



SPRING 2023

Registration Begins April 4, 2023 at 8:30AM

# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

**NORTHGATE  
FACILITY CLOSURE**

SEE PAGE 8 FOR MORE INFO!

**PLEASE READ!**



Find your **FUN** inside:

- 14 Sock Gnome Workshop
- 31 Celebrate Seniors' Week
- 35 The Game of Play



**DON'T HAVE A COMPUTER?** Or do you need some assistance  
with registering online? Check out our options on Page 4.



Edmonton



7524 - 139 Avenue

# our history

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

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

**NESA's success speaks for itself:**

- Over 600 programs run annually;
- Over 300 volunteers give over 40,000 hours of their time collectively, annually.

Join us for Laughter,  
Learning, and Living!

*Fun Keeps You Young*

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# MEMBERSHIP INFORMATION SPRING 2023

Office Hours  
Mon to Fri 8:30AM - 4PM

Registration Begins:  
APRIL 4, 2023 @ 8:30 AM

## ANNUAL MEMBERSHIPS

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

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

- Valid January 1 (or date of purchase) to December 31.
- Full voting privileges at Annual General Meeting.
- Access to Fitness Centre with purchase of Fitness Pass.
- 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 ([www.nesa1.ca](http://www.nesa1.ca)), by calling 780-496-6969, in person, or via mail.

## LIFETIME MEMBERSHIP

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

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

## LANDRY LEISURE PASS

Need some financial assistance with your programs? Please refer to page 55 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 or club activities (must be a NESA member).
- Access to NESA program enrollment at member rates, starting one week after the first day of registration.

### How to Obtain:

Purchase at participating Senior Recreation Centres. Please retain your proof of purchase for reciprocal membership verification.

## NON-MEMBERS

**Are you a non-member wanting to join us for a registered program?**

A NESA membership is now required in order to participate in registered programs. Historically, non-members were permitted to join if they paid the listed program fee *in addition* to the former 'non-member fee' of \$30 or \$60 for each program they wanted to enroll in. As NESA would like to help you minimize extra fees being paid, the purchase of a membership is now required for all registered programs, allowing you to maximize on the savings all year round!

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

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

**NOT SURE IF YOU HAVE ALREADY PURCHASED A 2023 MEMBERSHIP? Call us at 780-496-6969 and we can look up your account and verify your membership status.**

# PROGRAM REGISTRATION INFORMATION & FORMS

register online

## REMINDER!

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

## HOW TO REGISTER:

### ONLINE REGISTRATION

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

**Haven't set up your online account yet?** Don't delay and call NESA before Tuesday, April 4, 2023 for assistance with getting your online account set up. For Account Support, call 780.496.6969 or visit [www.nesa1.ca](http://www.nesa1.ca) then click on '**My Account**' and review instructions provided about how to get started.

**Need to register a spouse or friend online?** Call or visit us before the first day of registration and ask a NESA staff to add them to your account!

**Need access to a computer?** The NESA computer lab will be open during office hours (8:30AM-4PM) on Apr 4-6, 2023. Please note this is self-serve only. Staff will not be available to assist you.

**For Technical Support**  
call: 780.496.6969

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

To ensure patron safety, to prevent overcrowding and excessive lineups, and to provide a more efficient registration experience, it is *strongly encouraged* that members register for their activities and programs **online**. If members are uncomfortable or unable to register online, it is suggested to enlist a trusted friend or family member to assist with the online process or, consider mailing or dropping off program registration with cheque payment.

While the NESA team will endeavour to provide members who choose in-person registration with a positive and successful experience, please be aware that we will have limited staff and volunteer supports available to process any in-person transactions during the commencement of registration. We strongly encourage members to consider **online** registration if possible as it proves to be the safest, most efficient, and fastest option.

### IN-PERSON

Visit the front desk during office hours, Monday to Friday, 8:30AM-4PM.

### MAIL-IN

Complete the '**Program Mail-In Registration**' form found in this guide on page 7 and mail it with a cheque payable to **North Edmonton Seniors Association**. Mail-in registrations will be processed at the *end of day* on the first day of online registration and as received thereafter.

### TELEPHONE

Please note that telephone registration will **not** be available on the first day of registration. Support will only be available for technical/online account assistance.

### CANCELLATIONS AND REFUNDS

**NO REFUNDS OR CREDITS** will be given for programs, clubs, presentations, tours, or fitness Centre passes unless canceled by NESA.

### LOW ENROLMENT POLICY

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

### DISCLAIMERS

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



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

**OFFICE USE ONLY**

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

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

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

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

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

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

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

☐ MALE ☐ FEMALE ☐ PREFER NOT TO DISCLOSE/UNSPECIFIED

### EMERGENCY INFORMATION:

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

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

**OFFICE USE ONLY:**

☐ MEMBERSHIP INFORMATION INPUT INTO BOOKING 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**







## North Edmonton Seniors Association

at Northgate Lions Seniors Recreation Centre

7524 - 139 Avenue, Edmonton, AB T5C 3H7

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

## Terms of Service

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

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

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

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

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

I understand that the North Edmonton Seniors Association [NESA] endeavors to provide the best possible leadership and instruction for the activity I am joining. I acknowledge that NESA 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 NESA from any liability arising out of my participation.

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

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

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

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

I have read and understand the above Terms of Service.

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



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

**Friendly Reminder!**

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

## Mail-In Registration Form

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

### Important – Mail-in registrations:

- Will be processed **at the end of day** on the first day of 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.nesal.ca](http://www.nesal.ca), click 'Get Involved' and select 'Register'

**Confirmation:** Registrants will receive a confirmation receipt by mail. If you do not receive a confirmation prior to the first day of class, please call to confirm receipt of registration.

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

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

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

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

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

# CONSTRUCTION NOTICE

## Northgate Lions Seniors Recreation Centre Rehabilitation

Dear North Edmonton Seniors Association Members,

The City of Edmonton is excited to share that the Northgate Lions Seniors Recreation Centre will be undergoing rehabilitation work starting in July 2023. The rehabilitation project requires a temporary closure of the entire facility in Summer 2023. The anticipated reopening would be in Spring 2024.

This rehabilitation project includes both interior alterations and parking lot renewal to increase usability and accessibility throughout the site and building. The project will update mechanical and electrical systems, including replacement of the hot water distribution system in the original building section, installation of direct digital controls on the HVAC system, addition of a new condensing unit on the roof and replacement of electrical fixtures and panels. The project will also replace the front exterior and interior entrance doors, shower flooring in the men's locker room, bi-parting accordion partition and the front entrance elevator. Exterior renewal will include restoration of the asphalt outside of the main entrance (bus stop) and replacement of skylights and the roof hatch.

We understand the impact of the closure on users and the program offerings. The rehabilitation work is necessary for continued operations and must be completed in 2023/2024.

The City is working with the North Edmonton Seniors Association to look at options for programming locations during the rehabilitation work, and looks forward to continued partnership in this facility.

As construction progresses, updates will also be available at [edmonton.ca/NorthgateSeniors](http://edmonton.ca/NorthgateSeniors).

### THANK YOU

Tim Harris  
Supervisor | The Meadows Community Recreation and Seniors Centres  
[Tim.harris@edmonton.ca](mailto:Tim.harris@edmonton.ca)

### A MESSAGE FROM NESA



What an exciting update for Northgate! Although this construction news has only recently been confirmed, the NESA team has already started exploring options to offer select programs and activities off-site and/or remotely.

NESA remains committed to providing exceptional supports and services to its community and will provide additional updates once more information is available.

During the week of June 12, 2023, NESA will provide an update about the upcoming facility closure along with confirmed Summer 2023 program offerings and relocation details.

Thank you for your patience and support.





**WINDOWS 10 IS INSTALLED ON ALL COMPUTERS IN THE COMPUTER LAB.**

## NESA Tech Tutorial Thursdays

**Shawn Gramiak**

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 Thursdays, 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.

## 4 SESSIONS/DAY

Each session has four different 1-hour time intervals to choose from and they are as follows:

**A** Thu, Apr 20

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**B** Thu, Apr 27

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**C** Thu, May 4

**1** 9-10 AM **2** 10:15-11:15 AM **3** 11:30 AM-12:30 PM **4** 2:45-3:45 PM

**\$50 Per One-Hour Tutorial**

## QUESTIONS ABOUT COMPUTER COURSE CONTENT & SUITABILITY?

Email Instructor Shawn: [shawn@gruntmulti.com](mailto:shawn@gruntmulti.com)  
Please **DO NOT** contact the instructor about personal inquiries.



## PLEASE NOTE

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



## Bird Carving: Cedar Waxwing (A Continuation)

**Diane Sharkey**

This program is a continuation from the previous season. Pre-requisite: (Winter 2023) Bird Carving: Cedar Waxwing.

Wed, Apr 19-May 24 / 1-4 PM / Wks 6

**\$93**

## Ceramics

**Jackie Garrant**

Discover the art of creating beautifully crafted ceramic pieces with the guidance of a skilled instructor. You will be shown the tools and techniques necessary to create your masterpiece! Have fun and learn a new craft in a relaxed environment where social interaction is strongly encouraged. All levels are welcome. Students are expected to purchase their greenware before class begins.



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

Wed, Apr 19-Jun 21 / 12:30-3:30 PM / Wks 9

**No class June 7**

**\$92**

## Creative Cards: Christmas in June

**Janelle Tameling**

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 or you can bring your own.

*All supplies included.*

Fri, Jun 23 / 9 AM-3 PM / Wks 1

**\$48 NMW**

## NESA IS A NON-PROFIT ORGANIZATION

Which means that the fees are used to pay for the instructor and the space. When programs have a low enrollment we may have to cancel the program because we cannot afford to keep it going. Sometimes we use other programs to supplement a new program to get it up and running. This means that we have a **NO REFUND** policy. Thank you for understanding!



## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.

### Creative Cards: For All Occasions

Janelle Tameling

Come to the Creative Card Buffet! Spend a fun-filled day making cards for all occasions. Working at your own pace, choose from an assortment of over a dozen different designs of all occasion cards, including birthday for him and her, sympathy, thank you, and more. Kits are prepared with all of the bits and pieces and instructions, so all you need to do is stamp, assemble, embellish, and add a greeting inside! Your recipient will be thrilled with their handmade creation. Included in the class fee are all of the supplies to make up to 20 cards with envelopes. Additional cards are \$2 each. The cafeteria will be open for lunch or you can bring your own.

*All supplies included.*

Date TBD / 9 AM-3 PM / Wks 1

**\$48** NMW



### NEW! Faux Stained Glass Pouring Workshop: Landscape

Debbie Olafson

Faux stained glass is a neat technique using acrylic paint and pouring medium on the glass to create either stained glass or frame-ready art. In this workshop, Debbie will guide you through making a beautiful faux stained glass window of a landscape. No experience is required.

*All supplies included.*

Wed, May 31-Jun 14 / 5-8 PM / Wks 3

**\$109** Evening



### NEW! Floral Workshop Fresh Flowers in Mason Jar

Jacque Moysir, The Social Florist

Celebrate Spring with Jacque and create your own fabulous Fresh Flower Mason Jar Arrangement! With Spring flowers almost ready to bust, what could be more beautiful than a pretty fresh flower design packed with the best the season has to offer – it's time to celebrate! Workshop includes: Assorted fresh flowers and greenery, a mason jar, ribbon, all the required materials and tools, and a box for transport.

*All supplies included.*

**Registration deadline:** May 17, 2023

Fri, May 26 / 1:30-3 PM / Wks 1

**\$38** NMW



## **NEW!** Floral Workshop: Faux Floral Decorative Hoop

**Jacquie Moysir, The Social Florist**

Spring is almost here! Let's welcome it with a beautiful Floral Hoop. Join Jacquie and learn how to create a stunning Hoop using a beautiful selection of faux flowers and foliage. You will learn new techniques, tips of the trade and take home your creation. Every Hoop will be unique. Workshop Includes: Assorted faux flowers, wood 10" hoop, and all the required materials and tools.

*All supplies included.*

**Registration deadline:** May 10, 2023

Fri, May 19 / 1:30-3 PM / Wks 1

**\$38 NMW**

## Fluid Art Series: Acrylic Pouring on Canvas

**Janelle Tameling**

You don't need fancy brushes, special equipment, or an art degree to experience the fine art of "Acrylic Pouring". In this class, you will learn the art of Acrylic Paint Pouring and techniques to make interesting, one-of-a-kind creations on canvas. No previous painting experience is required. Wear old clothes and an apron, this could get messy!

*All supplies included.*

Wed, May 10 / 6-8 PM / Wks 1

**\$48 NMW Evening**

## EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed online or during NESAs regular business hours (Monday- Friday, 8:30 AM-4 PM).

## Fluid Art Series: Alcohol Inks

**Janelle Tameling**

In this class, you will explore working with alcohol inks on a variety of surfaces. Come play and create unique projects that you can use for home decor or gifts. Wear old clothes and an apron, this could get messy!

*All supplies included.*

Wed, May 24 / 6-8 PM / Wks 1

**\$48 NMW Evening**

## **NEW!** Gemstone Bracelet Making Workshop

**Joanne Banman**



Have fun making three custom elastic gemstone bracelets for yourself or as gifts. You will learn about the properties of gemstones, how you

can select the ones that can benefit you most, and how to cleanse and charge your gemstones. This workshop is complete with demonstration, instruction and all supplies including a wide selection of semi-precious gemstones, wood beads, charms, and accent beads to choose from.

*All supplies included.*

**A** Fri, May 5 / 12:30-3:30 PM / Wks 1

**\$72 NMW**

**B** Wed, May 24 / 5:30-8:30 PM / Wks 1

**\$72 NMW Evening**

NEW!

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

Pat Aslund



In this course you will learn how to enhance your own handwriting and printing to add attractive

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



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

Thu, May 4-18 / 1-3 PM / Wks 3

\$44

## Needlecrafts: Crochet For All Levels

Ann Marston

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



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

Tue, Apr 25-Jun 20 / 1:30-3:30 PM / Wks 8

No class June 6

\$82

## EVERYTHING IS MORE FUN WITH A FRIEND!

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

## Needlecrafts: Knitting For All Levels

Ann Marston

Learn the art of knitting! Make a scarf using the knit and purl method and learn how to cast on your stitches, bind them off, and how to read a pattern. For those who have been knitting for some time, Ann will be happy to help you with any project you decide to tackle!



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

Tue, Apr 25-Jun 20 / 11 AM-1 PM / Wks 8

No class June 6

\$82

## Soapstone Carving: Eagle Head

Kay McCormack



Love sculptures? Love stone carvings? Here's your chance to create the iconic Eagle Head. Beginner and intermediate carvers are welcome to spend a three-day workshop

with local soapstone artist Kay McCormack. In this workshop, you will learn the planning portion for your carving, the correct and safe use of hand tools and with Kay's guidance see your sculpture emerge.

*All supplies included.*

Thu, May 11-25 / 12:30-3:30 PM / Wks 3

\$156





## **NEW!** Sock Gnome Workshop Cora Nicholson-Armstrong

Gnomes can be for all seasons! Create a 12" gnome made from work socks and add bling to give him unique style and personality. You will also make super cute boots from scratch. There will be colour choices for beards, shoe fabric, buttons, and bling. Feel free to bring your own buttons and bling if you have something special you would like to add. It's easier than you think to create these hairy cuties! No sewing is required, so participants must be comfortable using a glue gun. Come and have some fun with other beard lovers! Please bring a hot glue gun with glue sticks (5 regular size or 8 mini size) and a pair of craft scissors. All other supplies are included!

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

**A** Thu, Jun 1 / 9 AM-1 PM / Wks 1

**\$38 NMW**

**B** Wed, Jun 21 / 5-9 PM / Wks 1

**\$38 NMW Evening**

## Stained Glass Workshop: Summer Butterfly Suncatcher

NESA Stained Glass Club



Participants will learn the copper foil stained glass method to create a beautiful "Summer Butterfly" suncatcher. Karen Phelan

our workshop lead, joined by additional club workshop facilitators will provide demonstrations and guidance to learn to use the tools and techniques to complete your stained glass project. During our workshop you will learn to use patterns, tools, and techniques to cut and shape stained glass through to foiling, soldering, and finishing your suncatcher. Past participants found these interactive workshops to be enjoyable with guidance and support they received while developing some new skills. Join us experience something new and make a beautiful suncatcher. Please wear comfortable clothing.

*All supplies included.*

Fri, May 5-19 / 1-4 PM / Wks 3

**\$48**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.

## Water Marbling Workshop: Silk Scarf and Paper

Karen Selinger



Water Marbling is a centuries-old art form where paint is floated on water and special tools are used to create designs and patterns. The image is then captured by placing paper or fabric (or other porous materials)

on top of the water where it is immediately transferred and permanently affixed. This is an introduction to this mystical art form where you will learn basic water marbling techniques. You will use simple tools such as rakes, sticks, combs, and splatter brushes to create unique, one-of-a-kind designs.

We will start the workshop by learning how the paints float and how the colours respond to each other. Next, we learn basic designs like freestyle, stone, peacock, and feather which we print to paper. Lastly, you will then apply these techniques to design a 14"x72" silk scarf. There are no special skills required, only the willingness to experiment and have fun!

*All supplies included.*

**A** Fri, May 12 / 9 AM-12 PM / Wks 1

**\$78** **NMW**

**B** Fri, May 12 / 12:30-3:30 PM / Wks 1

**\$78** **NMW**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.

**NEW!**

## Whist and Table Games Tuesday

**Lead by fellow game enthusiasts**

Come and join fellow card and board game enthusiasts for an afternoon of game play and socializing. Whist will be the main activity played but for those interested in Scrabble we will have that available as well. You can register for one session at a time or pre-register for as many as you'd like! If you are looking for other card games, please see pages 50-51 for more information about the NESA Cards Clubs.

**NEW Time!**

Tue, Apr 18-Jun 20 / 12:45-3 PM / Wks 10

**\$2 / session**

## 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!





## MATERIALS

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

## Acrylics with Cindy

Cindy Barratt



Cindy will take you through various aspects of painting with Acrylics from colour theory, various painting techniques, brush strokes, handling the medium, composition, etc. There will be some exercises, discussions, demos, and lots of hands-on painting with individual assistance. Students will have the opportunity to select a "theme" each week and can then work from Cindy's painting

reference projects or bring in their own references. For beginner to intermediate levels.



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

Tue, May 2-Jun 13 / 12:30-3:30 PM / Wks 6

No class June 6

\$155

## Paint with Coffee: An Introduction

Linda Finstad

Coffee artist Linda Finstad demonstrates how to make paint from instant coffee. Then guides you through some easy projects. No previous experience needed.

*All supplies included.*

Fri, May 19 / 10 AM-12 PM / Wks 1

\$25 **NMW**

## NEW! Acrylic Painting Workshop: Crimson Moon

Wendy Jensen



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

and display!

*All supplies included.*

Wed, May 3 / 5:30-7:30 PM / Wks 1

\$26 **NMW** Evening

## NEW! Acrylic Painting Workshop: Lightening Bugs

Wendy Jensen



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

and display!

*All supplies included.*

Wed, May 17 / 5:30-7:30 PM / Wks 1

\$26 **NMW** Evening





## Paint with Coffee: Bookmarks

Linda Finstad

Coffee artist Linda Finstad demonstrates how to make paint from instant coffee. Then guides you through making some fabulous bookmarks. No previous experience needed.

*All supplies included.*

Wed, May 24 / 10 AM-12 PM / Wks 1

**\$25** NMW

## Painting with Pastel Pencils

Debbie Olafson



Come test the waters! Have you ever wanted to try "Painting with Pastels" but felt hesitant to invest in the supplies until you were certain you liked it? Well now is your chance to try it out in this all-inclusive six-week program! Join us and paint two separate wonderful waterfall scenes

with a mix of pastel pencils, pan pastels and stick pastels.

*All supplies included.*

Mon, May 1-Jun 19 / 1-4 PM / Wks 6

**No class May 22, June 5**

**\$140**



## Palette Knife Painting Workshop

Debbie Olafson



Painting with a palette knife is liberating! Let's paint a 9" x 12" canvas scene involving a country cabin, greenery and flowers. This will be a quick

and easy project for a palette knife. All supplies for the class are included so come out and join us having fun with oils.

*All supplies included.*

Mon, May 29 / 9 AM-12 PM / Wks 1

**\$60** NMW



## Watercolour Pencils: An Introduction

Susan Casault

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



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

Thu, May 25-Jun 22 / 9:30 AM-12:30 PM / Wks 4

**No class June 8**

**\$103** NMW



## Watercolour with Willie For All Levels

Willie Wong

Learn how to paint with watercolours, no drawing or painting experience is needed. All projects are easy to follow. Your choice of colours, just bring what supplies you have on hand and be ready to work on a new project!



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

**A**

Wed, Apr 19-May 31 / 1-4 PM / Wks 6

**No class May 10**

**\$156**

**B**

Wed, Apr 19-May 31 / 5:30-7:30 PM / Wks 6

**No class May 10**

**\$156 Evening**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.



**NEW!**

## 1- Day Fitness Workshop: Total Body Exercise Program

**Edmonton North Primary Care Network**

Are you looking to improve your balance, strength and coordination? This beginner exercise program will teach you simple exercises that you can do to improve all of these. All levels of fitness are encouraged to join. Our instructor will provide various levels of intensity and options based on your ability.

**A** Fri, Apr 21 / 2:45-3:45 PM / Wks 1

**\$2 NMW**

**B** Fri, Jun 2 / 2:45-3:45 PM / Wks 1

**\$2 NMW**

**NEW!**

## 7:15's with Jollean

**Jollean Ferrari**

Yes you read that right! Kickstart your day with an early morning workout with Jollean. This total body workout is intended to get your muscles and joints moving and ready for whatever the day has in store for you. Expect to improve your cardio and endurance, strengthen and sculpt your muscles, and enhance your flexibility. New exercises introduced each week! All level of fitness welcome!

**A** Tue, Apr 18-Jun 20 / 7:15-8:15 AM / Wks 9

**No class June 6**

**\$59**

**B** Thu, Apr 20-Jun 22 / 7:15-8:15 AM / Wks 9

**No class June 8**

**\$59**

## STAY TUNED FOR SOME EXCITING CHANGES AND ADDITIONS TO OUR FITNESS PROGRAMS!

While we don't have all of the details confirmed just yet, we will have an updated list of exciting new trial classes and program offerings starting late April and early May. Stay tuned to see what new talent and offerings we have coming your way!

## Active with Arthritis

**Lyndsay Conrad**

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.

**NEW Instructor!**

**A** Mon, Apr 24-Jun 26 / 10:15-11:15 AM / Wks 8

**No class May 22 or June 5**

**\$53**

**B** Wed, Apr 26-Jun 21 / 12-1 PM / Wks 8

**No class June 7**

**\$53**

**C** Wed, Apr 26-Jun 21 / 5-6 PM / Wks 9

**\$59 Evening**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.



## Active with Arthritis - Free Trial

Check out the following **FREE** trial classes:

**A** Mon, Apr 17 / 10:15-11:15 AM

**FREE** Registration is still required

**B** Wed, Apr 19 / 12-1 PM

**FREE** Registration is still required

**C** Wed, Apr 19 / 5-6 PM

**FREE** Registration is still required

## Age Reversing Essentrics®

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

**Samara Hipkin**

**A** Mon, Apr 17-Jun 19 / 10:15-11:15 AM / Wks 8

**No class May 22, June 5**

**\$91**

**Meaghan Hipkin**

**B** Fri, Apr 21-Jun 16 / 10:15-11:15 AM / Wks 8

**No class June 9**

**\$91**

## **NEW!** Badminton Skills Clinic

**Badminton Club**

The Badminton Club is hosting a skills clinic and is inviting current NESAs who have experience playing this sport to join them for a morning clinic. This clinic will focus on warm-up exercises, rules, etiquette, serving, scoring, returns, net plays, and cool down exercises. Three friendly and experienced coaches will be hosting this clinic. Registration is limited. Please bring your own racquet.

Mon, Apr 24 / 8:30-10:30 AM / Wks 1

**\$2**

## Barre Cardio

**Falon Fleming**

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

Thu, Apr 27-Jun 22 / 9:15-10:15 AM / Wks 8

**No class June 8**

**\$53**

## 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, Apr 17-Jun 26 / 2-3:30 PM / Wks 9

**No class May 22, June 5**

**\$84**



## Cardio Plus

**Falon Fleming**

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

**A** Mon, Apr 17-Jun 26 / 8:30-9:30 AM / Wks 8

**No class Apr 24, May 22, June 5**

**\$53**

**B** Wed, Apr 19-Jun 21 / 8:30-9:30 AM / Wks 9

**No class June 7**

**\$59**

## Chair Stretch and Balance

**Marguerite Critchley**

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

Mon, Apr 17-Jun 26 / 12:45-1:45 PM / Wks 9

**No class May 22, June 5**

**\$59**



## Chair Total Body Workout

**Maggie Nichol**

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

**A** Mon, Apr 17-Jun 26 / 11 AM-12 PM / Wks 9

**No class May 22, June 5**

**\$59**

**NEW Time!**

**B** Thu, Apr 20-Jun 22 / 2:45-3:45 PM / Wks 9

**No class June 8**

**\$59**

## Chair Yoga

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

**Beverley Moore**

**A** Tue, Apr 18-Jun 20 / 12:15-1:15 PM / Wks 9

**No class June 6**

**\$69**

**Barb Deneka**

**B** Thu, Apr 20-Jun 22 / 12:15-1:15 PM / Wks 9

**No class June 8**

**\$69**



## Cross Training

Falon Fleming

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

**NEW Time!**

**A** Fri, Apr 28-Jun 23 / 9:30-10:30 AM / Wks 8

No class June 9

\$53

**NEW Time!**

**B** Fri, Apr 28-Jun 23 / 10:45-11:45 AM / Wks 8

No class June 9

\$53

## **NEW!** Essentrics® for Pain Relief

Liz Olson

Chronic pain sufferers can discover lasting relief through the gentle, continuous, dynamic yet simple, easy-to-follow movements of Essentrics®. Referencing Essentrics® founder Miranda Esmonde-White's book "Forever Painless", this program will include a 15 minute discussion each week of the causes and issues of specific, chronic, muscular-skeletal pain areas. Following the discussion there will be a 45 minute Essentrics® workout to practice Essentrics exercises to help alleviate discomfort and work out the pain. Bring your fitness/ yoga mat and water bottle. Floor work may be a part of the program but modifications for standing and/or chair options will also be provided. Be sure to wear comfortable clothes suitable for exercising. A different topic will be covered each week. A hardcopy of the Essentrics book "Forever Painless" is available for purchase \$30 (not required).

Thu, Apr 20-Jun 22 / 11 AM-12 PM / Wks 9

No class June 8

\$102

## Essentrics® for Seniors

Liz Olson

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

Thu, Apr 20-Jun 22 / 12:15-1 PM / Wks 9

No class June 8

\$92

## Essentrics® for Stretch and Tone

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

Samara Hipkin

**A** Mon, Apr 17-Jun 19 / 9-10 AM / Wks 8

No class May 22, June 5

\$91

Meaghan Hipkin

**B** Fri, Apr 21-Jun 16 / 9-10 AM / Wks 8

No class June 9

\$91

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.

### Fit For Your Life

**Falon Fleming**

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

**A** Mon, Apr 17-Jun 26 / 9:45 AM-10:45 AM / Wks 8

No class Apr 24, May 22, June 5

\$53

**B** Wed, Apr 19-Jun 21 / 9:45-10:45 AM / Wks 9

No class June 7

\$59

### Flexibility and Foam Rolling

**Falon Fleming**

Hit the mat to stretch muscles commonly overused to help relax the body. Discover proper foam rolling techniques to further reduce muscle tension. Must be able to comfortably and safely transition to and from the floor repeatedly.

Wed, Apr 19-Jun 21 / 11:30 AM-12:30 PM / Wks 9

No class June 7

\$59

## WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

### Fun and Fitness

**Maggie Nichol**

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

**A** Mon, Apr 17-Jun 26 / 12:15-1:15 PM / Wks 9

No class May 22, June 5

\$59

**B** Thu, Apr 20-Jun 22 / 1:30-2:30 PM / Wks 9

No class June 8

\$59

### NEW! Functional Training w/ Katelynn Katelynn Van Engelen

Get ready to participate in a low-impact total body workout geared towards improving your overall strength and balance. Each class will have you moving through a series of 5-10 exercises to get you stronger for your daily activities. No floor work included.

Tue, Apr 25-Jun 20 / 1:15-2:15 PM / Wks 8

No class June 6

\$53

### NEW! Functional Training w/ Katelynn - Free Trial

Check out the following **FREE** trial classes:

Tue, Apr 18 / 1:15-2:15 PM

**FREE** Registration is still required



## UNSURE OF WHICH FITNESS CLASS TO CHOOSE?

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

### Gentle Yoga

**Barb Deneka**

This yoga can benefit those with health conditions like fibromyalgia, chronic back pain, arthritis and other mobility issues. Focus is on gentle yoga stretches and poses, breathing and relaxation techniques to help alleviate pain and increase range of motion. Some mat work is required. Please bring your own yoga mat.

**NEW Time and Duration!**

Thu, Apr 20-Jun 22 / 10:45 AM-12 PM / Wks 9

**No class June 8**

**\$76**

### **NEW!** Gentle Yoga Explorations

**Christine Leach**

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

Fri, Apr 21-Jun 23 / 11:30 AM-12:30 PM / Wks 9

**No class June 9**

**\$69**

### Interval Training

**Lyndsay Conrad**

Join us for a low-impact light-moderate intensity total body workout. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and endurance. Mat-based exercises may be included in the program but modifications for standing and/or chair options will also be provided.

**NEW Instructor!**

**A** Mon, Apr 24-Jun 26 / 9-10 AM / Wks 8

**No class May 22, June 5**

**\$53**

**B** Wed, Apr 26-Jun 21 / 9-10 AM / Wks 8

**No class June 7**

**\$53**

### Interval Training - Free Trial

Check out the following **FREE** trial classes:

**A** Mon, Apr 17 / 9-10AM

**FREE Registration is still required**

**B** Wed, Apr 19 / 9-10AM

**FREE Registration is still required**

### **NEW!** Stability Ball Strength

**Falon Fleming**

Focus on total body strength and stability in this program designed to increase your comfort and confidence on the ball. 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 and hand weights for this head to toe workout. Must be able to transition to the floor easily and enjoy mat-based exercises.

Tue, Apr 18-Jun 20 / 9:15-10:15 AM / Wks 9

**No class June 6**

**\$59**



### Stretch 'n Tone Yoga: Beginner

**Beverley Moore**

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

Tue, Apr 18-Jun 20 / 10:30 AM-12 PM / Wks 9

**No class June 6**

**\$84**

### Stretch 'n Tone Yoga: Intermediate

**Barb Deneka**

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

**NEW Time!**

Thu, Apr 20-Jun 22 / 9-10:30 AM / Wks 9

**No class June 8**

**\$84**

### Strong and Stable

**Lyndsay Conrad**

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.

**NEW Instructor!**

Wed, Apr 26-Jun 21 / 10:15-11:15 AM / Wks 8

**No class June 7**

**\$53**

### Strong and Stable - Free Trial

Check out the following **FREE** trial classes:

Wed, Apr 19 / 10:15-11:15 AM

**FREE** Registration is still required



### Suspension Training for Beginners

**Falon Fleming**

Want to learn how to use a suspension trainer for a fun, safe and effective workout? Take this class to learn the basics of how to 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.

Wed, Apr 19-Jun 21 / 12:45-1:45 PM / Wks 9

**No class June 7**

**\$59**

### **NEW!** Tai Chi (Yang Style): An Introduction

**Weston Benjamin**

This class is an introduction to Yang-style Tai Chi. Tai Chi is a popular exercise and martial arts system originating in China. Tai Chi improves a person's flexibility and balance and the overall well-being of the body's joints, muscles, and connective tissues. Students will be taught a form called Yang 24 during this ten-week session. All are welcome. No floor work is required.

Mon, Apr 17-Jun 26 / 9:45-10:45 AM / Wks 10

**No class May 22**

**\$75**

## Tai Chi (Yang Style): Level 3

Leslie Sarabin

Invite discipline and grace into your life. Use fluid and yielding motions to strengthen and quiet the soul - this course is a continuation of the movements learned in Level 2. No floor work. Prerequisite: Level 2.

Mon, May 15-Jun 26 / 11:15 AM-12:15 PM / Wks 6

No class May 22

\$45

## Triple S - Suspension Training: Beginner

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.

**A** Tue, Apr 18-Jun 20 / 9:45-10:45 AM / Wks 9

No class June 6

\$59

**B** Thu, Apr 20-Jun 22 / 9:45-10:45 AM / Wks 9

No class June 8

\$59

## Triple S - Suspension Training: Intermediate

Jollean Ferrari

**NOTE** Pre-requisite *Triple S - Beginner* or experience with suspension training

**A** Tue, Apr 18-Jun 20 / 8:30-9:30 AM / Wks 9

No class June 6

\$59

**NOTE** Pre-requisite *Triple S - Beginner* or experience with suspension training

**B** Thu, Apr 20-Jun 22 / 8:30-9:30 AM / Wks 9

No class June 8

\$59

NEW!

## Yin & Yoga Nidra

Christine Leach

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

**A** Tue, Apr 18-May 16 / 2-3 PM / Wks 5

\$38

**B** Tue, May 23-Jun 27 / 2-3 PM / Wks 5

No class June 6

\$38

## Yin/Yang Yoga (Formerly known as Hatha/Yin Yang)

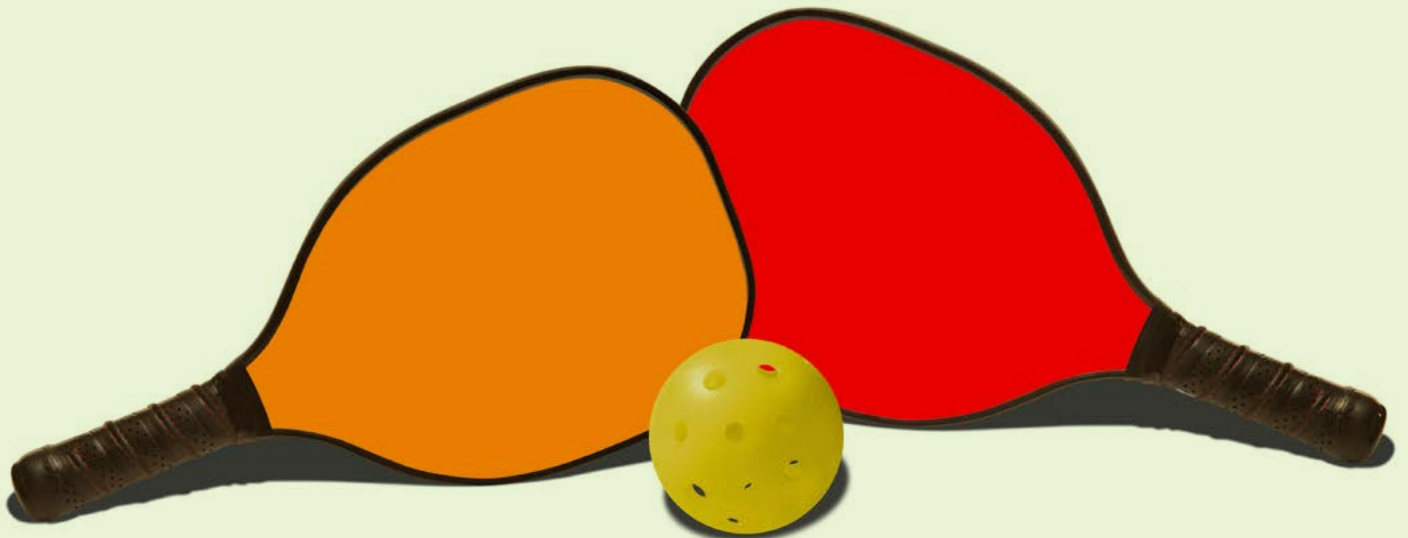
Marguerite Critchley

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

Wed, Apr 19-Jun 21 / 2-3:30 PM / Wks 9

No class June 7

\$84



## Pickleball Programs at NESA

Over the last few years NESA has experienced a significant increase in demand for more pickleball programs for its members. At the start of each season, many members often had to be waitlisted for pickleball because there was no available program space for them to participate. In efforts to fulfill NESA's goal to provide recreational opportunities and experiences for as many members as possible, we have reviewed all feedback and program suggestions from members, consulted with the membership via survey, enlisted professional Pickleball Instructors to review the most logistical and equitable options possible, and worked with the recreation centre's programming team to revamp its schedule to accommodate additional opportunities for more members to play this popular sport.

## Pickleball Matches and Schedule - New Format!

Moving forward, all weekly pickleball sessions will have reduced enrollment capacities to allow each member more time to play. There will be a **15-member maximum** per group. Timed round robin matches (approximately 11-13 minutes in duration) will be implemented to provide all members an organized and equitable opportunity to play.

## PLEASE ARRIVE EARLY TO AVOID DISAPPOINTMENT !

**To ensure all members sign up for and organize their pickleball matches in a timely manner, it is suggested to arrive at least five minutes prior to the start of the session. Late arrivals may be subject to reduced program time.**

Thank you for your consideration and helping to ensure an enjoyable program time for all members.

## Pickleball Rules, Scoring and Group Support

To ensure that all pickleball registrants are familiar with the rules, scoring system, and how to organize their round robin matches, while not required, it is recommended that members have registered for one of NESA's previously offered 'Learn to Play' workshops **prior** to participating in any of the weekly sessions of pickleball.

## Pickleball Paddles

Members are required to bring their own paddle to their program but if you do not have one, NESA can provide a rental paddle to you for \$1/session.

All skill levels are welcome as these are non-competitive programs. Knowledge of the game and some experience is suggested as no instruction will be provided during these sessions.

## Pick-Your-Pickleball – New format!

You asked for more options and registration flexibility and we are pleased to offer just that! Join in on as many sessions of pickleball as you'd like by choosing your preferred dates and times all at once or registering each week. Space is limited so it is advised that you pre-register for your sessions to secure a spot! If your preferred date is full, be sure to add your name to the **waitlist** so you can be contacted if a space becomes available. **NOTE** There is no cost to be on the waitlist.

### SESSION DETAILS

75-minutes / \$5 / 15 people max **PER SESSION**

All skill levels are welcome as these are non-competitive programs. Knowledge of the game and some experience is suggested as no instruction will be provided during these sessions.

#### NEW Schedule!

**MON:** Apr 17-Jun 26 / 1:40-2:55 PM **or** 3-4:15 PM

**No session May 22, June 5**

**TUE:** Apr 18-Jun 20 / 1:40-2:55 PM **or** 3-4:15 PM

**No session May 22, June 6**

**WED:** Apr 19-Jun 21 / 10:40-11:55 AM **or** 12-1:15 PM

**WED EVE:** Apr 19-Jun 21 / 4:15-5:30 PM

**No session June 7**

**THU:** Apr 20-Jun 22 / 3-4:15 PM

**No session June 8**

**FRI:** May 19, 26, Jun 2, 16, & 23 / 11:45 AM-1 PM **or** 1:05-2:20 PM

#### \$5 PER SESSION, PER DATE AND TIME FRAME

**NOTE** Fridays have limited pickleball offerings due to the afternoon and evening NESAs special events scheduled in the auditorium space.

## Looking for NESAs Learn to Play Pickleball or Level Up your Pickleball workshops?

NESA does not currently have any scheduled for the Spring 2023 season but hopes to have more scheduled in the near future. Stay tuned for more information!



## Why can't the pickleball programs be scheduled for longer than 75 minutes?

At this time, due to time and scheduling constraints, the 75-minute offerings are the only option available. If sessions were increased in duration it would mean that there were fewer options available to offer pickleball programs and less members would have the opportunity to play.

## Where else can I play pickleball?

If you are looking for more dates and times to play we encourage you to visit the various seniors centre throughout the city along with the numerous City of Edmonton recreation facilities. Also consider checking out recreation facilities like the YMCA or various community leagues in your neighborhood as they may have hall and auditorium space available for pickleball.

## Where can I play competitively or rent my own court space?

Consider checking out the Edmonton Volleyball and Pickleball Centre or the B-Active Badminton Club for court rentals. Additionally our friends at the Central Lions Recreation Centre offer various levels of pickleball as they have two gymnasiums and the space to allow for multi-level pickleball programs!

## Why doesn't NESAs offer different levels of pickleball?

At this time due to a limitation in scheduling options, NESAs cannot offer specific levels of play as it may limit how many members are afforded the opportunity to play. Additionally, skill-level determination when done on a self-designated basis may result in groups where experience level may still differ significantly amongst participants.

As these programs are non-competitive in nature we hope that all members will be able to work together in creating an enjoyable, welcoming and fun experience for one another.

With the implementation of the new pickleball program format and from the support and guidance of the Pickleball Instructors, NESAs may consider the offering of different levels of play in future seasons once the efficacy of the new format can be evaluated.



### DID YOU KNOW?

NESA is a non-profit charitable organization. This means that we can issue you an income-tax receipt for any monetary donations you wish to make! Visit us in person to donate today or online at [www.nesa1.ca](http://www.nesa1.ca) and visit the 'Get Involved' section to learn about how you can make an impact in our community.

### Zumba® Daytime

**Marguerite Critchley**

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

**A** Tue, Apr 18-Jun 20 / 12:15-1:15 PM / Wks 9

No class June 6

\$59

**B** Thu, Apr 20-Jun 22 / 12:15-1:15 PM / Wks 9

No class June 8

\$59

### Zumba® Gold

**Bella Hanske**

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

**NEW Schedule!**

**A** Mon, Apr 17-May 15 / 12-1 PM / Wks 5

\$33

**NEW Schedule!**

**B** Mon, May 29-Jun 26 / 12-1 PM / Wks 5

\$33



### Zumba® Gold Chair

**Bella Hanske**

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

**NEW Schedule!**

**A** Mon, Apr 17-May 15 / 1:15-2:15 PM / Wks 5

\$33

**NEW Schedule!**


**B** Mon, May 29-Jun 26 / 1:15-2:15 PM / Wks 5

\$33



# FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> <li>Active with Arthritis</li> <li>Age Reversing Essentrics®</li> <li>Cardio Plus</li> <li>Chair Total Body Workout</li> <li>Essentrics® Stretch and Tone</li> <li>Fit For Your Life</li> <li>Interval Training</li> <li>Tai Chi</li> </ul>	<ul style="list-style-type: none"> <li>7:15's with Jollean</li> <li>Stability Ball Strength</li> <li>Stretch 'n Tone Yoga (Beg.)</li> <li>Triple S (Beg.)</li> <li>Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>Active with Arthritis</li> <li>Cardio Plus</li> <li>Fit for Your Life</li> <li>Interval Training</li> <li>Strong and Stable</li> </ul>	<ul style="list-style-type: none"> <li>7:15's with Jollean</li> <li>Barre Cardio</li> <li>Gentle 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>Cross Training</li> <li>Essentrics® Stretch and Tone</li> <li>Gentle Yoga Explorations</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>Beginner Yoga</li> <li>Chair Stretch and Balance</li> <li>Fun 'n Fitness</li> <li>Zumba® Gold</li> <li>Zumba® Gold Chair</li> </ul>	<ul style="list-style-type: none"> <li>Chair Yoga</li> <li>Functional Training with Katelynn</li> <li>Yin &amp; Yoga Nidra</li> <li>Zumba®</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility and Foam Rolling</li> <li>Suspension Training for Beginners</li> <li>Yin/Yang Yoga</li> </ul> <p><b>EVENING OPTION</b></p> <ul style="list-style-type: none"> <li>Active with Arthritis</li> </ul>	<ul style="list-style-type: none"> <li>Chair Total Body Workout</li> <li>Chair Yoga</li> <li>Essentrics® for Pain Relief</li> <li>Essentrics® for Seniors</li> <li>Fun 'n Fitness</li> <li>Zumba®</li> </ul>	 <p><b>SPECIAL 1-DAY FITNESS EVENTS</b>  <b>Total Body Exercise Program</b>  <b>Apr 21 or Jun 2</b>  <b>2:45-3:45 PM</b>  <i>(See page 18)</i></p>

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

### Classes include:

7:15's with Jollean, Age Reversing Essentrics®, Barre Cardio, Beginner Yoga, Cardio Plus, Cross Training, Essentrics® Stretch and Tone, Flexibility and Foam Rolling, Fun 'n Fitness, Gentle Yoga Explorations, Gentle Yoga, Interval Training, Stability Ball Strength, Stretch 'n Tone Yoga, Triple S, Yin/Yang Yoga, 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:

Active with Arthritis, Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Pain Relief, Essentrics® for Seniors, Fit For Your Life, Functional Training with Katelynn, Strong and Stable, Suspension Training for Beginners, Tai Chi, Zumba® Gold and Zumba® Gold Chair.

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

**Stay tuned for some exciting changes and additions to our fitness programs. More details to come late April and early May!**



## Hours Of Operation

Monday to Friday / 8:30 AM - 4 PM

\*Hours may be subject to change\*

**RESERVATIONS ARE NO LONGER REQUIRED**

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

## Closed on Weekends & Holidays

\*Hours may be subject to change; please see fitness centre for updates!

## Fitness Centre Admission Fees

<b>Single Admission</b>	\$5
<b>10-Visit Pass</b>	\$30
<b>Monthly Pass</b>	\$35
<b>Annual Pass</b>	\$325
<b>12-Visit Pass</b>	\$30 (will go on sale during the start of registration week for each season).

\*Prices may be subject to change.

\*\*Passes are not refundable or transferrable. 10/12-Visit passes expire after one year from date of purchase.

## INTERESTED IN VOLUNTEERING AT THE FITNESS CENTRE?

Call our Volunteer Coordinator today for more information at 780.496.6969.

## What We Offer

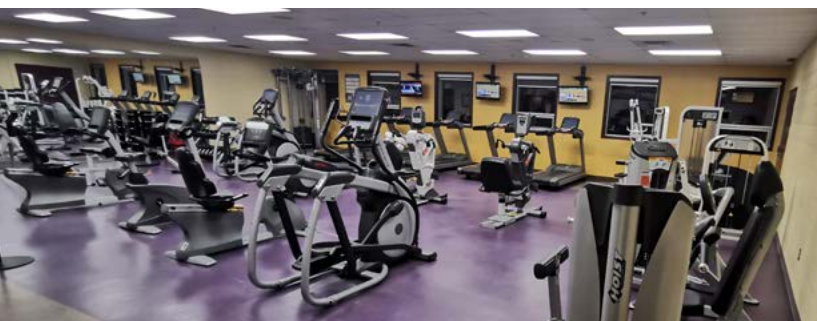
The fitness centre is a welcoming, friendly and inclusive environment equipped with various cardio, resistance training, and portable equipment. While not required of members to participate in, a machine basic-operation orientation is available (by appointment) with a fitness centre volunteer.

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.*

## 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!





# Celebrate Seniors' Week at NESAs

**JUNE 5-9, 2023**

<b>June 5-9</b> MON - FRI	<b>FREE TRIAL CLASSES AND CLUB DEMOS</b> Join in on some free classes hosted by NESAs's amazing instructors or pop in to one of our many clubs for a demonstration or trial of their activity! Class and demo details and schedule will be posted online and at the front desk closer to the start of Seniors' Week - stay tuned!
<b>June 7</b> WEDNESDAY	<b>HEALTH &amp; WELLNESS FAIR</b> Join NESAs for the opportunity to connect with local service providers who can enhance your spectacular senior years!  <b>OPEN HOUSE</b> Ever wonder about "what else" is happening at NESAs? Here is your chance to learn about the many activities and opportunities NESAs has to offer. We encourage you to bring family and friends to this wonderful opportunity to explore our center.  <b>FREE ADMISSION / CAFÉ OPEN / INFO BOOTHS / DOOR PRIZES</b>
<b>June 7 &amp; 8</b> WEDNESDAY & THURSDAY	<b>CLUB ARTS &amp; CRAFTS MARKET</b> Looking for that perfect hand-crafted item to wear, decorate your home with, or even give as a special gift? Come over and support NESAs's visual arts clubs as you will be sure to find a unique treasure to take away!  <b>FREE ADMISSION / CAFÉ OPEN / FREE PARKING / SHOPPING</b>
<b>June 8</b> THURSDAY	<b>EMMA'S LUNCHEON</b> More information will be available at the Cherrydale Café/EMMA Catering.
<b>June 9</b> FRIDAY	<b>VARIETY SHOW &amp; TEA</b> Let's see what our performing arts participants have been doing and learning here at NESAs. Join us for a fun afternoon filled with music, dancing and dessert!  <b>\$15/PERSON (APR 26 - MAY 31) / COFFEE/TEA &amp; CUPCAKES</b>

## PLEASE NOTE

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

**NMW** (Non-members welcome)



## **NEW!** Ancestry DNA Tools

Barb Neil

Ancestry DNA tests can be linked to your family tree. Numerous tools can be used to find DNA matches and identify a common ancestor. Learn how to organize your DNA searches and contact matches through Ancestry.

**NOTE** An ancestry account is not required to participate in this class. This class will be held in the computer lab so some familiarity and knowledge with how to navigate online is recommended. \*Computers supplied by NESAs.

Tue, May 2-9 / 10:30 AM-12 PM / Wks 2

\$20

## **NEW!** Annual 2023 Global Financial Market Review

Weichurn Woo, Mackie Research Financial Advisor

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2023 and look at forward guidance on what to expect for the remainder of 2023.

Mon, Jun 26 / 10-11:30 AM / Wks 1

\$2 **NMW**



## **NEW!** Estate Planning 101 & General Executor Duties

**Anna-May Choles, Rackel Belzil LLP**

When a person is assigned or chooses to take on the role of administering the estate of another person, there are many responsibilities and duties expected. In this session, learn more about what these duties entail and gain a better understanding of what is involved with such an important role. Additionally, review what is important to consider when selecting your own executor. This session is FREE and registration is NOT required.

Mon, Apr 17 / 6:30-8:30 PM / Wks 1

Free **NMW** Evening

## **NEW!** Executor Checklist: Best Practices for the to-do's

**Gina Vliet, Life Change Agent of Charon Consulting**

Being an Executor is a BIG JOB we're generally not prepared for. This session walks you through a checklist of tasks an Executor must do, and even better, the order to do them in to avoid wasting precious time, money, and energy.

Fri, Apr 28 / 1-3 PM / Wks 1

\$20 **NMW**

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

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



## **INTERESTED IN VOLUNTEERING?**

We are always accepting applications for volunteers in multiple roles, which include but are not limited to: administration and hospitality roles, governance and communication, fundraising, special events, working in the fitness centre, and within our Outreach and Home Supports programs. Connect with our Volunteer Coordinator by visiting us today or call 780.496.6969 for more information!

## **NEW!** Fire Prevention Education and Safety for Seniors

**Fire Rescue Services and Fire Prevention Department**

Ever wonder what that beeping sound means? Unsure of what to do in an emergency situation? Want to impress your friends and family with fire safety facts that could save their lives? If this sounds like YOU then join us for an informative fire safety presentation by Edmonton Fire Rescue Service. Get all the facts you need to protect yourself and your home from the dangers associated with an emergency.

Mon, Apr 24 / 10-11:30 AM / Wks 1

\$2 **NMW**

## GENERAL INTEREST ... continued

### **NEW!** Playing Dress Up: Let's talk about colour choices!

**Susanne Urbina**

Learn what colours suit you to bring out your features. Examine the rules of colour blending and colour psychology. (Each participant will be coloured draped.)

Tue, May 2 / 1-3 PM / Wks 1

**\$20 NMW**

### **NEW!** Playing Dress Up: Let's talk about Shape and Style

**Susanne Urbina**

Discover your figure type (Each participant will be assessed.) Afterwards, learn about the styles that suit you, how to accessorize and build a wardrobe based on your lifestyle.

Tue, May 16 / 1-3 PM / Wks 1

**\$20 NMW**

### **NEW!** Real Estate Today and Avoiding 5 Big Mistakes

**Rod Phillips, Maxwell Realty**

Join real estate agent Rod from Maxwell Realty to find out what is happening within the housing market today. If you are considering making a move this year, learn how to make the right one. Bring your real estate questions and join us for a fun and informative session!

Wed, Apr 19 / 10 AM-12 PM / Wks 1

**\$2 NMW**

## STAY IN THE KNOW

About upcoming events through the NESA E-News, our website: [www.nesa1.ca](http://www.nesa1.ca), or subscribing to receive email updates from us!

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

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

### **NEW!** Roadblocks to End of Life Planning

**Gina Vliet, Life Change Agent of Charon Consulting**

When was the last time you reviewed your Will, Power of Attorney, or Personal Directive? When did you last check in with your Executor, Attorney, or Health Agent?

This information session looks at common roadblocks people have when it comes to thinking about and planning for end of life and offers strategies for overcoming them. Get well on your way to becoming GOOD TO GO with all your ducks in a row!

Fri, May 5 / 1-3 PM / Wks 1

**\$20 NMW**

### **NEW!** Setting Healthy Boundaries

**Gina Vliet, Life Change Agent of Charon Consulting**

We all want to do the right thing, to be helpful, useful, and productive. But saying yes to everything can be exhausting!

In this session we explore how to make authentic, nurturing decisions, and how to banish the 'shoulds' from our lives without feeling guilty about saying no.

Fri, Jun 2 / 1-3 PM / Wks 1

**\$20 NMW**

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESAs Landry Leisure Pass.

### **NEW!** The Game of Play: With a Musical Therapy Experience

**Dorothy Lowrie, Human Learning Architecture Inc.**

This presentation explores the importance of keeping play in our life, highlighting the benefits and providing some unique ideas to 'add play' when we can. It will also feature experimental learning - in terms of music therapy through harp music.

Thu, May 18 / 1-2:30 PM / Wks 1

**\$20 NMW**

### **NEW!** Using Your Past to Find Your Future

**Dorothy Lowrie, Human Learning Architecture Inc.**

This presentation will explore, through tools provided in the presentation, how to search your past and find a new post-retirement career (full or part-time), a new area in which to volunteer or a new hobby or interest. Using fun and introspective activities, you can find a new 'spark' in your life to begin your retirement or revitalize your life!

Wed, Jun 14 / 1-3 PM / Wks 1

**\$20 NMW**



# NESA TOURS & OUTINGS



## River Cree Casino Outing



The River Cree Casino is the best casino in the Greater Edmonton Area. They offer the best entertainment in Edmonton in their 100% smoke-free facility. Participants will receive a \$5 gambling voucher and a lunch voucher for Tap 25 within the casino (does not include drink or gratuity).

Come try your luck at the River Cree Casino!

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

Wed, April 19, 2023

Bus Departs from McClure: 10 AM / Bus Returns: 3 PM

**\$20 NMW**

## High Tea at The Art of Cake



Bring a friend and come for High Tea at the "Art of Cake." This is a locally owned and operated business and is a cozy and elegant atmosphere for the perfect place to celebrate the special people in your lives.

No special dietary restrictions will be accommodated. Coffee or other drinks (other than tea) will be at the expense of the participant.

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

**Registration deadline:** Tue, May 2, 2023

Wed, May 17, 2023

Bus departs from McClure: 1:30 PM / Bus Returns: 5 PM

**\$91 (Bus and High Tea) per person NMW**

## Wild West Shooting Range

Try your marksmanship at our Wild West Shooting Range Outing! This exciting experience gives the participant a chance to shoot guns ranging from a 9mm pistol to .357 Magnum Revolvers with trained instruction and pointers along the way! This is going to be an afternoon loaded with fun!

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

**Registration deadline:** Tue, May 30, 2023

Wed, June 14, 2023

Bus Departs from McClure: 1 PM / Bus Returns: 4:30 PM

**\$130 (Bus, Range, Gun and Ammunition costs)**

**NMW**

## Summer Tours!

Summer Tours will be happening again! More information about them will be available on June 19. (Summer registration begins on June 27, 2023). Here is a sneak peak of what is in the works....

### July Tours

Greenland Garden Center and Barr Winery for a tour and BBQ

Innisfail to the Police Dog Training Center and Lunch at Jungle Farms

Fort Sask. Heritage Precinct, Alberta Railway Museum and Lunch at Pots Bar and Grill

### August Tours

Energy Museum, Devonian Gardens for a Tour and Lunch

St. Albert Botanical Gardens, MD Distillery and Lunch at Flame

Two day trip to Cochrane: Glenbow Ranch, Brewery, McKay's Ice Cream and Cross Iron Mills

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

**NMW** (Non-members welcome)





# Early Morning/Evening Classes at NESA

We are excited to have a few early morning and early evening programs for you during the Spring 2023 season. We are hopeful that this is just the beginning of our afterhours programming – stay tuned for more updates and class offerings in the coming seasons.

Please refer to the below page numbers for more information about each program and activity!

## EVENING PROGRAM REGISTRATION INFORMATION!

Please note that evening program registration is required to be completed online or during NESA's regular business hours (Monday-Friday, 8:30 AM-4 PM).

<b>CRAFTS AND HOBBIES</b>	<b>PAGE</b>
Faux Stained Glass Pouring Workshop: Landscape	11
Fluid Art Series: Acrylic Pouring on Canvas	12
Fluid Art Series: Alcohol Inks	12
Gemstone Bracelet Making Workshop	12
Sock Gnome Workshop	14
<b>DRAWING AND PAINTING</b>	
Acrylic Painting Workshop: Crimson Moon	16
Acrylic Painting Workshop: Lightening Bugs	16
Watercolour with Willie For All Levels	17
<b>FITNESS AND SPORTS</b>	
7:15's with Jollean	18
Active with Arthritis	19
Pickleball	27
<b>GENERAL INTEREST</b>	
Estate Planning 101 & General Executor Duties	33
<b>MUSIC, SONG, AND DANCE</b>	
Latin Dance: Solo	44
Line Dancing: Level 2	45

## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.



NEW!

## Caring for the Caregiver

Edmonton North Primary Care Network

In this presentation we will review the different types of Caregiver roles that exist out there - whether they are in-home, long-distance, personal, medical, financial, etc. We will explore what such roles look like along with the concerns associated with caregiver stress and burnout. We will also discuss different ways to ensure that the caregiver is taking proper care of one's self.

Wed, May 31 / 2:30-3:30 PM / Wks 1

\$2 NMW

## Connections

Carole Furgala

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

**A** Mon, Apr 17-Jun 26 / 10 AM-12 PM / Wks 10

No class May 22

\$20

**B** Mon, Apr 17-Jun 26 / 1-3 PM / Wks 10

No class May 22

\$20

## WHAT IS NESA DOING TO KEEP YOU SAFE?

Disinfecting wipes and sanitizer stations will be available as well as sinks in many of the program and activity spaces for hand-washing.

NEW!

## Eliminate your elbow pain!

Dr. Raj Dhaliwal, Providence Chiropractic Clinic

Is elbow pain hindering your game on the court or course? Don't let it keep you from your favourite activity! Join us for a comprehensive presentation on managing Tennis Elbow and Golfer's Elbow pain, optimizing your movement, and integrating effective muscle stretches and strengthening exercises. Learn how to get back to playing your best and enjoying the game you love!

Wed, Jun 21 / 10-11 AM / Wks 1

\$2 NMW

NEW!

## Golf swing and posture: How to improve both!

Dr. Raj Dhaliwal, Providence Chiropractic Clinic

Attention senior golfers! Want to add yards to your swing and lower your scores? Join us for an exclusive presentation on how proper posture can unlock the secrets to better swing mechanics. Get ready to tee off with confidence and hit the ball farther than ever before! Don't miss out on this game-changing event!

Wed, May 24 / 1-2 PM / Wks 1

\$2 NMW

NEW!

## Healthy Eating for Managing Blood Sugars

Edmonton North Primary Care Network

Join in on an informative session with a Registered Dietitian where we will explore safe and effective ways for you to manage your blood sugars while ensuring to meet your body's nutritional needs.

Wed, Jun 28 / 2:30-3:30 PM / Wks 1

\$2 NMW

## EVERYTHING IS MORE FUN WITH A FRIEND!

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

### **NEW!** Meditation Christine Leach

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

Fri, Apr 21-Jun 23 / 1:30-2:30 PM / Wks 9

No class June 9

\$69

### **NEW!** Naloxone Kits: What are they and what do they do?

Edmonton North Primary Care Network

Have you heard about Naloxone or what this kit is all about? Naloxone is a drug used to temporarily reverse an opioid overdose and while it is something no one ever hopes to have to use, it is important to learn more about what their purpose is for. Join us for a presentation that will include more information on what these kits do, why they are important, who should have access to them and where they can be found throughout the city.

Thu, May 25 / 10 -11 AM / Wks 1

\$2 **NMW**

### DON'T FORGET

Check out our website: [www.nesa1.ca](http://www.nesa1.ca) for some of our latest news on programs and upcoming events!





**NEW!** **Prehab and Rehab for your  
Knee or Hip Operations**

**Edmonton North Primary Care Network**

Join us for an information session where we will talk about the importance of “prehab” and “rehab” post-knee or hip surgery. We will discuss how to access resources to ensure that you or your loved ones are getting the support they need for recovery. As the actual number of prescribed physio sessions after a surgery can be less than ideal, more supports may still be required. Attend this session to learn more about how you can better navigate the healthcare system to ensure that you are getting the most out of the supports available.

Wed, Apr 26 / 2:30-3:30 PM / Wks 1

**\$2 NMW**

**NEW!** **Understanding Brain Health**  
**Alzheimer Society of Alberta**

Join the team from the Alberta Alzheimer Society for another informative presentation. It's never too soon, or too late to make the lifestyle changes necessary to help improve your brain health OR to make changes that may also help to reduce your risk for Alzheimer's disease or other dementias. If you are living with dementia, taking care of your brain health may also improve your quality of life and even help slow the progression of the disease.

Mon, May 8 / 1:30-2:30 PM / Wks 1

**\$2 NMW**



## OUR CENTRE IS A SCENT FREE ZONE

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

### Spanish: Beginner

**Tania Oyarzun**

Join in on this beginner's class to develop the skills to talk, read, write and listen in Spanish. Textbook is required: Spanish Vocabulary by Dorothy Richmond (ISBN 978-1-260-02622-1).

**NOTE** If you own the "Spanish Now" textbook you do not have to purchase the new suggested textbook.

Tue, Apr 18-Jun 20 / 10 AM-12 PM / Wks 10

**\$145**

### Spanish: Intermediate

**Jorge Oyarzun**

Take the next step for your language comprehension and learn how to put emphasis in the mechanical aspects of conjugating verbs in order to underline the importance of speaking, reading, writing and listening for the students to communicate in Spanish. Textbook required: Spanish Verb Tenses by Dorothy Richmond (ISBN 978-0-07-163930-9).

**NOTE** If you own the "Spanish Now" textbook you do not have to purchase the new suggested textbook.

Tue, Apr 18-Jun 20 / 10 AM-12 PM / Wks 10

**\$145**

## STAY IN THE KNOW ABOUT ALL THINGS NESA!

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!

# LEARN A NEW LANGUAGE





## **Clogging: Beginner (A continuation)**

**Adele Brewer**

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

Prerequisite: Clogging: Beginner (Winter 2023)

Mon, Apr 17-Jun 26 / 1-2 PM / Wks 9

**No class May 22, June 5**

**\$62**

## **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, Apr 19-Jun 21 / 1:30-2:30 PM / Wks 9

**No class June 7**

**\$62**

## **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, Apr 19-Jun 21 / 2:45-3:45 PM / Wks 9

**No class June 7**

**\$62**

## **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, Apr 17-Jun 26 / 2:15-3:15 PM / Wks 9

**No class May 22, June 5**

**\$62**

**NEW!**

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

**Adele Brewer**

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

Mon, Apr 17-Jun 26 / 3:15-3:45 PM / Wks 9

**No class May 22, June 5**

**\$43**

## Guitar: Blues Level 1

**Gilles Benoiton**

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

Fri, Apr 28-Jun 16 / 1-2 PM / Wks 6

**No class May 19, June 9**

**\$39**

## Guitar: Finger Pickin' 201

**Gilles Benoiton**

This intermediate class will introduce participants to picking with their fingers! The focus will be placed on various picking patterns, chord progressions, and some finger-picking repertoire pieces. Being able to play basic open chords such as G, A, Am, C, D, Dm, E, and Em is a good indication you are ready for this course. Prerequisite: Guitar Level 2.5 is recommended.

Fri, Apr 28-Jun 16 / 10-11 AM / Wks 6

**No class May 19, June 9**

**\$39**



## Guitar: Level 1

**Gilles Benoiton**

No musical experience is necessary – just a desire to have some fun! This class is designed for the absolute beginner. You will learn how to play simple one and two-finger chords such as G, C, A, and E, which can be found in songs we can sing along to. Arrangements can be made with the instructor to borrow a Guitar if one is needed.

Wed, Apr 26-May 31 / 11:45 AM-12:45 PM / Wks 6

**\$39**

## Guitar: Level 2

**Gilles Benoiton**

You should have experience with 3-finger open chords such as D and E, and feel comfortable using them. You will learn additional chords, even work your way up to the B7 chord as well as the pick and strum method. New Songs!

Wed, Apr 26-May 31 / 1-2:30 PM / Wks 6

**\$57**

**NEED SOME FINANCIAL  
ASSISTANCE WITH YOUR  
PROGRAMS?**

See page 55 for information about NESA's Landry Leisure Pass.



## Guitar: Level 2.5

Gilles Benoiton

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

Wed, Apr 26-May 31 / 10 -11:30 AM / Wks 6

**\$57**

## Guitar: Level 3

Gilles Benoiton

Participants should know G, A, Am, C, D, Dm, E, and Em chords. This class focuses on chords (including F and Bm), chord progressions, various strumming patterns, and some single-note lines. Appropriate pieces will be brought into play. Students are encouraged to suggest selections! Guitar Level 2.5 is recommended.

Fri, Apr 28-Jun 16 / 11:15 AM-12:45 PM / Wks 6

**No class May 19, June 9**

**\$57**

## Handbells

Wendy Hoskin

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

Thu, Apr 20-Jun 1 / 10-11:30 AM / Wks 7

**\$40**



## Harmonica

Mike Chenoweth

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

Fri, May 5-Jun 23 / 11 AM-12 PM / Wks 7

**No class June 9**

**\$68**

## Latin Dance: Solo

Emily Soriano

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

Wed, Apr 19-Jun 21 / 5-6 PM / Wks 9

**No class June 7**

**\$54 Evening**





## NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?

See page 55 for information about NESA's Landry Leisure Pass.

**NEW!**

## Line Dancing: Level 2

Tracy Walters

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

Wed, May 3-Jun 14 / 6-7:30 PM / Wks 7

**\$51 Evening**



**NEW!**

## Learn to Maintain and Restring your Guitar

Mike Chenoweth

Come and learn the basics of how to properly clean, restring and maintain your acoustic guitar from a professional guitar repair technician! Please bring your guitar, a set of your preferred strings, a full roll of paper towel and a large bath towel to lay your guitar on. Learn how to tell if your instrument's neck is in need of adjustment, how to humidify your guitar and watch for signs that your instrument is drying out and in danger of cracking. There'll be lots of advice and plenty of time for Q+A, too!

Fri, May 5 / 1-2:30 PM / Wks 1

**\$15 NMW**

## Line Dancing: Back to the Grassroots

Dwayne Tulik

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

Tue, Apr 18-Jun 20 / 8:45-10:15 AM / Wks 9

**No class June 6**

**\$61**



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

**Mike Chenoweth**

Learn the joys of playing in a supportive and encouraging environment through one-on-one instruction. All levels and any type of music can be instructed. Everyone is welcome from beginners to advanced. Space will be reserved for current students. New students will be booked on a first-come-first-served basis. (30-minute sessions).

**A** Tue, May 2-Jun 20 / 9-9:30 AM / Wks 7

**No class June 6**

**\$147**

**B** Tue, May 2-Jun 20 / 9:30-10 AM / Wks 7

**No class June 6**

**\$147**

**C** Tue, May 2-Jun 20 / 10-10:30 AM / Wks 7

**No class June 6**

**\$147**

**D** Tue, May 2-Jun 20 / 10:30-11 AM / Wks 7

**No class June 6**

**\$147**

**E** Tue, May 2-Jun 20 / 11-11:30 AM / Wks 7

**No class June 6**

**\$147**

**F** Tue, May 2-Jun 20 / 11:30 AM-12 PM / Wks 7

**No class June 6**

**\$147**

**NEED SOME FINANCIAL ASSISTANCE WITH YOUR PROGRAMS?**

See page 55 for information about NESAs Landry Leisure Pass.

## Music Lessons (1:1) - Piano, Mandolin and Violin

**Reinhard Kroller**

Learn the joys of playing in a supportive and encouraging environment through one-on-one instruction. All levels and any type of music can be instructed. Everyone is welcome from beginners to advanced. Space will be reserved for current students. New students will be booked on a first-come-first-served basis. (30-minute sessions).

**A** Thu, Apr 20-Jun 22 / 9-9:30 AM / Wks 9

**No class June 8**

**\$270**

**B** Thu, Apr 20-Jun 22 / 9:30-10 AM / Wks 9

**No class June 8**

**\$270**

**C** Thu, Apr 20-Jun 22 / 10-10:30 AM / Wks 9

**No class June 8**

**\$270**

**D** Thu, Apr 20-Jun 22 / 10:30-11 AM / Wks 9

**No class June 8**

**\$270**

**E** Thu, Apr 20-Jun 22 / 11-11:30 AM / Wks 9

**No class June 8**

**\$270**

**F** Thu, Apr 20-Jun 22 / 11:30 AM-12 PM / Wks 9

**No class June 8**

**\$270**

**G** Thu, Apr 20-Jun 22 / 12-12:30 PM / Wks 9

**No class June 8**

**\$270**

**H** Thu, Apr 20-Jun 22 / 12:30-1 PM / Wks 9

**No class June 8**

**\$270**



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

**Suzan & John Shewchuk**

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

Wed, Apr 19-May 31 / 1:30-3 PM / Wks 7

**\$51**





## WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum enrollment totals have been reduced to prevent overcrowding.

### **NEW!** Ukulele: Level 1 Justin Smith

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

**NOTE** A one-time fee of \$20 (payable to the instructor) is required for first-time students only. Returning Level 1 students, please bring your book to class.

Wed, Apr 19-Jun 21 / 9:30-10:30 AM / Wks 9

No class June 7

\$64

### **NEW!** Ukulele: Level 2 Justin Smith

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

**NOTE** A one-time fee of \$20 (payable to the instructor) is required for first-time students only. Returning Level 2 students, please bring your book to class.

Wed, Apr 19-Jun 21 / 10:45-11:45 AM / Wks 9

No class June 7

\$64



# NESA CLUBS AT A GLANCE



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	<b>Stained Glass</b> 9:30AM-4PM	<b>Carpet Bowling</b> 10:30AM-12PM  <b>Creative Greeting Cards</b> 9AM-12PM  <b>Music Makers</b> 9:30AM-12:30PM  <b>Silversmithing</b> 9AM-4PM  <b>Weavers</b> 10AM-4PM	<b>Badminton</b> 8:30-10:30AM  <b>Travel</b> 10-11:30AM (See schedule)  <b>Washi Chigiri-e</b> 9AM-12PM  <b>Wizards of Odds 'n Ends</b> <b>A</b> 9-11:30AM	<b>Carpet Bowling</b> 10:30AM-12PM  <b>Wildlife Carving</b> 9AM-12PM	<b>Badminton</b> 8:30-11:30AM  <b>Book Lover's</b> 10:30AM-12PM (See schedule)  <b>Chip Carvers</b> 9AM-12PM  <b>Cribbage</b> <b>A</b> 9:45AM-12PM  <b>Pins and Needles Quilting</b> 9:30AM-12:30PM
P M C L U B S	<b>Art</b> 1-4PM  <b>Stained Glass</b> 9:30AM-4PM	<b>Jammers</b> 1-4PM  <b>Silversmithing</b> 9AM-4PM  <b>Weavers</b> 10AM-4PM	<b>Garden</b> 12:30-2PM (See schedule)  <b>Wizards of Odds 'n Ends</b> <b>B</b> 12-2:30PM	<b>Bridge</b> 12-3:45PM  <b>Canasta</b> 1-4PM  <b>Fiber Arts</b> 1-4PM  <b>Guitar Jam</b> 12:30-3:30PM	<b>Cribbage</b> <b>B</b> 12:45-3PM  <b>Golf Club Mtg.</b> Mar 31 / 1-3 PM  <b>Northgate Writers Society</b> 1-3 PM

**FOR MORE INFORMATION ABOUT THESE CLUBS,  
PLEASE ASK AT THE FRONT DESK OR CALL 780.496.6969.**

Club days/times are subject to change.

**NOTE** Reciprocal memberships are not accepted as admission into NESA Clubs.

Must be a NESA member to join a NESA club.

# NESA CLUBS



## REGISTRATION STARTS

APRIL 4, 2023 @ 8:30 AM

### Art Club

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

Mon, Apr 17-Jun 26 / 1-4PM / Wks 10

No session May 22

\$20

### Badminton Club

Welcome to our friendly badminton club! New members are always welcome – please note that an ability to serve and rally is requested for your participation. Having knowledge and rules of the game is also suggested as no formal instruction is provided. Want to try it out before you register? NESA Members are welcome to try one session before registering (a Wednesday or a Friday morning). Registration is required for the entire season; no drop-ins permitted.

Wed, Apr 19-Jun 21 / 8:30-10:30AM / Wks 9

Fri, Apr 28-Jun 23 / 8:30-11:30AM / Wks 8

No session June 7 & 9

\$42 (for all 17 dates)

\*See page 19 for info about our *Badminton Skills Clinic*

### Book Lover's Club

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

Fri, Apr 21, May 19 & Jun 16 / 10:30AM-12PM / 3 dates

\$6

## CLUBS ARE FOR NESA MEMBERS ONLY

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

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

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

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

### Bridge Club

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

Thu, Apr 20-Jun 22 / 12-3:45PM / Wks 10

\$20

### Canasta Club

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

Thu, Apr 20-Jun 22 / 1-4PM / Wks 10

\$20

### Carpet Bowling Club

A year-round sport that resembles lawn bowling. All are welcome. Teams and members were selected in September and will continue to play as teams during the Winter Session on Thursdays. New players and existing spares are welcome to play each Tuesday and as spares on Thursday if there are teams missing team players. Ad Hoc teams are selected each Tuesday for play that day.

Tue & Thu, Apr 18-Jun 22 / 10:30AM-12PM / 18 dates

No session June 6 & 8

\$36

## NESA CLUBS . . . continued

### 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! Note: All equipment is provided and all carving projects and materials can be purchased from the Club Coordinator.

Fri, Apr 21-May 26 / 9AM-12PM / Wks 6

\$12

### Creative Greeting Cards Club

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

Tue, Apr 18-Jun 20 / 9AM-12PM / Wks 10

\$20

### Cribbage Club

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.

**A** Fri, Apr 21-Jun 23 / 9:45AM-12PM / Wks 10

\$20

**B** Fri, Apr 21-Jun 23 / 12:45-3PM / Wks 10

\$20

### Fiber Arts Club

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

Thu, Apr 20-Jun 22 / 1-4PM / Wks 10

\$20

### INTERESTED IN MORE CARD AND TABLE GAMES?

See page 15 for Whist and Table Games Tuesday.

### Garden Club

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

Wed, Apr 19, May 17 & Jun 21 / 12:30-2PM / 3 dates

\$6 (for all dates)

### Golf Club

Our Annual General Meeting was scheduled at NESA for Friday, March 31, 2023 from 1-3 PM. The intent of this meeting was to discuss plans for the start of our 2023 golf season. (April 25-August 29, 2023).

If you are reading this before our meeting date, please register so you can join us. If reading this after the date of our AGM but would like to join our club, please email [info@nesa1.ca](mailto:info@nesa1.ca) for more information about our season, the year-end banquet, and more club details.

**NOTE** In addition to having a 2023 NESA Membership, there is also a \$25 banquet fee if you plan to attend the club's year-end gathering. (The \$25 cash banquet fee will be collected by the Club Coordinator).

No meetings scheduled for the Spring 2023 season.

### Guitar Jam Club

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

Thu, Apr 20-Jun 22 / 12:30-3:30PM / Wks 10

\$20

## NESA CLUBS . . . continued

### WHAT IS NESA DOING TO KEEP YOU SAFE?

Program and activity maximum  
enrollment totals have been reduced  
to prevent overcrowding.

#### Jammers Club

An acoustic guitar group who meet for singing and fellowship!

Tue, Apr 18-Jun 20 / 1-4PM / Wks 10

\$20

#### Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Apr 18-Jun 20 / 9:30AM-12:30PM / Wks 10

\$20

#### Northgate Writers Society Club

Our group of writers wishes to welcome any NESA members who are interested in writing or have done some writing to join us. We share our stories during class and give each other feedback. We occasionally have a resource author/writing instructor/communications expert visit to assist us. As a group, we have published a number of books of short stories and recipe/story books. Samples of our books are available in the lobby. We encourage you to check out our blog at [nglswordweavers.blogspot.com](http://nglswordweavers.blogspot.com) where you will also be able to share your stories.

Fri, Apr 21-Jun 23 / 1-3PM / Wks 10

\$20

#### Pins and Needles Quilting Club

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

Fri, Apr 21-Jun 9 / 9:30AM-12:30PM / Wks 8

\$16

#### Silversmithing Club

Socialize and share jewelry ideas and techniques with others. No formal instruction, experience required.

Tue, Apr 18-Jun 20 / 9AM-4PM / Wks 10

\$40

#### Stained Glass Club

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

Mon, Apr 17-Jun 26 / 9:30AM-4PM / Wks 10

No session May 22

\$40

### 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!





**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 NESAs member to  
join a NESAs club.**

## Travel Club

The Travel Club arranges with providers to present to the club members a variety of travel options including coach tours, ocean or river cruises, sun destination getaways and international destinations. The providers are Travel Agents, Tour Bus Operators, or Tour companies. We like to have these providers present to our club members a few specific travel destinations at our club meetings. We allow one presenter per monthly meeting. These destinations could be multi-day, week-long or more. There are options for members to visit casinos, sunny destinations in the Caribbean, Mexico, or the USA, International destinations such as Ireland, Croatia, Greece or others. We do try as much as possible to get presenters to offer destinations suggested by the club at the best value for our members.

Thu, Apr 20 / 10-11:30AM

Wed, May 10 & Jun 14 / 10-11:30AM

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

## Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing Japanese paper and creating beautiful pictures that may look similar to that of a watercolour, pastel, or oil painting. Experience with chigiri-e or painting is required as no formal instruction is provided. Kit fees are \$16.50 and can be paid directly to the club coordinator. Supply list provided at registration.

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

Wed, Apr 19-Jun 21 / 9AM-12PM / Wks 10

**\$20**

## Weavers Club

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

Tue, Apr 18-Jun 20 / 10AM-4PM / Wks 10

**\$40**

## 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.

Thu, Apr 20-Jun 22 / 9AM-12PM / Wks 10

**\$20**

## Wizards of Odds 'n Ends Club

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 unused clean fabric, batting or yarn donations so that our group can continue to make our one of a kind handmade creations. Please drop off your donations at NESAs during regular business hours. Thank you!

**NEW Schedule: Two options!**

**A** Wed, Apr 19-Jun 21 / 9-11:30AM / Wks 10

**Free (Registration is still required)**

**B** Wed, Apr 19-Jun 21 / 12-2:30PM / Wks 10

**Free (Registration is still required)**

## Woodworking Club

Spring 2023 Update: The woodworking space remains unavailable for NESAs members at this time. The potential for future woodworking workshops and independent shop-time is still under review. Please stay tuned for more information in future e-communications and announcements. Thank you for your patience and understanding!

# NESA Events

## PLEASE NOTE

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

**NMW** (Non-members welcome)

<b>April 7</b>	<b>NESA CLOSED / STAT HOLIDAY / GOOD FRIDAY</b>
<b>April 10</b>	<b>NESA CLOSED / STAT HOLIDAY / EASTER SUNDAY (IN LIEU)</b>
<b>April 11-13</b>	<b>BOOK, PUZZLE &amp; JEWELRY SALE</b> 9am – 3 pm* / Free Parking / Café Open <b>NMW</b> *Sale on until 7 pm on April 12
<b>April 11</b>	<b>CREATIVE GREETING CARD LOBBY SALE</b> 9am – 3 pm <b>NMW</b>
<b>April 12</b>	<b>SILVERSMITHING LOBBY SALE</b> 9am – 6 pm <b>NMW</b>
<b>April 14</b>	<b>DINNER THEATRE – TRIBUTE TO CCR</b> 5-9:30 pm / Tickets: \$60 each (on sale until March 31) <b>NMW</b>
<b>April 17</b>	<b>SPRING 2023 SEASON BEGINS</b>
<b>April 22</b>	<b>MATINEE FUNDRAISER</b> 1 - 4:15pm / Tickets: \$30 each (on sale until April 5) <b>NMW</b>
<b>May 12</b>	<b>TOPSY TURVY SPRING FLING</b> 2 - 3:30pm / Tickets: \$15 each (on sale April 11 – May 3) <b>NMW</b>
<b>May 22</b>	<b>NESA CLOSED / STAT HOLIDAY / VICTORIA DAY</b>
<b>June 5 - 9</b>	<b>SENIORS' WEEK</b> Check out page 31 for more information <b>NMW</b>
<b>June 12</b>	<b>SUMMER PROGRAMMING AND RELOCATION DETAILS AVAILABLE</b>
<b>June 19</b>	<b>SUMMER TOURS/OUTINGS GUIDE AVAILABLE</b>
<b>June 27</b>	<b>SUMMER TOURS/OUTINGS REGISTRATION BEGINS</b>
<b>June 28 - 30</b>	<b>BOOK, PUZZLE &amp; JEWELRY SALE</b> 9am – 3 pm / Free Parking / Café Open <b>NMW</b>
<b>July 1</b>	<b>NESA CLOSED / STAT HOLIDAY / CANADA DAY</b>
<b>July 2</b>	<b>NORTHGATE FACILITY CLOSURE BEGINS</b>

## NORTHGATE FACILITY CLOSURE INFORMATION

Stay tuned for more information about closure dates and program relocation details.  
(Please see page 8 for more details).

# NESA's LANDRY LEISURE PASS



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

## Things to Know

You can now register for the 2023 LLP program.

## How do I qualify?

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

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

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

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

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

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

## INTERESTED? HAVE QUESTIONS?

For more information or to register for the Landry Leisure Pass, contact our Outreach Workers at 780.414.8790

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

- Ensure to have your LLP status updated/active with Outreach **PRIOR** to registering so your member account can be updated.
- Complete the NESA registration process (See page 4 for available options).
- If registering online, your subsidy will automatically be applied to eligible programs. If mailing in your payment, please pay only your portion. Program cost is reduced by 75%, therefore you pay 25% of the regular program cost\*.
- You may receive a discount on up to 10 programs a year. (This can include NESA's Fitness Centre's Annual, Monthly, 10/12-visit, or single admission passes. Arrangements for Fitness Centre admission-reduction, must be completed during NESA's hours of operation [8:30AM-4PM]).

## \*NOT eligible for discount:

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

# HOME SUPPORTS & OUTREACH SERVICES



## Home Supports 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

**Five 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, T6A, 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 East 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
- Information regarding transportation services, homecare, housing options and food provisions
- Leisure Access passes for NESA and the City of Edmonton
- Resources to reduce isolation
- Navigating the health care system





## Cherrydale Café

EMMA Catering is the exclusive caterer at the Northgate Lions Recreation Centre. With over 18 years of experience, and capacity for small and large groups, EMMA Catering is able to offer a wide range of affordable catering options, on-site and off.

While EMMA Catering hasn't yet confirmed what delicious meals and menus they have in store for you, please give them a call or join their e-mail list to learn more about their catering services and what's going to be planned for future seasons!

**Contact Dragana** and the catering team at **780.406.0840** or via email at **[emmacateringveg@gmail.com](mailto:emmacateringveg@gmail.com)** for more information.

If you would like to sign up for EMMA Catering's e-communications, visit the below website to add your name to the list!

**[nesa1.ca/what-we-do/cherrydale-cafe.html](http://nesa1.ca/what-we-do/cherrydale-cafe.html)**

**Check out the NESA Events on page 54 for information about upcoming special events, dances and dinners.**



## 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!**



**EMMA Catering**  
**780.406.0840**

**Superb home cooked meals  
@ Excellent prices!**

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.

ACTIVE

FUN

LEARN



**Please recycle!**

– And pass this program guide on to a friend