



FALL 2020

SESSION 2: NOV 2 - DEC 4

Online Registration Begins

Oct 26, 2020 at 8:30AM

# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your FUN inside:

- 13 Barre Cardio
- 14 Cross Training
- 12 Oil Painting

Activities will  
not be displayed  
on MyActiveCenter  
until 8:30AM on  
October 26.

**DON'T HAVE A COMPUTER?**

Or do you need some assistance  
with registering online? Check out our options on Page 3 and 4.





7524 - 139 Avenue



FALL 2020

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# our history

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

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

### NESA's success speaks for itself:

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

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

# MEMBERSHIP & PROGRAM INFORMATION

FALL 2020 **SESSION 2** NOV 2 - DEC 4

Office Hours **NEW!**

Monday to Friday 8:30AM - 4PM

Closed 12 - 12:30 PM

Online Registration Begins:

Oct 26, 2020 @ 8:30 AM

## MEMBERSHIPS

- NESAs memberships are available for persons 55 years and older for \$30 per year (Jan-Dec).
- Due to the complexities of the COVID-19 events, the \$40 pro-rated membership is not an option for 2020/2021. We are still accepting new members at the regular rate.
- First-time, brand new memberships must be purchased in-person at the front desk during regular office hours.
- Stay tuned for dates to renew your Membership (2021) for next year!

## NON-SENIORS

- Non-Seniors (under age 55) are permitted in most daytime programs; however priority is given to members who are 55+.
- Non-Senior memberships are available for \$60 per year (Jan-Dec) and permits Non-Seniors to register at membership rates.
- Evening programs are open to all adults (18+) and are filled on a first-come basis. At this time, we are not running evening programs.

## RECIPROCAL MEMBERSHIPS

- Unfortunately at this time reciprocal members cannot register for Fall programs. Typically we would love to share our programs with our friends from other centers; however, the room capacity is so limited that enrollment must be reserved for members only. Thank you for understanding.

## GOLD MEMBERSHIPS

- Gold is a status for a lifelong NESAs Membership free of purchase.  
**NOTE** Regular program fees still apply.
- Eligibility for Gold Memberships requires Member age to be 85 or greater.
- Please visit the front desk to acquire your Gold Membership during regular office hours.

## PROGRAM REGISTRATION

### Online or mail-in registrations preferred

- Mail in: Please send or drop off a cheque payable to North Edmonton Seniors Association with the mail-in registration form. Refer to page 7 for the mail-in form.  
**Mail-in registrations will be processed after 4PM on Mon, Oct 26, 2020.**  
**NOTE** Forms must be dropped off a minimum of **one business day prior to Program Start Date** to allow for processing time.
- Online Registration: To learn how to register online, please refer to page 4 to see a step-by-step guide on "How to Register Online". **Online registration begins on Mon, Oct 26, 2020 at 8:30AM.**

## CANCELLATIONS AND REFUNDS

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

## LOW ENROLMENT POLICY

- Avoid disappointment and register *early!* The earlier you register, the less likely your program will be cancelled. The programming team assesses enrolment *one week prior* to the start of class and if the minimum required registration is not met, the program will be cancelled. **Don't delay and sign up today!**

## DISCLAIMERS

- Opinions expressed by guest speakers do not necessarily reflect the views of NESAs or the Board of Directors.
- NESAs is not responsible for any physical injuries incurred during any programs.
- All participants must sign a waiver form before being permitted to partake in NESAs programs, clubs and outings.
- All programs are organized and operated by NESAs.

# REGISTRATION INFORMATION & FORMS

register online

## PLEASE NOTE

When registering online with Myactivecenter for a free program, you will not be prompted to pay and it will automatically be added to your schedule - find everything you signed up for under 'My Activities'!

### HOW TO REGISTER ONLINE

- 1) Open **www.myactivecenter.com** in your web browser.
- 2) Login to your MyActiveCenter account.
  - a. **New User** - At the very top, select the green button "**New Users**" to create and activate a new account.  
Search for "North Edmonton" in the search bar.  
Select "**North Edmonton Seniors Association**" from the search results.  
Fill in your information:
    - **Key Tag Number:** is found on the back of your key tag.
    - **Home Phone Number:** is the number you used to register for your membership.
    - **Email Address:** Use your primary email address.
    - **Password:** Set your own password. Don't forget to remember it for next time!
    - Click continue.
  - b. **Existing User** - At the very top, select "**Sign In**" and log in with the same email and password you used last time. If you have forgotten your password, select reset your password and follow instructions (For tablet or smartphone users you will need to go to [www.myactivecenter.com/#reset-password](http://www.myactivecenter.com/#reset-password)).
- 3) Once you have successfully created an account or logged in, all available classes will be listed in alphabetical order. **Select the class you wish to register for by clicking the name of the program.**

- 4) Scroll down to the calendar. Select one of the days listed. If it is a series, confirm you wish to enroll in all classes by hitting "continue" (this step will not appear if it is a onetime class).
- 5) Scroll above the calendar to a grey box to review and confirm the dates you have selected, hit the green "**Register**" button.
- 6) One final pop-up will appear to confirm your registration dates, click "**Register**".
- 7) You can now either continue shopping, or check out and pay.
  - a. To continue shopping, click "**Activities**" at the top and follow the same steps.
  - b. To check out, select the **Cart** icon at the top of the page.
- 8) Complete purchase: click the green "**Pay Now**" button
  - a. Login to PayPal only if you have a PayPal account. OR
  - b. Bypass PayPal to pay with **Debit or Credit/Check Out as Guest**

Fill in your email and billing information:

- Complete all the required fields
- Select "No, Thank you" to creating a PayPal Account from the information you provided to continue as a Guest
- **NOTE** You must Agree to PayPal's Privacy Statement for them to securely process your payment, even as a Guest

## PRE-REGISTRATION: MYACTIVECENTER TUTORIAL

Still feeling unsure about how online registration works? Sign up for a free tutorial in the Computer Lab for full guided instructions on how to create your account, register and pay for upcoming programs online using MyActiveCenter.com. Secure your spot today by signing up at the front desk! Please note, you must have a valid email address, current Membership and a Credit or Visa Debit Card to successfully register online.

**A** Mon, Oct 19 / 2 - 3:30 PM / Max 4

**B** Tue, Oct 20 / 10 - 11:30 AM / Max 4

**C** Thur, Oct 22 / 2 - 3:30 PM / Max 4

**D** Fri, Oct 23 / 10 - 11:30 AM / Max 4





## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

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

### OFFICE USE ONLY

- Regular Membership ☐  
Non senior Membership ☐  
Gold Membership ☐  
Reciprocal Membership ☐

## NESA Membership Application

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

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

CITY: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_ PHONE NUMBER: \_\_\_\_\_

MONTH OF BIRTH: \_\_\_\_\_ YEAR OF BIRTH: \_\_\_\_\_ ☐ MALE ☐ FEMALE

EMERGENCY CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ RELATIONSHIP: \_\_\_\_\_

## Program Waiver (Required)

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

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

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

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

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

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

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

**SEE OTHER SIDE** ➔



## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524-139 Avenue, Edmonton, AB T5C 3H7

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

## Respect for People and Property

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

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

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

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

## Email Consent (Optional)

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

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

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

My email address: \_\_\_\_\_

Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

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



# PROGRAM UPDATE

Ideally NESAs would be opening all of its activities at the same time, but understandably that is not possible. The phased approach was developed with all of the information gathered from the provincial town hall meetings and the AHS visit, as well as what is allowed via the guidelines and in some cases, Provincial Orders. Activities are identified as being low/ high risk and low/ high priority. The suggested phases are all subject to change based on the recommendations and guidance from Alberta Health Services.

**Low-risk activities** The activity can commence with appropriate physical distancing, it is minimal-to-no shared equipment and/or supplies, and the workspace can be effectively cleaned and sanitized. Please note that low-risk activities with previous low enrollment may be placed in a later phase to accommodate higher enrolled activities.

**High-risk activities** The activity cannot be done while properly adhering to the physical distancing guidelines and high touch areas are difficult to effectively clean and sanitize. An activity will also be considered high-risk if there is an increased likelihood of transmission of sweat or saliva droplets and equipment/ supply sharing is unavoidable; for instance a high-impact fitness program, floor and court sports, singing or playing wind instruments.

**Low or High Priority** All activities are important and the preference would be to open all of them. Unfortunately, that is not possible at this time. It is required to divide programs by priority based on enrollment. Activities with higher enrollment have a greater need to accommodate, granted they were identified as low-risk.

Other factors that have affected which phase activities were placed are instructor or space availability.

PHASE	PROGRAMS INCLUDE	CLUBS INCLUDE (Subject to change based on room availability and AHS guidelines)
1	<ul style="list-style-type: none"> <li>• Ceramics</li> <li>• Fitness</li> <li>• Fitness Centre (Reservations required)</li> <li>• Knitting/ Crocheting</li> <li>• Languages</li> <li>• Music &amp; Dance (Limited to no singing or wind instruments)</li> <li>• Writing Programs</li> </ul>	<ul style="list-style-type: none"> <li>• Art Clubs</li> <li>• Carving</li> <li>• Creative Greeting Card Club</li> <li>• Fibre Art</li> <li>• Hardanger</li> <li>• Music Clubs (Limited to no singing or wind instruments)</li> <li>• Sewing/Quilting</li> <li>• Washi-Chigiri-E</li> </ul>
2	<ul style="list-style-type: none"> <li>• General Interest/ Health Lectures</li> <li>• Social activities: Trivia, Name that Tune, or any social activities that can adhere to social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• Book Lovers Club</li> <li>• Garden Club</li> </ul> <p>Fundraising Activities and/or Events (Phase 2 or 3)</p>
3	<ul style="list-style-type: none"> <li>• Choralaires &amp; Songbirds</li> <li>• Computers</li> <li>• Matinee Movies</li> <li>• Singing Programs</li> <li>• Tours &amp; Outings</li> </ul>	<ul style="list-style-type: none"> <li>• Anything with playing cards</li> <li>• Carpet Bowling</li> <li>• Badminton</li> <li>• Pickleball</li> <li>• Golf Club</li> <li>• Social Clubs: JFTC &amp; Travel</li> <li>• Silversmithing</li> <li>• Stained Glass</li> <li>• Weavers</li> <li>• Woodworking</li> </ul> <p>Fundraising Activities and/or Events (Phase 2 or 3)</p> <p>Social Events: Teas, Dances, Dinners, etc.</p>



# NEW GUIDELINES & PROTOCOLS

Understandably, due to the events of the COVID-19 pandemic, Alberta Health Services has implemented guidelines to help prevent the risk of transmission of infection. These guidelines are set to keep our instructors and members participating in programs as safe as possible. It is very important that all members do their best to respect and adhere to these new guidelines. Thank you for your understanding and cooperation.

## THE FOLLOWING GUIDELINES AND MEASURES HAVE BEEN MADE AT THE FACILITY TO KEEP YOU SAFE:

- At this time, contactless registration and payment is the safest option for everyone. Please learn how to do this by referring to page 4.
- The maximum number of participants per program has been significantly reduced to allow participants to adhere to the physical-distancing requirements.
- Some program and activity times have been adjusted to stagger furthermore allowing time for proper cleaning and sanitization of spaces, and to allow time for participants to leave and arrive with limited contact.
- Floor markings will indicate one-way flow patterns where possible, alternate exits, waiting areas and where to place yourself while adhering to distancing protocols before, during and after your program.
- Sneeze guards have been installed at the front office, fitness center and outreach desks.
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts. Please refer to page 3 to see updated office hours.
- Signs have been posted in every room indicating occupancy limits, distancing and hygiene expectations.
- Our custodial team will clean and disinfect high 'touchpoints' more frequently.
- Employees and Volunteers will receive daily health and temperature checks and self-isolation will be required if any staff/volunteer has been travelling, exhibiting symptoms, or has been exposed to someone exhibiting symptoms.
- Lockers, showers and water fountains will be *temporarily unavailable*.
- Wipes and sanitizer stations will be available as well as sinks in many program rooms for proper hand-washing.
- Reservation-based system implemented in the Fitness Centre with reduced patron occupancy and machine access.

## WHAT YOU CAN DO TO KEEP YOURSELF AND OTHERS SAFE:

- When possible, participants should arrive only a few minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces.
- When possible, participants are encouraged to bring their own mats and equipment.
- Participant should bring their own water bottles as fountains are *temporarily unavailable*.
- Please limit personal items as lockers are *not currently available*. You will need to keep all personal items with you at all times.
- Please wear your workout clothing to your activity. Changing at the facility is strongly discouraged. Carry with you your indoor footwear and bring a bag to place your outdoor shoes in when they are not being worn.
- Participants will be expected to spend a few minutes at the beginning and at the end of their program to sanitize their spaces and wash their hands. Frequent hand-washing is one of the best ways to prevent the spread of infection.
- Edmonton mandates masks at City of Edmonton owned facilities as of August 1, 2020. Yes, that includes NESA. Participants, members, staff and volunteers will now be **REQUIRED** to wear a mask while in the facility. Exceptions will be made to people with health conditions that make it difficult or impossible to wear masks. If you are in a physical fitness program, you will not need to wear the mask during your activity but will be expected to wear it before and after.

**NOTE** NESA will **NOT** be supplying masks to members.



### PLEASE NOTE

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

### MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

## Creative Writers Circle

**Ken Saik**

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

Tue, Nov 3-Dec 1 / 12:30 - 3PM / Wks 5

**\$41**

## Creative Writing - An Introduction to Fiction Writing

**Ken Saik**

Participants will learn about and practice writing some of the follow elements of fiction writing: setting, character development, plot development, use of dialogue and point of view. Suggestions on how to enhance participant's work will be done, so a short story can be written and shared in the last class.

Tue, Nov 3-Dec 1 / 10AM-12PM / Wks 5

**\$33**

## Crochet: Basic - Advanced

**Ann Marston**

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

Tue, Nov 3-Dec 1 / 1:30-3PM / Wks 5

**\$38**

## Knitting - For All Levels

**Ann Marston**

Learn the art of knitting! Make a scarf using the knit and purl stitches, also how to cast on your stitches, binding them off and how to read a pattern. For those who have been knitting for some time, Ann will be happy to help you with any project you decide to tackle! **Click [here](#) to download your supply list.**

Tue, Nov 3-Dec 1 / 11AM-1PM / Wks 5

**\$50**

## Northgate Writing Society

**Northgate Writing Society**

Have you ever had a story to tell but didn't know how to start it? Join us and discover how talented you are and how interesting your word weaving can be! Check out our blog at [nslswordweavers.blogspot.com](http://nslswordweavers.blogspot.com) to read some of our stories. The blog will be updated frequently so as a member of Northgate Writing Society, you will be able to have your stories published on it.

Fri, Nov 6-Dec 4 / 1-3PM / Wks 5

**\$10**

# DRAWING & PAINTING



## MATERIALS

Please refer to class supply lists provided in the links below. Registering by mail-in? A copy of the list will be sent to you by mail. \*In light of the covid-19 situation, please help us keep one another safe and ensure to bring your own drop-cloths, art easels, or any other supplies that NESAs may have provided in the past. Thank you!



## NEW! Colored Pencils Workshop - Guatemalan Boy

Susan Casault

If you have an interest in portraits and have experience with coloured pencil, join us for this two-week workshop. We will be drawing a portrait of a Guatemalan child wearing a hat and patterned shirt. Receive step-by-step guidance and demonstrations as your drawing progresses. You will share ideas and receive instruction on values, blending, facial features and problem solving. Photo reference will be provided by the instructor. **Click [here](#) to download your supply list.**

Mon, Nov 2-9 / 12:30-3:30PM / Wks 2

\$45

## Painting with Pastel Pencils

Debbie Olafson

Let's have fun with pastels on a larger scale; we'll work on a sunny landscape on a half sheet of pastel paper. Bring all your colors and let's create a warm sunny scene to warm our winter days. Paper supplied by instructor at cost. **Click [here](#) to download your supply list.**

Mon, Nov 2-30 / 1-4PM / Wks 5

\$78

## STAY IN THE KNOW ABOUT ALL THINGS NESAs!

Sign up to be on our email list!

Visit [www.nesa1.ca](http://www.nesa1.ca) and subscribe to receive the latest news and updates from the North Edmonton Seniors Association!

## NEW! Acrylic Painting: Interior Scenes

Carmella Haykowsky

In this class you will learn how to simplify complex interior scenes. Explore how to use colour to create atmosphere and mood. You will paint 3 paintings including one of a sun filled room with chair by the window, and a room with a view! Carmella's classes include class demos, step-by-step and guided instructions. Lots of individual attention and positive feedback! **Click [here](#) to download your supply list.**

Wed, Nov 4-Dec 9 / 9AM-12PM / Wks 5

No class Nov 11

\$101

## Colored Pencil on Black Paper

Susan Casault

Draw a variety of subjects, including animals, nature and nightscapes, all on black paper. An introductory class or previous colored pencil experience is recommended. Gain experience with choosing colors and problem solving as you focus on basic shapes, values and textures. The class will include demonstrations and individual guidance. Photo reference will be provided by the instructor.

**Click [here](#) to download your supply list.**

Thu, Nov 5-Dec 3 / 9:30AM-12:30PM / Wks 5

\$111



## DRAWING & PAINTING ... continued



### DID YOU KNOW?

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

GST Charitable #119060317 RR 0001

### MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

### Oil Painting

**Debbie Olafson**

Using oils, we'll create a beautiful restful site beside a stream, with strong slanting gold light. Join us and escape from winter! **Click [here](#) to download your supply list.**

Mon, Nov 2-30 / 9AM-12PM / Wks 5

**\$78**

### Watercolor For All Levels

**Willie Wong**

Learn how to paint with watercolors, no drawing or painting experience needed. All projects are easy to follow. Your choice of colors, just bring what supplies you have on hand and be ready to work on a new project! **Supply recommendations provided in first class.**

Fri, Nov 6-Dec 4 / 9AM-12PM / Wks 5

**\$104**



## UNSURE OF WHICH FITNESS CLASS TO CHOOSE?

For help with determining what is most suitable based on your current fitness level and experience, see page 18 for a class selection overview.

### Age Reversing Essentrics®

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

**Samara Hipkin**

**A** Mon, Nov 2-30 / 10:15-11:15AM / Wks 5

**\$57**

**Meaghan Hipkin**

**B** Fri, Nov 6-Dec 4 / 10-11AM / Wks 5

**\$57**



### Barre Cardio

**Falon Fleming**

Rev up that intensity with a 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. Classes held in the auditorium.

Thur, Nov 19-Dec 10 / 9-10AM / Wks 4

**\$25**

## MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020. This includes NESA. Program and activity participants, members, staff and volunteers will now be required to wear a mask while in the facility. Exceptions will be made to people with health conditions that make it difficult or impossible to wear masks.

Please note, if you are participating in a physical fitness or dance program, you will not need to wear the mask during your activity but will be expected to wear it before and after. Please note that NESA will not be supplying masks to members.

### Beginner Yoga

**Marguerite Critchley**

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

Mon, Nov 2-30 / 2-3:30PM / Wks 5

**\$44**



## Cardio Plus

**Falon Fleming**

Start the day with Falon leading you through a variety of exercises to get the heart rate up, strengthen muscles and tone your whole body. Must be able to lower to floor to do mat work.

**A** Mon, Nov 2-30 / 8:45-9:45AM / Wks 5

**\$32**

**B** Wed, Nov 4-Dec 9 / 8:45-9:45AM Wks 5

**No class Nov 11**

**\$32**

**C** Fri, Nov 6-Dec 4 / 8:45-9:45AM / Wks 5

**\$32**

## Chair Dance

**Harmeet Khaira**

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

Thu, Nov 5-Dec 3 / 11AM-12PM / Wks 5

**\$32**

## **NEW!** Chair Stretch and Balance

**Marguerite Critchley**

A gentle session incorporating stretching and balance moves using a chair. Both seated and standing postures are explored with modifications where necessary. Also focusing on muscle strengthening and breathing techniques to increase lung capacity. No floor work.

Mon, Nov 2-30 / 12:45-1:45PM / Wks 5

**\$44**

## Chair Total Body Workout

**Harmeet Khaira**

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

Thu, Nov 5-Dec 3 / 12:15-1:15PM / Wks 5

**\$32**

## Chair Yoga

**Beverley Moore**

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 please do bring a yoga mat.

**A** Tue, Nov 3-Dec 1 / 12:15-1:15PM / Wks 5

**\$44**

**B** Thu, Nov 5-Dec 3 / 10:30-11:30AM / Wks 5

**\$44**

## **NEW!** Cross Training

**Falon Fleming**

A combination of strength and cardio rounds positioned at individualized stations. Increase your heart rate and improve your strength and mobility with timed intervals of varying exercises. Must be able to lower and rise from the floor for mat based exercises. Classes held in the studio at socially distanced individual work stations.

Wed, Nov 18-Dec 9 / 11:30AM-12:30PM / Wks 4

**\$25**

**NEW!**

## Essentrics® Release, Rebalance, and Restore

**Liz Olson**

Release tight muscles, rebalance joints and restore your body. This is a slower-paced class aimed at regaining mobility while slowly building strength and reawakening the power of your 650 muscles. It is designed for those who have atrophy-related stiffness, frozen shoulder, chronic aches and pains, or who are beginning to exercise after a long sedentary period. Level 2 – Gentle to Moderate fitness, includes standing and some chair or floor work (modifications are provided if unable to get down to floor). Please bring a yoga mat and water.

Fri, Nov 6-Dec 4 / 1:30-2:30PM / Wks 5

**\$57**

**NEW!**

## Essentrics® for Seniors

**Samara Hipkin**

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, and 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.

Mon, Nov 2-30 / 11:30AM-12:30PM / Wks 5

**\$57**



## Essentrics® for Stretch and Tone

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

**Samara Hipkin**

**A** Mon, Nov 2-30 / 9-10AM / Wks 5

**\$57**

**Meaghan Hipkin**

**B** Fri, Nov 6-Dec 4 / 8:45-9:45AM / Wks 5

**\$57**

## Fit For Your Life

**Falon Fleming**

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

**A** Mon, Nov 2-30 / 10-11AM / Wks 5

**\$32**

**B** Wed, Nov 4-Dec 9 / 10-11AM / Wks 5

**No class Nov 11**

**\$32**

**C** Fri, Nov 6-Dec 4 / 10-11AM / Wks 5

**\$32**

## DID YOU KNOW?

We are pleased to offer our members free WIFI in our building! Please ask for the WIFI password at the Front Desk.

FALL 2020 SESSION 2: NOV 2 - DEC 4  
ONLINE REGISTRATION BEGINS: OCT 26



## Fun'n Fitness

An hour of full body conditioning in a safe and fun environment. This class consists of warm-up and up to ½ hour of vigorous, low impact cardio. It also uses weights to increase overall strength, and activities that improve posture, balance, and flexibility.

**Harmeet Khaira**

**A** Mon, Nov 2-30 / 12:45-1:45PM / Wks 5

**\$32**

**Maggie Nichol**

**B** Thu, Nov 5-Dec 3 / 1:30-2:30PM / Wks 5

**\$32**

## Hatha/Yin Yang Yoga

**Marguerite Critchley**

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

Wed, Nov 4-Dec 9 / 2-3:30PM / Wks 5

**No class Nov 11**

**\$44**

## DID YOU KNOW?

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

## Limber and Laughter

Designed for those with limited mobility, this class welcomes all levels of exercisers. Join in for an effective seated workout using portable equipment and a range of modified movements.

**Harmeet Khaira**

**A** Mon, Nov 2-30 / 11:30AM-12:30PM / Wks 5

**\$32**

**Maggie Nichol**

**B** Wed, Nov 4-Dec 9 / 11:30AM-12:30PM / Wks 5

**No class Nov 11**

**\$32**

## Recover and Rebuild

**Maggie Nichol**

Recovering from surgery, chronic pain or physical limitations? This class is designed specifically with these issues in mind. Safe, practical, and effective exercises will help improve your overall fitness level.

Thu, Nov 5-Dec 3 / 12:15-1:15PM / Wks 5

**\$32**

## Recover and Rebuild - Back and Shoulder

**Maggie Nichol**

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

Wed, Nov 4-Dec 9 / 1-2PM / Wks 5

**No class Nov 11**

**\$32**

## Stretch 'n Tone Yoga

**Beverley Moore**

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

**BEGINNER**

Tue, Nov 3-Dec 1 / 10:30-11:45AM / Wks 5

**\$44**

**INTERMEDIATE**

**A** Tue, Nov 3-Dec 1 / 8:45-10AM / Wks 5

**\$44**

**B** Thu, Nov 5-Dec 3 / 8:45-10AM / Wks 5

**\$44**



## Tai Chi (Yang Style) - Level I

**Leslie Sarabin**

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

Mon, Nov 2-30 / 11:30AM-12:30PM / Wks 5

**\$44**

## Triple S - Suspension Training

**Jollean Ferrari**

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

**BEGINNER**

**A** Tue, Nov 3-Dec 1 / 9:45-10:45AM / Wks 5

**\$32**

**B** Wed, Nov 4-Dec 9 / 9:45-10:45AM / Wks 5

**No class Nov 11**

**\$32**

**C** Thu, Nov 5-Dec 3 / 9:45-10:45AM / Wks 5

**\$32**

**INTERMEDIATE**

**NOTE** Pre-requisite Triple S - Beginner

**D** Tue, Nov 3-Dec 1 / 8:30-9:30AM / Wks 5

**\$32**

**E** Wed, Nov 4-Dec 9 / 8:30-9:30AM / Wks 5

**No class Nov 11**

**\$32**

**F** Thu, Nov 5-Dec 3 / 8:30-9:30AM / Wks 5

**\$32**

## Zumba

**Marguerite Critchley**

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

**A** Tue, Nov 3-Dec 1 / 12:15-1:15PM / Wks 5

**\$32**

**B** Thu, Nov 5-Dec 3 / 12:15-1:15PM / Wks 5

**\$32**

# FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Cardio Plus</li> <li>• Essentrics® Stretch and Tone</li> <li>• Fit For Your Life</li> <li>• Limber and Laughter</li> <li>• Tai Chi</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch 'n Tone Yoga (Beg.)</li> <li>• Stretch 'n Tone Yoga (Int.)</li> <li>• Triple S (Beg.)</li> <li>• Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Cross Training</li> <li>• Fit For Your Life</li> <li>• Limber and Laughter</li> <li>• Triple S (Beg.)</li> <li>• Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>• Barre Cardio</li> <li>• Chair Dance</li> <li>• Chair Yoga</li> <li>• Stretch 'n Tone Yoga (Int.)</li> <li>• Triple S (Beg.)</li> <li>• Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Cardio Plus</li> <li>• Essentrics® Stretch and Tone</li> <li>• Fit For Your Life</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>• Beginner Yoga</li> <li>• Chair Stretch and Balance</li> <li>• Essentrics® For Seniors</li> <li>• Fun 'n Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Yoga</li> <li>• Zumba</li> </ul>	<ul style="list-style-type: none"> <li>• Hatha/Yin Yang Yoga</li> <li>• Recover and Rebuild - Back and Shoulder</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Total Body Workout</li> <li>• Fun 'n Fitness</li> <li>• Recover and Rebuild</li> <li>• Zumba</li> </ul>	<ul style="list-style-type: none"> <li>• Essentrics® Release, Rebalance, and Restore</li> </ul>
EVENING					

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

### Classes include:

Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Hatha Yin Yang Yoga, Stretch 'n Tone Yoga, Triple S, and Zumba.

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

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

### Classes include:

Chair Dance, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Essentrics® Release, Rebalance, and Restore, Fit For Your Life, Fun 'n Fitness, Limber and Laughter, Recover and Rebuild, Recover and Rebuild - Back and Shoulder, and Tai Chi.

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



# OUR FITNESS CENTRE



register online

## Hours Of Operation

Monday to Friday / 8:15AM - 3:30PM

## RESERVATIONS ARE REQUIRED.

Visit our website at [www.nesa1.ca](http://www.nesa1.ca):

- Look for the “What We Do” tab
- Find the section called “Fitness Centre”
- Click on the “Book Your Visit Here” button

**NEED HELP?** Call us at 780-944-7442 or 780-496-4915

## Closed on Weekends & Holidays

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

## Fitness Centre Admission Fees

Drop-In \$4

Monthly Pass \$35

10-Visit Pass \$30

Annual Pass \$325

*\*Prices may be subject to change.*

*\*\*Passes are not refundable or transferrable.*

*10-Visit passes expire after one year.*

## What We Offer

A welcoming, friendly, inclusive and fun exercise environment; Cardio and resistance training machines, free weights, portable equipment; machine basic-operation orientations for members\*.

*\*Must be scheduled in advance with a fitness centre volunteer.*

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

**NOTE** Personal fitness training services are **NOT** currently available. Please stay tuned for more updates.

## PERSONAL FITNESS TRAINING SERVICES ARE

**NOT CURRENTLY AVAILABLE.**

Please stay tuned for more updates.



## NESA MERCHANDISE FOR SALE

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

## PLEASE NOTE

When registering online with Myactivecenter for a free program, you will not be prompted to pay and it will automatically be added to your schedule - find everything you signed up for under 'My Activities'!

### **NEW!** Financial Wellbeing for Women in Retirement

**Weichun Woo, Mackie Research Financial Advisor**

By 2026, it's estimated that women will control nearly half of all accumulated financial wealth in Canada. As women often outlive their spouse, 90 % of women will be the sole financial decision maker at some point of their lives. In many relationships, the husband is often the primary financial decision maker, with surviving widows, female retirees are finding a steep learning curve after the husband is gone. Moreover, there are also more women who choose to be single, either never married or divorced. Learn the basics in how to get started on important strategies, mindset, and facts of navigating the financial and investment landscape as a woman in retirement.

Mon, Nov 23 / 10-11:30AM / Wks 1

**Free but registration online is required**

### **NEW!** Serious Fun

**Dorothy Lowrie, CEO of Human Learning Architecture**

Let's consider the "serious" topic of ageism and "fun" - incorporating play in our life - during a pandemic. With the growing number of seniors in society, ageism was already a concern; some studies noted ageism as the primary type of discrimination. Add to the mix a pandemic that is said to be a higher risk for the elderly. This presentation explores the impact on our society of ageism and methods to ensure self and peer support to counteract this issue. Play should remain an important part of our lives, regardless of age. This presentation will also explore the health benefits of play, in particular when we are dealing with a stressful time - such as a pandemic. Some creative and fun ways to introduce more play into your life will be explored!

Tue, Nov 17-24 / 10-11:30AM / Wks 2

**\$24**

### **NEW!** Stress Free Transition Planning

**Tracey Silliker from Calm The Chaos Organizing**

Moving yourself or a loved one is often a stressful situation. However it doesn't need to be. We offer a complete move, from planning, to packing, to booking the movers, to unpacking and organizing your new home to feel like home.

**A** Wed, Nov 18 / 10-10:45AM / Wks 1

**Free but registration online is required**

**B** Wed, Nov 18 / 11-11:45AM / Wks 1

**Free but registration online is required**

### The Role of Exchange Traded Funds

**Weichun Woo, Mackie Research Financial Advisor**

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. However, ETFs typically charge lower management fees than mutual funds (although the investment results does not mean they are always better!). They are also gaining in massive popularity among retirees for the past 7 years, and vary in how they are managed. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investments in a retirement portfolio.

Mon, Nov 9 / 10-11:30AM / Wks 1

**Free but registration online is required**



## PLEASE NOTE

When registering online with Myactivecenter for a free program, you will not be prompted to pay and it will automatically be added to your schedule - find everything you signed up for under 'My Activities'!

### **NEW!** Breathing and Relaxation 2.0 - Asking Questions and Going Deeper - Part Two

**Helga Stadelmann**

While sitting in a chair you will participate in a specific blend of exercises in breathing, relaxation, mindfulness, visualization and meditation techniques. Five inspiring workshops will not only improve your health but invite you to experience yourself in a very new, unique and highly personal way.

**NOTE** Completion of Part One or having some experience with yoga or meditation is recommended but not required.

Wed, Nov 4-Dec 9 / 11AM-12PM / Wks 5

**No class Nov 11**

**\$24**

### Connections

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

**Carole Furgala**

**A** Mon, Nov 2-30 / 10AM-12PM / Wks 5

**\$10**

**B** Fri, Nov 6-Dec 4 / 1-3PM / Wks 5

**\$10**

### Living with Osteoporosis

**Brenda Sparkes, Registered Nurse from ENPCN**

The objectives for this session are to discuss what osteoporosis is, causes of osteoporosis, risk factors and treatment options.

Wed, Nov 18 / 10-11:30AM / Wks 1

**Free but registration online is required**

### **NEW!** Sleep and Aging

**Brenda Sparkes, Registered Nurse from ENPCN**

In this session we will discuss how sleep changes as we age, common sleep problems & disorders and what we can do to get a good night's sleep.

Wed, Nov 4 / 10-11:30AM / Wks 1

**Free but registration online is required**

### **NEW!** Your Eyes & Overall Health - It's All Connected!

**Dr. T.H. Poon, Alberta Association of Optometrists**

We all want to stay independent as we age. Come and learn what you can do to protect your vision through lifestyle, diet, and exercise. Learn about staying free from falls by managing your vision. Plus, find out what you will learn about your overall health at your annual comprehensive eye exam – it's all connected.

Wed, Nov 25 / 10-11AM / Wks 1

**Free but registration online is required**

## OUR CENTRE IS A SCENT-FREE ZONE

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



## PLEASE NOTE

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

## MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

### ASL In The Community

**Brenda Hansler**

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

Wed, Nov 4-Dec 9 / 1-2:30PM / Wks 5

**No class Nov 11**

**\$51**

### Spanish - Beginner Level I

**Jorge Oyarzun**

On this course, the students will have the opportunity to practice basic conversation in Spanish, and increase their Spanish vocabulary. (Students need to have a basic knowledge of Spanish) **Textbook required:** Spanish Now

Thu, Nov 5-Dec 3 / 11:45AM-1:45PM / Wks 5

**\$73**

### Spanish - Intermediate

**Jorge Oyarzun**

In this course, the students will have the opportunity to talk, to read and write in Spanish, and reinforce the Spanish sentences structure. Additionally, they will learn about the culture of some Spanish speaking countries. Students who will take this course should already have knowledge of Spanish regular verbs and some irregular verbs.

**Textbook required:** Spanish Now

Thu, Nov 5-Dec 3 / 9:30-11:30AM / Wks 5

**\$73**

**LEARN  
A NEW  
LANGUAGE**







**NEW!** **Chair Hula**  
Emily Soriano

Let your hands tell the story! Learn the art of hula dancing while seated – all wheels are welcome! Join Emily and the group for a fun, exciting and creative dance and exercise class.

Fri, Nov 6-Dec 4 / 12:45-1:45PM / Wks 5

**\$40**

## Clogging for Beginners

**Adele Brewer**

No experience or clogging shoes required.

Mon, Nov 2-30 / 1-2PM / Wks 5

**\$48**

## Clogging: Beginner Level 2 and 3

**Adele Brewer**

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

Wed, Nov 4-Dec 9 / 1:30-2:30PM / Wks 5

**No class Nov 11**

**\$48**

## MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

## Clogging: EZ Intermediate

**Adele Brewer**

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

Wed, Nov 4-Dec 9 / 2:45-3:45PM / Wks 5

**No class Nov 11**

**\$48**

## Clogging: Intermediate

**Adele Brewer**

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

Mon, Nov 2-30 / 2:15-3:15PM / Wks 5

**\$48**



### Guitar: Blues Level I

**Brett Hansen**

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

Fri, Nov 6-Dec 4 / 12:45-1:45PM / Wks 5

**\$30**

### Guitar: Finger Pickin' 201

**Brett Hansen**

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

Fri, Nov 6-Dec 4 / 9:45-10:45AM / Wks 5

**\$30**

### Guitar: Level III

**Brett Hansen**

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

Fri, Nov 6-Dec 4 / 11AM-12:30PM / Wks 5

**\$44**



## Handbells: Intermediate

Wendy Hoskin

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

Thu, Nov 5-Dec 3 / 10-11:30AM / Wks 5

\$29

## Hawaiian Dance

Emily Soriano

Join Emily and friends for a weekly escape to the Hawaiian Islands! Learn basic Hula Dancing for fun or for performance. This is a great exercise class to help improve your posture and coordination!

Fri, Nov 6-Dec 4 / 11:30AM-12:30PM / Wks 5

\$30

## Line Dancing: Back to the Grassroots (Level I)

Dwayne Tulik

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

Tue, Nov 3-Dec 1 / 9-10:30AM / Wks 5

\$52

## Line Dancing: Level II

Dwayne Tulik

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

Thu, Nov 5-Dec 3 / 3-4PM / Wks 5

\$35

# NESA CLUBS AT A GLANCE



	Monday	Tuesday	Wednesday	Thursday	Friday
A M C L U B S		<b>Creative Greeting Cards (A)</b> 9-12PM	<b>Washi Chigiri-e</b> 9-12PM		
		<b>Music Makers</b> 9:30AM-12:30PM			<b>Pins and Needles Quilting</b> 9:30AM -12:30PM
			<b>Wizards of Odds 'n Ends (A)</b> 9-11:45AM		<b>Termites Chip Carvers</b> 9AM-12PM
					<b>Wildlife Carving</b> 1-4PM
T B A	<ul style="list-style-type: none"> <li>• Art - AM</li> <li>• Badminton</li> <li>• Stained Glass</li> </ul>	<ul style="list-style-type: none"> <li>• Carpet Bowling</li> <li>• Silversmithing/ Jewelry</li> <li>• Travel</li> <li>• Weavers</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Garden</li> <li>• Pickleball</li> </ul>	<ul style="list-style-type: none"> <li>• Carpet Bowling</li> </ul>	<ul style="list-style-type: none"> <li>• Badminton</li> <li>• Book Club</li> <li>• Cribbage</li> <li>• Hardanger Embroidery</li> <li>• Pickleball</li> <li>• Woodworking</li> </ul>
P M C L U B S		<b>Jammers</b> 1-4PM	<b>Wizards of Odds 'n Ends (B)</b> 12-2:45PM	<b>Fibre Arts</b> 1-4PM	
		<b>Creative Greeting Cards (B)</b> 12:30-3:30PM		<b>Guitar Jam</b> 12:30-3:30PM	
T B A	<ul style="list-style-type: none"> <li>• Art - PM</li> <li>• Stained Glass</li> </ul>	<ul style="list-style-type: none"> <li>• Artists Club</li> <li>• Silversmithing/ Jewelry</li> <li>• Weavers</li> </ul>	<ul style="list-style-type: none"> <li>• Just For The Company</li> </ul>	<ul style="list-style-type: none"> <li>• Bridge</li> <li>• Canasta</li> </ul>	<ul style="list-style-type: none"> <li>• Cribbage</li> <li>• Woodworking</li> </ul>

## TBA - NOT CURRENTLY IN SESSION

These clubs are not currently scheduled for this season. Please stay tuned for more details about what will be planned in the coming seasons.

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

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



### CURRENTLY IN SESSION

#### Creative Greeting Cards Club

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

**A** Tue, Nov 3-Dec 1 / 9AM-12PM / Wks 5

**B** Tue, Nov 3-Dec 1 / 12:30-3:30PM / Wks 5

**\$10 / TIMEFRAME**

#### Fibre Arts Club

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

Thu, Nov 5-Dec 3 / 1-4PM / Wks 5

**\$10**

#### Guitar Jam

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

Thu\*, Nov 5-Dec 3 / 12:30-3:30PM / Wks 5

**\$10 / \*Day changed**

#### Jammers Club

An acoustic guitar group who meet for fellowship!

Tue, Nov 3-Dec 1 / 1-4PM / Wks 5

**\$10**

#### Music Makers

Do you enjoy making music? We do and we welcome all instruments and musicians!

Tue, Nov 3-Dec 1 / 9:30AM-12:30PM / Wks 5

**\$10**

#### Pins and Needles Quilting Club

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

Fri, Nov 6-Dec 4 / 9:30AM-12:30PM / Wks 5

**\$10**

#### Termites Chip Carvers Club

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

Fri, Nov 6-Dec 4 / 9AM-12PM / Wks 5

**\$10**

#### Washi Chigiri-e Club

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

Wed, Nov 4-Dec 9 / 9AM-12PM / Wks 5

**No class Nov 11**

**\$10**

#### Wildlife Carving Club

No formal instruction provided but members are encouraged to bring in new or old projects and will learn and share tips with other experienced carvers.

Fri, Nov 6-Dec 4 / 1-4PM / Wks 5

**\$10**

#### Wizards of Odds 'n Ends Club

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

**A** Wed, Nov 4-Dec 9 / 9-11:45AM / Wks 5

**B** Wed, Nov 4-Dec 9 / 12-2:45PM / Wks 5

**No class Nov 11**

**Free but registration is required**

## NESA CLUBS . . . continued



### PLEASE NOTE

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

### MASK/FACE COVERING IS MANDATORY AT NESA

As of August 1, 2020, the City of Edmonton has mandated masks be worn at all City of Edmonton owned facilities effective August 1, 2020.

### CLUBS ARE FOR MEMBERS ONLY

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

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

**NOTE** NESA Club registration and payment must be completed online before the start date of your club. **THERE IS NO PRORATING FOR CLUBS.** If a club is full, your name will be added to the waitlist and you will be contacted if a spot becomes available.

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

### NOT CURRENTLY IN SESSION

These clubs are not currently scheduled for this season. Please stay tuned for more details about what will be planned in the coming seasons.

Art Club - AM

Art Club - PM

Artists Club

Badminton Club

Book Lover's Club

Bridge Club

Canasta Club

Carpet Bowling

Cribbage Club

Garden Club

Golf Club

Hardanger Embroidery Club

Just For The Company

Pickleball Club

Silversmithing Club

Stained Glass Club

Travel Club

Weavers Club

Woodworking Club



In compliance with the current Guidelines and Protocols implemented by Alberta Health Services and the City of Edmonton, all Dances, Teas, Dinner Theatres and other public events are required to be postponed until further notice.

The Special Events team will be working on organizing and offering alternate social activities that do adhere to the new restrictions. Please stay tuned for future updates!

**NOTE** If you are interested in assisting with the planning and implementation of these events in a volunteer capacity, please contact the Volunteer Coordinator, Marley, at 780-496-4776.

## Have you missed Wednesday Night Dinners? So has E.M.M.A's Catering!

Even though we can't physically come together like the good ol' days, we can still provide you with the delicious home-cooked meals that you're used to. We're back in the kitchen and invite you to stay for dinner or to come by and pick up a dinner to go.

For more information about how to reserve dinner, contact E.M.M.A's at 780.406.0840 or email [laskovicdragana@hotmail.com](mailto:laskovicdragana@hotmail.com)

**November 4 – Chicken Breast with Mushroom Sauce**

**November 11 – Pork Chops**

**November 18 – Veal Cutlets**

**November 25 – Beef Dinner**

**December 2 – Turkey Dinner**

**December 9 – Ham & Scalloped Potatoes**

**December 16 – Turkey Dinner**



## Banquet Hall & Meeting Rooms

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

**Hall Rentals  
780.496.4928**

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



**E.M.M.A. Catering  
780.406.0840**

**Superb home-cooked meals  
at excellent prices!**

# LANDRY LEISURE PASS @ NESAs



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

## Things to Know

You can now register for the 2020 LLP card by making an appointment with our outreach workers.

## How do I qualify?

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

**1 Person Household:** An income of **\$29,069 or less.**

**2 Person Household:** An income of **\$36,189 or less.**

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

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

- Ensure to have your updated/active LLP card **PRIOR** to registering.
- Please call the front desk at 780-496-6969 to register at the LLP subsidy rate.
- Prior to payment, present your LLP card to the program staff to receive the discounted rate. Program cost is reduced by 75%, therefore you pay 25% of the regular program cost. You may receive a discount on up to 10 programs a year.
- You may also receive a discount at our Fitness Centre on the Annual, Monthly, 10-visit Drop-in or single visit passes. Arrangements for Fitness Centre cost reduction, must be completed during NESAs hours of operation (8:30AM-4PM).

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



## NOT eligible for discount:

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

## INTERESTED?

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



## Home Support Services

**For more information, please call 780.944.7470**

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

**Snow Removal** - includes roof snow removal

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

**Housekeeping** - includes light housekeeping or bigger jobs

**Home Repair and Maintenance** - includes deck repair, hand rail installation, replacement of door knobs and/or light bulbs, furnace repairs, electricians, plumbers and more!

**Personal Services** - includes mobile hair and foot care, and both medical and non-medical homecare.

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

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

**Postal Codes:**

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



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

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

## Outreach Services

**For more information, please call 780.414.8790**

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

**We provide assistance with:**

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

## DONATION REQUEST FROM NESA!

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





**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.**

RELAX



CRAFT



LEARN



**Please recycle!**

– And pass this program guide on to a friend