, upper and lower back strength, and functional movement patterns that support daily activities such as lifting, reaching, carrying, and maintaining good posture. Learn simple exercises to help reduce stiffness and improve overall upper body function. This 60-minute workshop includes education, demonstrations, and guided seated and standing exercises. No floor work is required.

Wed, Oct 21, 2026 | 11:15 AM-12:15 PM

\$10.00 | 1 Week **NMW**

NEW!

THE POWER OF COMPASSION: COMMUNITY SUPPORTS AND END OF LIFE CARE

**Posteraro, Alanna – Registered Nurse and
Care Navigator of Palliative Support Services,
Pilgrims Hospice Society**

Join Alanna Posteraro from the Pilgrims Hospice Society to learn about the community supports and services available for individuals and families facing end-of-life care. This session will provide an overview of hospice care, available resources, and how hospice programs support comfort, dignity, and quality of life. Participants will gain a better understanding of the role hospice plays in supporting both individuals and their loved ones through every stage of the journey.

Thu, Nov 5, 2026 | 10:00 AM-12:00 PM

\$2.00 | 1 Week **NMW**



NESA

FITNESS TRIALS & WORKSHOPS

FREE TRIALS

AGE REVERSING ESSENTRICS®

More information on page 29.

Fri, Sep 11, 2026

BENDER & STABILITY BALL: TOTAL BODY WORKOUT

More information on page 30.

Tue, Sep 8, 2026

ESSENTRICS® FOR SENIORS

More information on page 32.

Mon, Sep 14 & Thu, Sep 10, 2026

ESSENTRICS® FOR STRETCH AND TONE

More information on page 33.

Mon, Sep 14 & Fri, Sep 11, 2026

FASCIAL MANEUVERS

More information on page 33.

Wed, Sep 16, 2026

FUN AND FITNESS

More information on page 34.

Mon, Sep 14 & Thu, Sep 10, 2026

GENTLE FIT CHAIR YOGA

More information on page 35.

Fri, Sep 11, 2026

HATHA YOGA

More information on page 35.

Mon, Sep 14, 2026

INTRODUCTION TO YOGA, BREATHWORK AND MEDITATION

More information on page 36.

Tue, Sep 15, 2026

PILATES ON THE MAT EXPRESS

More information on page 37.

Thu, Sep 10, 2026

ZUMBA® GOLD

More information on page 40.

Fri, Sep 11 & Mon, Sep 14, 2026

ZUMBA® GOLD CHAIR

More information on page 41.

Fri, Sep 11 & Mon, Sep 14, 2026

ZUMBA® GOLD PLUS TONING, SIT OR STAND

More information on page 41.

Wed, Sep 9, 2026

WORKSHOPS

ACTIVE WITH ARTHRITIS: KEEP MOVING WITH CONFIDENCE

More information on page 52.

Wed, Nov 4, 2026

BALANCE & FALL PREVENTION: STAY STEADY, STAY INDEPENDENT

More information on page 52.

Wed, Dec 9, 2026

CORE & BALANCE: BUILD STABILITY FROM THE INSIDE OUT

More information on page 53.

Wed, Oct 7, 2026

HIP HEALTH IS WEALTH: STRENGTHEN YOUR HIPS & KNEES

More information on page 54.

Wed, Sep 23, 2026

MINDFUL MORNING WITH MAKAEALA

More information on page 54.

Thu, Sep 24, Oct 29, Nov 26, Dec 17, 2026

MOVE STRONG: AN INTRODUCTION TO INTERVAL TRAINING

More information on page 55.

Thu, Sep 17, Oct 15, Nov 19, 2026

RESISTANCE BANDS 101: BUILD STRENGTH WITH BANDS

More information on page 55.

Wed, Nov 18, 2026

STRENGTH TRAINING 101: WEIGHT TRAINING FOR BEGINNERS

More information on page 56.

Wed, Sep 9, 2026

STRONG SHOULDERS & BACK: IMPROVE POSTURE AND EVERYDAY STRENGTH

More information on page 56.

Wed, Oct 21, 2026

SUSPENSION TRAINING WORKSHOP

More information on page 38.

Tue, Sep 22 Oct 20, Nov 17, 2026



LANGUAGES

SPANISH: BEGINNER

Oyarzun, Tania

Join in on this beginner's class to develop the skills to speak 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.

Wed, Sep 9-Dec 16, 2026 | 10:00 AM-12:00 PM

No Class Sep 30, Nov 11

\$177.00 | 13 Weeks

SPANISH: INTERMEDIATE

Oyarzun, Jorge

Take the next step for your language comprehension and learn how to put emphasis on the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening 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.

Wed, Sep 9-Dec 16, 2026 | 10:00 AM-12:00 PM

No Class Sep 30, Nov 11

\$177.00 | 13 Weeks

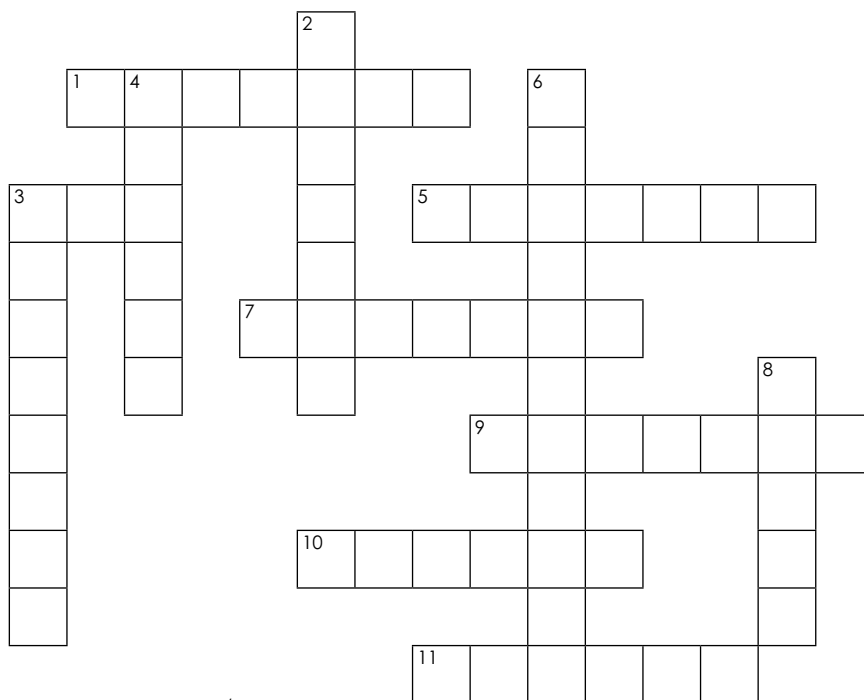
NESA'S CROSSWORD

Across:

- 1) Strategy game with colourful tiles
- 3) Creative activities like painting and crafts
- 5) Where stories come to life on stage
- 7) Popular orange fall squash
- 9) Focused on the present moment
- 10) Exercise that gets your heart racing
- 11) Steady beat in music

Down:

- 2) Strength building exercise session
- 3) Colourful painting mediums
- 4) Season of colourful leaves
- 6) Ability to bend and stretch easily
- 8) Dance-inspired fitness class



ANSWER KEY
ACROSS:
 1) MAHJONG 2) PUMPKIN 3) ART 4) AUTUMN 5) THEATRE 6) FLEXIBILITY 7) RHYTHM 8) ZUMBA 9) MINDFUL 10) CARDIO 11) RHYTHM
DOWN:
 2) WORKOUT 3) ACRYLICS 4) FLEXIBILITY 5) THEATRE 6) FLEXIBILITY 7) RHYTHM 8) ZUMBA 9) MINDFUL 10) CARDIO 11) RHYTHM



PERFORMING ARTS

CHORALAIRES

Director: Ollenberger, Sandi

Pianist: McClelland, Vicki

Raise your voice in song and join this fun-loving mixed chorus! This season, the group will focus on a festive selection of Christmas repertoire while building vocal skills, learning about choral singing, and enjoying the experience of making music together. Singers will also have the opportunity to share their talents at five community "sing-outs" in December. Whether you are a seasoned singer or completely new to choral singing, all voices are welcome and valued. Men are especially encouraged to join and help us build a strong, balanced sound across the chorus. Come enjoy great music, good company, and plenty of holiday spirit!

Please note: This group meets at McClure United Church, 13708 74 Street.

Tue, Sep 8-Nov 24, 2026 | 1:00 PM-3:00 PM

\$90.00 | 12 weeks + 5 singouts in December

NEW! CLOGGING: LEVEL 1 (NEW DANCERS)

Brewer, Adele

Ready to try something upbeat, social, and a little different? This welcoming beginner class is designed for anyone who has never clogged before—no partner, special shoes, or dance experience required. You'll learn basic steps and clogging terminology through easy-to-follow instruction and lively music. Clogging is a fun way to improve balance, coordination, memory, and fitness while meeting new people. Come as you are, bring your sense of adventure, and discover how much fun it is to make music with your feet!

Wed, Sep 9-Oct 28, 2026 | 2:45 PM-3:45 PM

No Class Sep 30, Oct 14

\$53.00 | 6 Weeks

NEW! CLOGGING: LEVEL 1 (CONTINUED)

Brewer, Adele

Keep building your confidence and having fun in this continuation of Level 1A. You'll review the basic steps you already know, learn new combinations, and put them together in upbeat dance routines. Each class offers a great mix of movement, music, mental exercise, and laughter. No partner is needed, and the focus is on enjoying the experience—not being perfect. Step back onto the dance floor and see how quickly your skills grow!

Wed, Nov 4-Dec 16, 2026 | 2:45 PM-3:45 PM

No Class Nov 11

\$53.00 | 6 Weeks

CLOGGING: LEVEL 3

Brewer, Adele

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!

Prerequisite: Clogging: Level 2

Mon, Sep 14-Dec 14, 2026 | 2:45 PM-3:45 PM

No Class Oct 12

\$85.00 | 13 Weeks

CLOGGING: LEVEL 4

Brewer, Adele

Now that you've mastered the basic steps, it's time to take your clogging skills to the next level. In this class, you'll expand on your movements to include more subtle rhythmic and visual variations. Come for the workout and stay for the fun!

Prerequisite: Clogging: Level 3

Wed, Sep 9-Dec 16, 2026 | 1:30 PM-2:30 PM

No Class Sep 30, Oct 14, Nov 11

\$78.00 | 12 Weeks



PERFORMING ARTS

CLOGGING: LEVEL 5

Brewer, Adele

The intermediate dancers have been clogging for several years and enjoy the challenge and pace that this level has to offer. 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! Enjoy the energetic beats and diverse rhythms while enhancing your fitness and coordination in this fun and engaging class.

Prerequisite: Clogging: level 4

Mon, Sep 14-Dec 14, 2026 | 1:30 PM-2:30 PM

No Class Oct 12

\$85.00 | 13 Weeks

CLOGGING: LEVEL 5 ADVANCED

Brewer, Adele

Join Adele for this mini 30-minute challenge to learn advanced clogging steps. In this class we now add different styles of dance including: Flat Footing, Buck and Canadian step dancing, to our repertoire of steps.

Prerequisite: Clogging: level 5

Mon, Sep 14-Dec 14, 2026 | 1:00 PM-1:30 PM

No Class Oct 12

\$43.00 | 13 Weeks

GUITAR: LEVEL 1

Benoiton, Gilles

No musical experience is necessary – just a desire to have some fun! This class is designed for absolute beginners. You will learn to play simple one and two-finger chords such as G, C, A, and E, which are found in many sing-along songs. Arrangements can be made with the instructor to borrow a guitar if needed. Join us and start your musical journey in a fun and supportive environment!

Fri, Sep 18-Dec 4, 2026 | 9:00 AM-10:00 AM

No Class Nov 13

\$67.00 | 11 Weeks

GUITAR: LEVEL 2

Benoiton, Gilles

If you have experience with 3-finger open chords like D and E and feel comfortable using them, this workshop is for you. You'll learn additional chords, work your way up to the B7 chord, and practice the pick and strum method. Plus, you'll get to play new songs. Enhance your guitar skills and enjoy making music in a supportive and engaging environment!

Prerequisite: Guitar: Level 1

Wed, Sep 9-Dec 2, 2026 | 1:00 PM-2:15 PM

No Class Sep 30, Nov 11

\$83.00 | 11 Weeks

GUITAR: LEVEL 2.5

Benoiton, Gilles

Join Gilles in this fun-filled class, playing and singing all your favorite tunes. This program is ideal for those who are ready to move on from Level 2 but not quite ready for Level 3. Guitar: Level 2.5 combines more challenging songs from Level 2 with some early concepts from Level 3. Enhance your skills and enjoy making music in a supportive environment as you bridge the gap to the next level.

Prerequisite: Guitar: Level 2

Wed, Sep 9-Dec 2, 2026 | 11:15 AM-12:45 PM

No Class Sep 30, Nov 11

\$98.00 | 11 Weeks

NESA'S BOTTLE DRIVES

NESA holds a bottle drive on the first Wednesday of every month. Bring your empties and help support NESA's fundraising efforts!



PERFORMING ARTS



GUITAR: LEVEL 3

Benoiton, Gilles

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on expanding your chord repertoire (including F and Bm), mastering chord progressions and learning some single-note lines. Appropriate pieces will be introduced, and students are encouraged to suggest selections! Take your guitar skills to the next level in this engaging and collaborative class!

Prerequisite: *Guitar: Level 2.5*

Fri, Sep 18-Dec 4, 2026 | 10:15 AM-11:30 AM

No Class Nov 13

\$83.00 | 11 Weeks

GUITAR: LEVEL 4

Benoiton, Gilles

Guitar Level 4 builds on the skills from Level 3, focusing on expanding runs, incorporating rhythms with off-beats, and introducing new chords such as F and Fm. You'll refine your technique through engaging exercises and practice pieces designed to challenge and enhance your playing. This class is perfect for those looking to deepen their musical skills in a supportive, collaborative setting.

Prerequisite: *Guitar: Level 3*

Fri, Sep 18-Dec 4, 2026 | 1:00 PM-2:15 PM

No Class Nov 13

\$83.00 | 11 Weeks

GUITAR: FINGER PICKIN' LEVEL 2.5

Benoiton, Gilles

Build on your guitar skills with this intermediate-level class focused on finger picking techniques. You'll learn to pick strings individually for a smoother, more expressive sound, so a clear grasp of basic chords is essential. The class will explore 6/8 timing and work toward playing "Unchained Melody" using chords like G, Em, C, and D7.

Prerequisite: *Guitar: Level 2.5*

Wed, Sep 9-Dec 2, 2026 | 10:00 AM-11:00 AM

No Class Sep 30, Nov 11

\$67.00 | 11 Weeks

GUITAR: FINGER PICKIN' LEVEL 3+

Benoiton, Gilles

Take your finger picking skills to the next level in this advanced class designed for players comfortable with Level 3 techniques. You'll explore new picking patterns, learn to read TAB melodies with bass lines, and dive into Travis-style picking. The class will also cover comping techniques and introduce chords like Dm and F to expand your playing. Perfect for those ready to add depth, rhythm, and complexity to their acoustic guitar sound.

Prerequisite: *Guitar: Level 3*

Fri, Sep 18-Dec 4, 2026 | 11:45 AM-12:45 PM

No Class Nov 13

\$67.00 | 11 Weeks



PERFORMING ARTS

HANDBELLS

Hoskin, Wendy

If you can count, you can ring handbells! In this fun and uplifting class, beginner ringers will be paired with experienced partners to learn the basics of handbell technique and teamwork. No prior musical experience is required—just a willingness to learn and enjoy making music together. While reading music is helpful, it's not necessary. Join us for a joyful and engaging experience that's good for the body, mind, and soul in a supportive and welcoming environment.

Thu, Sep 10-Dec 10, 2026 | 10:00 AM-11:30 AM

\$74.00 | 14 Weeks

LINE DANCING: LEVEL 1

Tulik, Dwayne

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. Enjoy a lively and engaging workout that will keep you moving and smiling!

Tue, Sep 8-Dec 15, 2026 | 8:45 AM-10:15 AM

\$94.00 | 15 Weeks

LINE DANCING: LEVEL 2

Walters, Tracy

In this program, you will learn dances to a variety of music genres, including country, rock, dance, hip hop, Irish, and more. Participants must have experience with a beginner or level 1 line dancing program. Shoes with leather soles are recommended, but not required. No partner needed. Join Tracy for some Line Dancin' fun and enjoy dancing to diverse music while enhancing your skills and having a great time!

Prerequisite: Line Dancing: Level 1

Tue, Sep 8-Dec 15, 2026 | 1:30 PM-2:30 PM

\$72.00 | 15 Weeks

PRIVATE MUSIC LESSONS: GUITAR, UKULELE & HARMONICA

Chenoweth, Mike

Enjoy a learning experience designed entirely around you with personalized, one-on-one instruction in guitar, ukulele, or harmonica. Each 30-minute lesson is tailored to your skill level, musical interests, learning pace, and personal goals, allowing you to make focused progress without getting lost in a group setting. Whether you are picking up an instrument for the first time or refining advanced techniques, your instructor will provide individual feedback, encouragement, and guidance every step of the way. Explore the music you love while building confidence, technique, and a stronger connection to your instrument. Private lessons offer dedicated attention and a flexible, supportive approach that makes every minute count. Current students receive priority booking, and remaining spaces for new students are filled on a first-come, first-served basis.

A Tue, Sep 22-Dec 15, 2026 | 8:45 AM-9:15 AM

\$298.00 | 13 Weeks

B Tue, Sep 22-Dec 15, 2026 | 9:15 AM-9:45 AM

\$298.00 | 13 Weeks

C Tue, Sep 22-Dec 15, 2026 | 9:45 AM-10:15 AM

\$298.00 | 13 Weeks

D Tue, Sep 22-Dec 15, 2026 | 10:15 AM-10:45 AM

\$298.00 | 13 Weeks



PERFORMING ARTS

NEW! RHYTHM RASCALS SING-A-LONG

Shewchuk, Suzan & John

Join Suzan and John for a lively, welcoming sing-along filled with familiar tunes, laughter, and good company. Each one-day session will include a few seasonal favourites inspired by October, November, or December, along with plenty of popular songs from a collection of more than 200 selections spanning different genres and decades. Register for one session or enjoy all three—each gathering will offer a slightly different mix of music. Whether you're a confident singer or someone who usually sings only in the car, you'll feel right at home. No musical experience is needed; just bring your enthusiasm and love of music. Come sing along, reconnect with old favourites, and leave with your spirits lifted.

A Wed, Oct 14, 2026 | 1:00 PM-2:30 PM

\$14.00 | 1 Week **NMW**

B Wed, Nov 4, 2026 | 1:00 PM-2:30 PM

\$14.00 | 1 Week **NMW**

C Wed, Dec 2, 2026 | 1:00 PM-2:30 PM

\$14.00 | 1 Week **NMW**

NEW! ROCKING CHAIR THEATRE

Alseth, Bernadette

Bring stories to life through voice, imagination, and expressive character work in this engaging 10-week theatre program—no memorization required. Participants will be cast in roles and guided through character development as the group works toward a final performance. Prefer being part of the action behind the scenes? A stage manager is also needed to help coordinate sound effects, costumes, props, and director's notes. This is a team-based program, so regular attendance and commitment are important to building a strong, supportive ensemble. Come ready to explore, collaborate, and have fun discovering what makes a story leap off the page. Please bring a pencil and notebook to each class.

Tue, Oct 6-Dec 8, 2026 | 1:00 PM-3:00 PM

\$20.00 | 10 Weeks

GIFT CARD FUNDRAISER

Looking for the perfect gift that supports NESAs? We sell gift cards for Sobeys, Safeway, Save-On-Foods and Kuhlmann's Greenhouse Garden Market, with a portion of every purchase going toward NESAs' fundraising efforts. Stop by during our office hours to pick one up and give a gift while giving back to NESAs!





PERFORMING ARTS

NEW! SOCIAL ACTION THEATRE: INFORMATION SESSION

Shea, Art

Curious about theatre that explores topics through creativity, conversation, and improvisation? This one-day information session introduces a possible ongoing Social Action Theatre class, where participants choose a timely or popular topic, brainstorm ideas, and shape them into planned improv scenes with the support of a facilitator.

The process is active and collaborative, with the group deciding what works, what to change, and what to keep as the piece develops. No finished script is required, and the focus is on exploring ideas together rather than giving a polished performance right away. This is a great opportunity to ask questions, experience how the process works, and see whether an ongoing class is a good fit for you (potentially in the winter). Come learn more, share your ideas, and discover how theatre can spark meaningful discussion.

Wed, Nov 18, 2026 | 1:30 PM-3:00 PM

\$2.00 | 1 Week **NMW**

UKE N' PLAY TODAY: BEGINNER UKULELE

Chenoweth, Mike

The ukulele is, without a doubt, the happiest musical instrument on earth! Mike Chenoweth is a full-time professional music teacher with nearly twenty years of teaching experience. Mike's course takes you from outright beginner right through to being able to play all of your favourite campfire strummers and beyond! Learn popular melodies, build your chord vocabulary, learn multiple rhythms, strumming patterns and read tablature, how to use a capo, finger pick, strum in both 3/4 and 4/4 time, get introduced to barre chords and so much more!

Tue, Sep 22-Dec 15, 2026 | 11:00 AM-12:00 PM

\$116.00 | 13 Weeks

DID YOU KNOW?

Landry Leisure Pass History

The Landry Leisure Pass (LLP) was created through a generous gift from the estate of Therese Landry, a beloved NESAs member who found joy, creativity and connection through our programs and activities. Her wish was for others to experience that same sense of belonging. This income-based subsidy program helps remove financial barriers, allowing more members to participate in NESAs programs and build meaningful connections throughout the year. *For more info and to see if you qualify for the Landry Leisure Pass, see page 70.*



TOURS & OUTINGS

SMOKY LAKE PUMPKIN FESTIVAL TOUR



Join us for a memorable day at the Smoky Lake Pumpkin Festival, one of Alberta's most beloved fall celebrations! Experience the excitement of the festival's iconic Giant Pumpkin Weigh-Off, where growers compete to showcase their enormous pumpkins. Enjoy a vibrant day filled with artisan and market vendors, delicious local food, live entertainment, family-friendly activities, and a festive autumn atmosphere. Whether you're there to witness record-breaking pumpkins, browse unique local treasures, or simply soak in the charm of the season, this harvest celebration offers a fun and unforgettable experience for all.

Your NESAs fee includes transportation, a NESAs branded tote bag, two bottles of water, and choice of a fruit bar or granola bar for the road. Bring extra spending money for shopping. **Please note** that extended periods of standing, walking, and sitting will occur on this outing.

Registration Deadline: Friday, Sep 18 by 4:00PM

Sat, Oct 3, 2026 | 9:15 AM-5:20 PM **NMW**

Please arrive at NESAs between 8:45AM-9:00AM to check in before departure.

Early Bird Rate: \$70 (Until Sep 11 by 4:00PM)

Regular Rate: \$80 (Until Sep 18 by 4:00PM)

RIVER CREE CASINO



Join us for an exciting day trip to River Cree Resort & Casino in Edmonton! Enjoy a relaxing ride before spending the day exploring the casino's wide selection of slot machines and table games, dining at one of its restaurants, or simply taking in the lively atmosphere. Whether you're trying your luck, meeting up with friends, or enjoying a delicious meal, this outing offers a fun and entertaining escape with something for everyone.

Your NESAs fee includes transportation, \$5.00 in free play to get you started along with a complimentary lunch at our Tap 25 restaurant with 4 or 5 meal options to choose from.

Please note that a beverage and gratuity are not included as part of this exclusive offer. Bring spending money for lunch and entertainment!

Registration Deadline: Friday, Oct 9 by 4:00PM

Thu, Oct 22, 2026 | 10:00 AM-3:00 PM **NMW**

Please arrive at NESAs between 9:30AM-9:45AM to check in prior to departure.

Regular Rate: \$5 (Until Oct 9 by 4:00PM)



TOURS & OUTINGS

NANAKSAR GURDWARA GURSIKH TEMPLE

Join us for a cultural visit to the Gurdwara (Sikh temple) located just off Manning Drive, north of Edmonton.



Our visit will begin with a 45-minute tour and presentation led by the Gurdwara's friendly and knowledgeable guide Harmeeek. Learn about the history, traditions, and practices of the Sikh faith, there will be an opportunity to ask questions. Following the tour, we will visit the serene prayer hall, and finish the visit by participating in a vegetarian meal from the Gurdwara's Langar (community kitchen). The meal contains no meat or eggs, and gluten-free options are available

Your NESA fee includes transportation, the on-site tour and presentation, and a complimentary vegetarian meal.

Please note that out of respect for the traditions of the Sikh Faith, a head covering (bandana) must be worn while inside the Gurdwara. You may bring your own head covering, or use the ones provided by the facility. Footwear must be removed before entering the temple, so it's recommended to wear comfortable socks to move about freely. Extended periods of standing, sitting on the floor, and walking will occur on this outing.

Registration Deadline: Friday, Oct 30 by 4:00PM

Thu, Nov 12, 2026 | 10:40 AM – 2:00 PM **NMW**

Please arrive at NESA between 10:10AM-10:20AM to check in prior to departure.

Early Bird Rate: \$30 (Until Oct 23 by 4:00PM)

Regular Rate: \$40 (Until Oct 30 by 4:00PM)

GREENLAND GARDEN CENTER AND SWISS CHALET

Enjoy a relaxing day trip to Greenland Garden Centre, where you will discover beautiful seasonal displays,



unique home décor, gardening inspiration, and a wonderful selection of plants, gifts, and specialty items. Stroll through the inviting greenhouse and browse the charming boutiques at your own pace before heading to Swiss Chalet for a delicious meal in a comfortable, welcoming atmosphere.

Whether you are looking for gardening ideas, the perfect gift, or simply a pleasant day out with friends, this outing offers the perfect blend of shopping, dining, and relaxation.

Your NESA fee includes transportation, meal at Swiss Chalet, and a visit to the greenhouse. NESA Staff will contact program participants in advance for meal selections. **Please note** there will be extended periods of standing and walking will occur on this outing.

Registration Deadline: Friday, Nov 13 by 4:00PM

Wed, Nov 25, 2026 | 9:45 AM-1:40 PM **NMW**

Please arrive at NESA between 9:15AM-9:30AM to check in prior to departure.

Early Bird Rate: \$55 (Until Nov 6 by 4:00PM)

Regular Rate: \$65 (Until Nov 13 by 4:00PM)



TOURS & OUTINGS

BUTTERDOME CHRISTMAS CRAFT SALE



Kick off the holiday season with a visit to the iconic Butterdome Christmas Craft Sale, one of Alberta's largest and most anticipated holiday shopping events! Browse hundreds of talented Canadian artisans highlighting handcrafted gifts, festive décor, gourmet treats, jewelry, clothing, home décor, artwork, and one-of-a-kind creations. Enjoy the festive atmosphere as you explore the wide variety of unique vendors, find the perfect Christmas gifts, and support local makers. Whether you are shopping for loved ones or treating yourself, this annual holiday tradition is the perfect way to celebrate the season and get into the Christmas spirit.

Your NESAs fee includes transportation and admission to the craft sale. Bring spending money for shopping and anything else you would like to purchase. **Please note** there will be extended periods of standing and walking will occur on this outing.

Registration Deadline: Friday, Nov 20 by 4:00PM

Sat, Dec 5, 2026 | 9:30 AM-1:30 PM **NMW**

Please arrive at NESAs between 9:00AM-9:15AM to check in prior to departure.

Early Bird Rate: \$35 (Until Nov 13 by 4:00PM)

Regular Rate: \$45 (Until Nov 20 by 4:00PM)

MAGIC OF LIGHTS AT RAD TORQUE RACEWAY

Celebrate the magic of the holiday season with a visit to Magic of Lights at RAD Torque Raceway in Leduc! Experience a dazzling drive-through display



featuring millions of sparkling LED lights and spectacular animated holiday scenes, all synchronized to festive music. Sit back, relax, and take in enchanting tunnels of light, larger-than-life holiday characters, and breathtaking seasonal displays from the comfort of the bus. This cherished holiday tradition is a wonderful way to enjoy the sights and spirit of Christmas while creating lasting memories with family and friends.

Your NESAs fee includes transportation and a cup of hot chocolate with Christmas goodies to enjoy the ride! **Please note** that extended periods of sitting will occur on this outing.

Registration Deadline: Friday, Dec 4 by 4:00PM

Wed, Dec 16, 2026 | 5:30 PM-8:00 PM

NMW

Please arrive at NESAs between 5:00PM-5:15PM to check in prior to departure.

Early Bird Rate: \$30 (Until Nov 27 by 4:00PM)

Regular Rate: \$40 (Until Dec 4 by 4:00PM)

MAKING MORE OUTINGS POSSIBLE

Our **50/50 raffles** are helping make our Tours & Outings more accessible. Proceeds go toward **subsidizing transportation costs**, helping us keep offering fun and affordable opportunities for members to get out and explore.

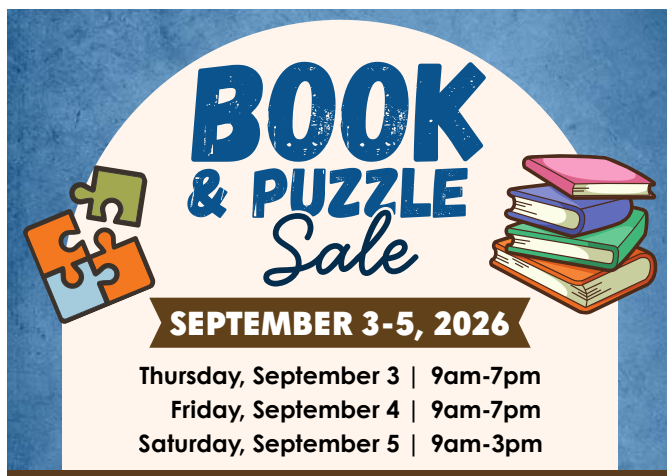


NESA

EVENTS AT A GLANCE

AUGUST 25	FALL REGISTRATION BEGINS 8:30AM
AUGUST 28	BUMPERS & BURGERS 11AM-3PM Tickets: \$15pp (Deadline: August 21 by 4PM)
SEPTEMBER 2	BOTTLE DRIVE 9AM - 12PM
SEPTEMBER 3-5	BOOK & PUZZLE SALE 9AM - 3PM (Open until 7PM on Thurs & Fri) Free Parking
SEPTEMBER 7	NESA CLOSED / STAT HOLIDAY / LABOUR DAY
SEPTEMBER 25	DANCE NIGHT – FLATBROKE & FOOTLOOSE 7PM - 10PM Tickets: \$15pp in advance, \$20pp at the door (if available)
SEPTEMBER 30	NESA CLOSED / STAT HOLIDAY / TRUTH AND RECONCILIATION DAY
OCTOBER 7	BOTTLE DRIVE 9AM - 12PM
OCTOBER 12	NESA CLOSED / STAT HOLIDAY / THANKSGIVING DAY
OCTOBER 16	DINNER & SHOW – MOP TOP FOUR: TRIBUTE TO THE BEATLES 5PM – 9:30PM Tickets: \$60pp (Deadline: October 9 by 4PM)
OCTOBER 30	PUB NIGHT – MONSTER MASH BINGO BASH – MUSIC BINGO 7PM - 10PM Tickets: \$15pp in advance, \$20pp at the door (if available)
NOVEMBER 4	BOTTLE DRIVE 9AM - 12PM
NOVEMBER 6	REMEMBRANCE DAY TRIBUTE: TEA AND DESSERT 2PM-4PM Tickets: \$15pp (Deadline: October 30 by 4PM)
NOVEMBER 11	NESA CLOSED / STAT HOLIDAY / REMEMBRANCE DAY
NOVEMBER 21	HOLLY JOLLY CRAFT SALE 10AM-3PM Free Admission Free Parking
NOVEMBER 26-27	JEWELLERY LOBBY SALE 9AM-3PM
DECEMBER 1	WINTER PICKLEBALL REGISTRATION BEGINS 9:30AM
DECEMBER 2	BOTTLE DRIVE 9AM - 12PM
DECEMBER 4	HOLIDAY HARMONY CELEBRATION Stay tuned for more info.
DECEMBER 8	WINTER REGISTRATION BEGINS 8:30AM
DECEMBER 21-24	HOLIDAY HOURS Monday to Thursday 9AM – 3PM
DECEMBER 25	NESA CLOSED / STAT HOLIDAY / CHRISTMAS DAY
DECEMBER 28- JANUARY 1	NESA CLOSED / STAT HOLIDAY / CHRISTMAS CLOSURE
JANUARY 6	BOTTLE DRIVE 9AM - 12PM
JANUARY 7-9	BOOK, PUZZLE & JEWELLERY SALE 9AM - 3PM (Open until 7PM on Thurs & Fri) Free Parking

**Please Note: Event details including prices, dates, and times are subject to change.
ALL ARE WELCOME TO OUR EVENTS!**



BOOK & PUZZLE Sale

SEPTEMBER 3-5, 2026

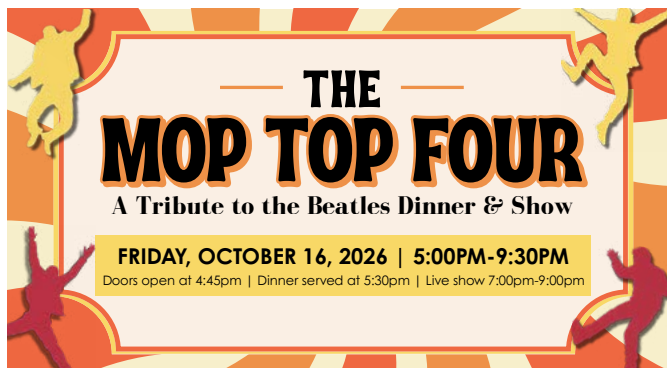
Thursday, September 3 | 9am-7pm
 Friday, September 4 | 9am-7pm
 Saturday, September 5 | 9am-3pm



Games Day Get Together

Join us for Board Games in our drop-in games room! A volunteer will help organize games, explain the rules and welcome players. Come on your own or bring a friend for a fun, relaxed social experience. Can't make a scheduled session? **NESA members** are welcome to use the games in **Room 207** with friends free of charge on weekdays. No registration required.

Monday, October 19 at 10:00am-12:30pm
Friday, November 20 at 12:30pm-3:00pm



THE MOP TOP FOUR

A Tribute to the Beatles Dinner & Show

FRIDAY, OCTOBER 16, 2026 | 5:00PM-9:30PM
 Doors open at 4:45pm | Dinner served at 5:30pm | Live show 7:00pm-9:00pm



SCAN FOR TICKETS

Come together for an unforgettable evening of dinner, live music and Beatlemania! NESA is excited to welcome The Mop Top Four – A Tribute to The Beatles to our stage. Featuring returning performer Jaedyn Pilon, this high-energy show celebrates the timeless music of The Beatles with two hours of classic hits, nostalgia and sing-along favourites.

Dinner includes roast beef, mashed potatoes, roasted vegetables, seasonal salad and dessert. Vegetarian and gluten-free options are available.

Tickets: \$60 each. On sale until Oct 9 at 4pm.

nesa1.ca | 7524 139 Avenue | **780.496.6969**



FLATBROKE & FOOTLOOSE:

A Fall Country Dance Night

FRIDAY, SEPTEMBER 25, 2026 | 7PM-10PM
 Doors Open at 6:45pm

Kick up your heels at Flatbroke & Footloose, a lively fall country dance featuring live music from the Classic Country Music Duo Flatbroke. Enjoy an evening of familiar country favourites, great company and dancing, whether you're on the dance floor or simply enjoying the music.

A cash bar will be available throughout the evening, along with a 50/50 raffle. A limited selection of snacks and desserts will also be available for purchase.

Tickets: \$15 in advance | \$20 at the door



SCAN FOR TICKETS



Pub Night: A MONSTER MASH BINGO BASH

FRIDAY, OCTOBER 30, 2026 | 7PM-10PM
 Doors open at 6:45pm | Music Bingo begins promptly at 7:30pm

A Frightfully Fun Night of Music, Mischief & Bingo! Come for the boos... stay for the tunes! **Back by popular demand!** Our last Music Bingo event sold out, so round up your favourite ghouls, goblins and music lovers, and get your tickets early!

This isn't your ordinary bingo night. Instead of listening for numbers, you'll listen for songs. Mark your cards as you recognize the tunes, sing along to your favourites, test your music knowledge and enjoy a lively evening filled with music, laughter and friendly competition.

Tickets: \$15 in advance | \$20 at the door
 (Includes 2 Bingo cards and a drink ticket)



SCAN FOR TICKETS

FALL 2026 PROGRAMS START SEPTEMBER 8, 2026

NESA'S LANDRY LEISURE PASS



The Landry Leisure Pass (LLP) is an income-based subsidy program that allows eligible NESA members to receive \$300 towards NESA programming.

THINGS TO KNOW

Registration is open for the 2026 LLP PROGRAM.

HOW DO I QUALIFY?

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

1. Annual Income Eligibility

One Person Household:

An income of **\$34,770 or less.**

Two Person Household:

An income of **\$56,820 or less.**

*Households include main applicant's spouse/partner if applicable; proof of annual income required by providing **one** of the following: 2024/2025 Notice of Assessment, AISH status, Edmonton LAP holder status, Special Needs Assistance status, or a letter from a social/outreach worker when one of the above is not available.*

2. Current Address Eligibility

One of the following NE Edmonton postal codes:

T5X, T5Y, T5Z, T5A, T5B, T5C, T5E and T5W.

Proof of current address is required by providing one of the following: Drivers License, Passport, Personal Identification, recent utility bill or similar document.

NESA also welcomes and supports new Permanent Residents or Refugees aged 55 and older. To be eligible, individuals must have been in Canada for less than one year and not yet qualify to file a tax return. In the following year, individuals may reapply based on income and address qualifications.

HOW DO I RENEW MY CURRENT LLP PASS?

- Ensure you have an active 2026 NESA Membership;
- Provide NESA with a copy of your 2024/2025 Notice of Assessment (or other proof of income) and proof of your current address. How?
 - Visit our office during business hours (see page 4 for schedule), or
 - Email us copies of your document(s) at llp@nesa1.ca
- If eligibility requirements are met, your member account will be updated, and your \$300 LLP subsidy will be available immediately in your virtual wallet, for all NESA programs/activities.

REGISTERING FOR PROGRAMS AND ACTIVITIES WITH YOUR LANDRY LEISURE PASS:

- Your LLP status will be in effect from January 1, 2026 – December 31, 2026, and you will have access to \$300 in your virtual wallet to be used at your own discretion for NESA programs and activities.
- **If registering in person or over the phone**, you will have the option to use **all, part or none** of your remaining LLP subsidy.
- If registering online, you will only be able to apply **all or none** of your remaining LLP subsidy amount.
- Refer to page 4 for registration information. You can call us at 780.496.6969 to find out your remaining LLP subsidy.

THE FOLLOWING ARE ELIGIBLE FOR LLP SUBSIDY:

- Programs and activities;
- Tours and outings;
- Social events; and
- NESA's Fitness Centre's annual, monthly, 10-visit, or single admission fitness passes.

NOTE: Wallet funds have no cash value and can only be used for NESA programs/activities. No program refunds will be issued for virtual wallet expenditures unless programs are cancelled by NESA. Unused funds at the end of each year will not be carried forward to the next year.

HOME SUPPORTS & OUTREACH SERVICES

WHY HAVE OUTREACH AND HOME SUPPORT SERVICES CHANGED?

In 2022, the City of Edmonton's Community Support Services Program came together with senior-serving organizations to improve how Outreach and Home Support Services are coordinated in our community. These changes were made to strengthen collaboration and improve access to services for older adults and seniors across the city.

DOES THE NORTH EDMONTON SENIORS ASSOCIATION (NESA) STILL OFFER THESE SERVICES ON SITE?

As of July 1, 2023, The North Edmonton Seniors Association (NESA) no longer provides Outreach or Home Support Services directly

WHERE CAN I ACCESS OUTREACH OR HOME SUPPORT SERVICES NOW?

Outreach and Home Support Services continue to be available through other community organizations. Please review the Community Resources listed below for current service providers and contact information.

COMMUNITY RESOURCES

Please review the following resources for Outreach and Home Support Services available in our community:

Alberta Programs and Services

<https://ab.211.ca>

City of Edmonton Information

<https://www.edmonton.ca>

City of Edmonton Service Requests

https://311.edmonton.ca/reports/list_services

Hello Seniors Support Program

<https://seniorscouncil.net/hello-seniors/>

Seniors Home Supports

<https://seniorscouncil.net/seniors-home-supports/>

Support Services for Seniors

https://www.edmonton.ca/programs_services/for_seniors/support-services

In addition, NESA has an Outreach Worker available in our building on the last Thursday of each month. To schedule an appointment, visit the front desk or call us at 780-496-6969.

NEED HELP GETTING TO YOUR NESA PROGRAMS? CHECK OUT OUR TRANSPORTATION SUBSIDY PROGRAM.

If you are unable to access NESA's programs due to transportation obstacles and/or financial limitations, we encourage you to email us at transportation@nesa1.ca or call us at 780.496.6969 so the team can determine if you may be eligible for NESA's 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. It keeps you young. When we learn, play, build, eat, dance and travel together, we are happier and healthier. We live longer. We live more meaningfully.



CONNECT



IMAGINE



THRIVE



Please Recycle!

And pass this program guide on to a friend