



FALL 2021

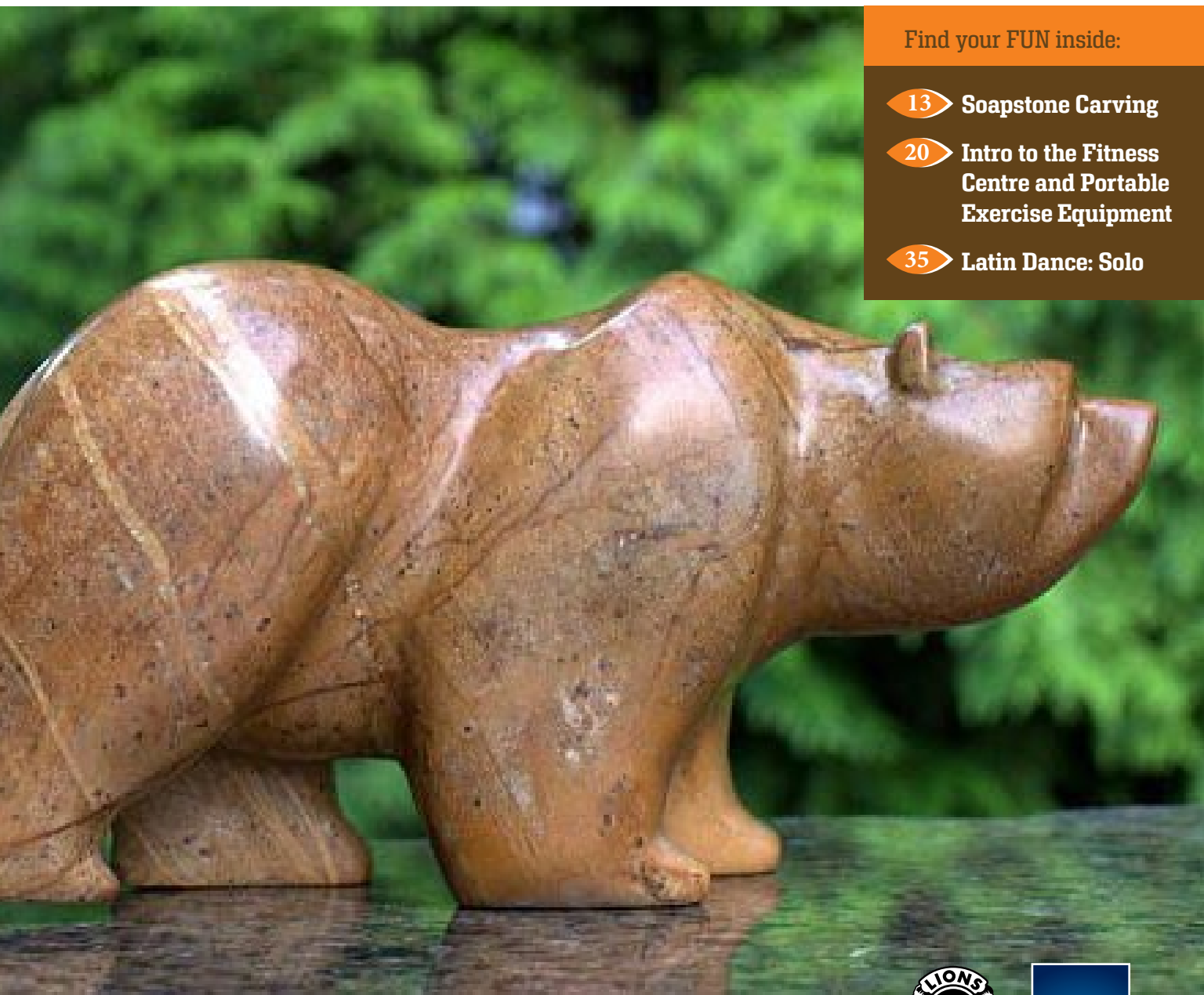
Registration Begins Aug 30, 2021 at 8:30AM

# PROGRAM & ACTIVITY Guide

AT NORTHGATE LIONS SENIORS RECREATION CENTRE

Find your FUN inside:

- 13 Soapstone Carving
- 20 Intro to the Fitness Centre and Portable Exercise Equipment
- 35 Latin Dance: Solo



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





7524 - 139 Avenue

# our history

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

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

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

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

FALL 2021

## CONTENTS



Clubs . . . . .	36-39
Computers & Devices . . . . .	9
Covid-19 and an Operations Update . . . . .	8
Crafts & Hobbies . . . . .	10-13
Dinners & Rentals . . . . .	43
Drawing & Painting . . . . .	14-15
Fitness & Sports . . . . .	16-23
Fitness Centre . . . . .	24
General Interest . . . . .	25-28
Health & Wellness . . . . .	29-30
Home Supports & Outreach Services . . . . .	42
Landry Leisure Pass . . . . .	41
Languages . . . . .	31
Mail-In Registration . . . . .	7
Matinee Movies . . . . .	NOT CURRENTLY AVAILABLE
Membership Form . . . . .	5-6
Membership Info . . . . .	3
Music, Song & Dance . . . . .	32-35
NESA Events . . . . .	40
Program Registration Info . . . . .	4
Tours & Outings . . . . .	STAY TUNED FOR MORE INFO

Join us for Laughter,  
Learning, and Living!

*Fun Keeps You Young*

# MEMBERSHIP INFORMATION FALL 2021

**Office Hours**  
**Mon to Fri 8:30AM - 4PM**  
**Closed 12 - 12:30 PM**  
**Registration Begins:**  
**Aug 30, 2021 @ 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:

**New Members** - Purchase In-person, Telephone, or Mail-in.

**Renewing Members** - Purchase Online, Telephone, In-person, or Mail-in.

## LIFETIME MEMBERSHIP

**GOLD MEMBERSHIP (85+)**

- 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.

### How to Obtain:

**New Members** – Purchase In-person, Telephone, or Mail-in.

**Renewing Members** – Automatically updated internally.



## 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.

## NON-MEMBERS

- Limited to special events and various one-day lectures or presentations.

Look for this symbol **NMW** (Non-members welcome) to confirm what activities non-members are eligible for.

## FALL PROMOTION EXTEND THE FUN!

Purchase your 55+ membership today for \$40 and your membership won't expire until the end of NEXT YEAR!!

### DID YOU ALREADY PURCHASE A 2021 MEMBERSHIP FOR \$30?

Don't worry, we have got you covered! Just give us a call at 780-496-6969 or visit our desk during office hours and we will be happy to upgrade your membership for \$10.

# PROGRAM REGISTRATION INFORMATION & FORMS

register online

## HOW TO REGISTER:

### ONLINE REGISTRATION

No more waiting in line, go "on"line instead. Register for programs in the comfort of your own home! Online is the most efficient way to get registered into your program!

Please visit our website [www.nesa1.ca](http://www.nesa1.ca) and click "**My Account**" for further instructions about how to activate your account. We encourage you to activate your account and purchase your membership early to avoid any issues or disappointments.

**Need access to a computer?** The computer lab will be open during office hours from August 30 - September 10. 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\*

\*Please note that NESAs will not be hosting an official in-person registration event. 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 and cheque payment.

While the NESAs 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 (Closed between 12-12:30pm).

### MAIL-IN

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

### CANCELLATIONS AND REFUNDS

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

### LOW ENROLMENT POLICY

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

### DISCLAIMERS

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



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

**OFFICE USE ONLY**

- Regular Membership ☐  
Non senior 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 | Fall Promotion Available

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

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

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

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

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

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

☐ MALE ☐ FEMALE ☐ PREFER NOT TO 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)  
☐ TERMS OF SERVICE ELECTRONICALLY SUBMITTED ON BOOKING  
☐ 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.nesa1.ca](http://www.nesa1.ca)

## Terms of Service

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

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

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

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

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

I understand that the North Edmonton Seniors Association [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.nesa1.ca](http://www.nesa1.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 **the day after** the first day of online registration and as received thereafter;
- Are accepted on a space availability basis and a space in class is not guaranteed; **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, tutorials and tips) visit **[www.nesa1.ca](http://www.nesa1.ca)** , click 'Get Involved' and select 'Register'

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

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

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

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

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

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

## Covid-19 and an Operations Update

While we know that covid-19 will remain an ongoing concern for all of us for months and likely years to come, we are confident that if everyone continues to do their part to keep one another safe, that we should be able to safely reconnect in person and enjoy activities together here at NESA this upcoming season. Having said this, we do recognize that at any time the province of Alberta and our partners at the City of Edmonton might require new guidelines and protocols be implemented if the pandemic situation changes. Should new changes be mandated we will update our membership and respond accordingly.

### Patron safety remains our top priority. The following guidelines and measures have been made at the facility to keep you safe:

- Contactless registration continues to be encouraged (online or mail-in methods are preferred);
- Disinfection wipes and sanitizer stations will be available as well as sinks in many of the program and activity spaces for hand-washing;
- Program and activity maximum enrollment totals have been reduced to prevent overcrowding;
- Where possible, relocation of larger activity groups into alternate spaces;
- Staggering of start and end times of larger programs and activities to prevent overcrowding in common areas, change rooms, elevators, etc.;
- Where possible, use of alternate exits from the building is encouraged;
- Sneeze guards remain installed in high-traffic areas such as the front desk, fitness centre, and outreach desks;
- Office hours have been adjusted to allow time for staff and volunteers to sanitize and properly prepare before and after their shifts;
- Reservation-based system remains implemented in the Fitness Centre with reduced patron occupancy;

## Continuous Masking and Covid-19 Vaccinations

As covid-19 vaccinations have not been mandated by the Province of Alberta, The North Edmonton Seniors Association will not be enforcing that instructors, staff or members be required to have or show proof of having a vaccination at this time. NESA will proceed to offer activities and programs as safely as possible as per the recommendations from Alberta Health Services and the City of Edmonton. It is encouraged that all patrons continue to implement safe and healthy practices into their daily activities and routines in efforts to keep one another safe. As has always been the case, people who are ill, regardless of the cause, are asked to refrain from visiting the facility until fully recovered.

While masks are not mandatory for staff, instructors or the public, if an individual chooses to wear a mask or not, that choice will be respected.

### What you can do to keep yourself and others safe:

- Participants are asked to arrive no more than five minutes before their program begins in order to limit traffic and congestion within the hallways and waiting spaces;
- Though not required, participants are encouraged to bring their own program supplies (i.e. art supplies, handheld tools, instruments exercise mats and fitness equipment);
- When possible, participants should bring their own filled water bottles;
- Please limit the amount of personal items brought with you as locker space is limited. (Wallet and key lockers are available and remain complimentary);
- If possible, please wear your workout clothing to your fitness activity so you can minimize the amount of time spent in the change rooms;
- Ensure to bring your indoor footwear with you and leave any soiled or wet footwear on the provided shoe racks;
- Participants will be expected to spend a few minutes at the beginning and at the end of their program to sanitize their spaces and wash their hands. Frequent hand-washing is one of the best ways to prevent the spread of infection;
- Ensure to conduct daily health assessments and if feeling unwell, please postpone your visit to NESA and return once you are feeling better.

**THANK YOU FOR DOING YOUR PART TO KEEP YOUR RECREATION COMMUNITY SAFE.**





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

**NEW!**

## 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 Thursday afternoons computer/device-tutor Shawn will offer hour-long tech tutorials. Book one or book a bunch! You can even email or call NESA with a question list *prior* to to your scheduled session and it will be forwarded to Shawn so you can get the biggest bang for your buck and have your session customized to your needs!

This year, we'll offer tutorials in *two* styles. If you wish to learn from the comfort of your own home, you can take your tutorial virtually through Zoom or Google Meet! If you have questions that require a face to face tutorial or simply would prefer to meet in person we can do that too (just remember to bring your electronics' power adapters or cables to the meeting). 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.

## 12 WEEK SESSIONS ALTERNATING BETWEEN



Online

AND



In-Person

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

- A** Thu, Sep 16 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- B** Thu, Sep 23 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- C** Thu, Sep 30 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- D** Thu, Oct 7 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- E** Thu, Oct 14 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- F** Thu, Oct 21 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- G** Thu, Oct 28 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- H** Thu, Nov 4 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- I** Thu, Nov 18 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- J** Thu, Nov 25 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm
- K** Thu, Dec 2 ① 12-1pm ② 1:30-2:30pm ③ 3-4pm

**No class Nov 11**

**\$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.

## Acrylic Pouring

Janelle Tameling & Sharlene Wyness

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. All supplies are included in the cost of the class. No previous painting experience is required. Wear old clothes and an apron. This could get messy!

Fri, Nov 12 / 12:30-3:30pm / 1 date

\$40

## Bird Carving: Northern Flicker (Continuation)

Diane Sharkey

Our friend and long-time instructor Hugh has retired and will be missed by his students dearly. Do you have an unfinished Flicker, and would like some guidance about how to finish it? In this 5-week session, Diane will help you complete the project that you started with Hugh. **NOTE** As this is a continuation course, only participants that were previously enrolled can register.

**NEW Instructor! NEW Time!**

Wed, Sep 22-Oct 20 / 9am-12pm / Wks 5

\$68

## **NEW!** Bird Carving: Red Breasted Nuthatch

Diane Sharkey

Diane Sharkey is a member and instructor at the Alberta Wildlife Carving Association. You may recognize her as her carving interest was initially peaked when she took her first class here at NESA with Hugh Acheson! In the past 7 years, she has taken numerous carving courses from world champion carvers and is very excited to share what she has learned. This project will have a continuation course in the Winter Session and most likely last until June. New participants welcome.

**NOTE** Additional cost for supplies payable to instructor (approximately \$20).



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

**NEW Instructor! NEW Time!**

Wed, Oct 27-Dec 01 / 9am-12pm / Wks 6

\$81

## DON'T FORGET

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



## DID YOU KNOW?

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

### 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, Sep 15-Dec 01 / 12:30-3:30pm / Wks 12

**\$97**

### 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.

Fri, Oct 01 / 9am-3pm / 1 date

**\$40**

### Creative Cards for Christmas

**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.

Fri, Dec 03 / 9am-3pm / 1 date

**\$40**

### Creative Writers Circle

**Ken Saik**

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

Tue, Sep 14-Nov 30 / 12:30-3pm / Wks 12

**\$97**





### Creative Writing - Basics for Beginners

**Ken Saik**

Always wanted to put your thoughts, memories, and stories to paper but have no idea how to begin? Join Ken as he teaches you how to write journals, letters, memoirs, fiction, and poetry in an entertaining way for others to enjoy. Learn effective character development, setting, and mood while exploring the sheer joy of playing with words.

Tue, Sep 14-Nov 30 / 10am-12pm / Wks 12

**\$80**

### Crochet - Basic to Advanced

**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, Sep 14-Nov 30 / 1:30-3:30pm / Wks 12

**\$120**

### Knitting - For All Levels

**Ann Marston**

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

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

Tue, Sep 14-Nov 30 / 11am-1pm / Wks 12

**\$120**

### Northgate Writing Society

**Northgate Writing Society**

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

Fri, Sep 17-Dec 03 / 1-3pm / Wks 10

**No class Oct 29 & Nov 26**

**\$20**



## Soapstone Carving - Grizzly Bear

Kay McCormack

Love sculptures? Love stone carvings? Here's your chance to create the iconic Grizzly Bear. Beginner and intermediate carvers are welcome to spend a 3-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.



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

Tue, Oct 26-Nov 09 / 12:30-3:30pm / Wks 3

\$135



## The Art of Redesigning Jewellery - An Introduction

Shirley Zago

Learn the basics of using simple tools to take apart your own costume jewellery. See the many possibilities to recreating your own pieces in taking apart necklaces, earrings, bracelets, broaches, etc. *All tools supplied, please bring your own costume jewellery.*

Fri, Oct 15 / 12:30-3:30pm / 1 date

\$25



## The Art of Redesigning Jewellery - Level 2

Shirley Zago

Having learned the use of the tools, together we take apart to recreate using your jewellery and with what I bring to add to creating new pieces. Trends in jewellery are forever changing and having fun using our imaginations in redesigning. *All tools supplied, please bring your own costume jewellery.*

Fri, Oct 22-Oct 29 / 12:30-3:30pm / Wks 2

\$50







## MATERIALS

Please refer to class supply lists provided in the links below. Registering by mail-in? A copy of the list will be sent to you by mail.

\*In light of the covid-19 situation, please help us keep one another safe and ensure to bring your own drop-cloths, art easels, or any other supplies that NESAs may have provided in the past. Thank you!

### 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, discussion, 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, Sep 21-Nov 09 / 12:30-3:30pm / Wks 8

**\$206**

### Birds in Pen & Ink

**Susan Casault**

Whether you are new to the medium of Pen & Ink or if you have fallen in love with it already, join us in drawing a variety of birds over a six-week session. You will explore line, textures and values using different drawing techniques. Several small drawings will be completed. Photo reference will be provided by the instructor.



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

Thu, Sep 16-Oct 21 / 9:30am-12:30pm / Wks 6

**\$160**

### Drawing Heads and Faces

**Muhammed Salayi**

Join Muhammed and become more familiar with drawing the anatomy and basic structures of the human head. This course will give you a strong basis for understanding the form, shape, and proportions of facial features. Ultimately, you will have a better understanding about how to create a well-constructed and fully rendered face.



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

Thu, Sep 23-Oct 21 / 12:30-3:30pm / Wks 5

**\$105**



### Gouache Painting

**Muhammed Salayi**

It is never too late to discover another painting medium. Muhammed will be teaching about a centuries-old type of paint called gouache (goo-wash). Gouache is a water-based medium that is easy to handle, and washable with no odor. Gouache has a lovely, heavy, and velvety texture that absorbs light rather than reflecting it, creating a very smooth appearance. Join Muhammed as he explains why this medium is so magical. He will teach you how to use it to create vibrant, luminous works of art. The course is for every level.



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

Thu, Oct 28-Dec 02 / 12:30-3:30pm / Wks 5

**No class Nov 11**

**\$105**



## Oil Painting

Debbie Olafson

Learn with instructor Debbie Olafson as she provides step-by-step guides and demonstrations for creating beautiful paintings using oil paint.

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

**A** Mon, Sep 13-Oct 25 / 9:30am-12:30pm / Wks 6

No class Oct 11

\$130

**B** Mon, Nov 01-Dec 06 / 9:30am-12:30pm / Wks 6

\$130

## Painting with Pastel Pencils

Debbie Olafson

Pastel Pencils are a versatile friendly medium which can be combined with other forms of pastels to create fresh unique velvety-like paintings.

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

**A** Mon, Sep 13-Oct 25 / 1-4pm / Wks 6

No class Oct 11

\$130

**B** Mon, Nov 01-Dec 06 / 1-4pm / Wks 6

\$130

## Pencil Drawing – Rural Alberta

Susan Casault

Join us for a six-week session of drawing in graphite pencil with a rural Alberta theme. A collection of small drawings including farm implements and landscapes will be covered in class. Gain more confidence using proportion, values, perspective and textures to create realistic drawings. The class will be taught with demonstrations and one-on-one guidance. Some drawing experience is recommended.

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

Thu, Oct 28-Dec 09 / 9:30am-12:30pm / Wks 6

No class Nov 11

\$160



## Watercolor with Willie For All Levels

Willie Wong

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

Wed, Oct 27-Dec 01 / 1-4pm / Wks 6

\$156

## Watercolors with Cindy

Cindy Barratt

Cindy will guide you through painting with watercolours with a variety of exercises, demos, discussions, and lots of hands-on painting projects with individual assistance. Each week we will explore different techniques or themes, as well as learn about colour and colour mixing, brush strokes, and handling watercolour. Weekly themes will provide students with plenty of opportunities to work on their own individual painting projects or use the reference and project materials Cindy provides. For beginner to intermediate levels.

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

Fri, Sep 24-Nov 12 / 12:30-3:30pm / Wks 8

\$206



## 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 23 for a class selection overview.

### Age Reversing Essentrics®

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

**Samara Hipkin**

**A** Mon, Sep 13-Dec 06 / 10:15-11:15am / Wks 12

No class Oct 11

**\$136**

**Meaghan Hipkin**

**B** Fri, Sep 17-Dec 03 / 10-11am / Wks 12

**\$136**

### **NEW!** Barre Cardio

**Falon Fleming**

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

**A** Thu, Oct 07-Oct 28 / 9-10am / Wks 4

**\$26**

**B** Thu, Nov 18-Dec 09 / 9-10am / Wks 4

**\$26**

### 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, Sep 13-Dec 06 / 2-3:30pm / Wks 12

No class Oct 11

**\$112**

### 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.

**Class A in Auditorium**

**A** Mon, Sep 20-Dec 06 / 8:30-9:30am / Wks 10

No class Oct 11, Oct 18

**\$65**

**Class B in the Studio (class size reduced)**

**B** Wed, Sep 22-Dec 01 / 8:30-9:30am / Wks 11

**\$72**

## WHAT IS NESAS DOING TO KEEP YOU SAFE?

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

## DID YOU KNOW?

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

GST Charitable #119060317 RR 0001



## Chair Stretch and Balance

**Marguerite Critchley**

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

Mon, Sep 13-Dec 06 / 12:45-1:45pm / Wks 12

**No class Oct 11**

**\$78**

## Chair Total Body Workout

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

**Harmeet Khaira**

**A** Tue, Sep 14-Nov 16 / 12:45-1:45pm / Wks 10

**\$65**

**Maggie Nichol**

**B** Thu, Sep 16-Dec 09 / 2:45-3:45pm / Wks 12

**No class Nov 11**

**\$78**

## 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 please do bring a yoga mat.

**Beverley Moore**

**A** Tue, Sep 14-Nov 30 / 12:15-1:15pm / Wks 12

**\$90**

**Barb Deneka**

**B** Thu, Sep 16-Dec 09 / 12:15-1:15pm / Wks 12

**No class Nov 11**

**\$90**

## **NEW!** 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 able to work up and down off the mat and must be able to transition efficiently throughout class.

**Class A in Room 105 (class size reduced)**

**A** Fri, Sep 24-Dec 03 / 8:30-9:30am / Wks 11

**\$72**

**Class B in Room 105 (class size reduced)**

**B** Fri, Sep 24-Dec 03 / 9:45-10:45am / Wks 11

**\$72**



## Essentrics® Release, Rebalance, and Restore

**Liz Olson**

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

Thu, Sep 16-Dec 09 / 12:15-1:15pm / Wks 12

No class Nov 11

\$136



## Essentrics® for Seniors

**Samara Hipkin**

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work.

Mon, Sep 13-Dec 06 / 11:30am-12:30pm / Wks 12

No class Oct 11

\$136

## Essentrics® for Stretch and Tone

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

**Samara Hipkin**

**A** Mon, Sep 13-Dec 06 / 9-10am / Wks 12

No class Oct 11

\$136

**Meaghan Hipkin**

**B** Fri, Sep 17-Dec 03 / 8:45-9:45am / Wks 12

\$136

## Fit for Your Life

**Falon Fleming**

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

**Class A in Auditorium**

**A** Mon, Sep 20-Dec 06 / 9:45-10:45am / Wks 10

No class Oct 11, Oct 18

\$65

**Class B in the Studio (class size reduced)**

**B** Wed, Sep 22-Dec 01 / 9:45-10:45am / Wks 11

\$72





## DON'T MISS OUT!

All programs and clubs require a set minimum number of participants enrolled in order to pay for instructor costs and administration fees. Programs and clubs that do not reach the required minimum will be at a risk of postponement or cancellation. Program and club enrollments are reviewed **ONE WEEK PRIOR** to their start date so please sign up early to avoid disappointment!

### Fun'n Fitness

**Maggie Nichol**

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

**A** Mon, Sep 13-Dec 06 / 12:45-1:45pm / Wks 11

**No class Oct 11, Oct 18**

**\$72**

**B** Thu, Sep 16-Dec 09 / 1:30-2:30pm / Wks 12

**No class Nov 11**

**\$78**

### **NEW!** Gentle Hatha Yoga

**Christine Leach**

Practice yoga in a way that honours your body. Gentle Hatha can allow space to bring peace, balance, and harmony to our minds, bodies, and hearts. These classes will explore the gentler styles of Hatha Yoga including soft breathing practices, various comfortable, gentle stretching with longer holds and calming, centering meditations. Every week, the class may be slightly different, the only constant is that the practice is gentle. This class is suitable for: beginners; people who have been away from yoga for a while; people with various injuries; seniors. Low intensity. Suitable for all levels.

**A** Fri, Sep 17-Oct 15 / 11:30am-12:30pm / Wks 5

**\$38**

**B** Fri, Oct 29-Nov 26 / 11:30am-12:30pm / Wks 5

**\$38**

### 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.

Thu, Sep 16-Dec 09 / 10:30am-12pm / Wks 12

**No class Nov 11**

**\$112**

### Hatha/Yin Yang Yoga

**Marguerite Critchley**

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

Wed, Sep 15-Dec 1 / 2-3:30pm / Wks 12

**\$112**



## **NEW!** Introduction to the Fitness Centre and Portable Exercise Equipment

**Boris Derpich**

Do you have questions about how to use the NESA fitness centre equipment or what exercises you can do with the portable equipment? Join Personal Trainer Boris for four dates of orientation (Tue & Thu) to review exercise options, ideas, and to ask any questions you might have! (Space is limited to four people in a group).

**A** Sep 21, 23, 28 & 30 / 2:15-3:30pm / 4 dates

**\$36**

**B** Oct 5, 7, 12 & 14 / 2:15-3:30pm / 4 dates

**\$36**

**C** Oct 19, 21, 26 & 28 / 2:15-3:30pm / 4 dates

**\$36**

## **NEW!** Introduction to Pickleball

**Leslie Srogen**

Learn to play the sport of Pickleball in two, 1.5 hr. weekly sessions lead by a qualified instructor who will give you the basics to play confidently with like skilled players. Afterwards enjoy 10 weeks of fun filled round robin play with this group.

Tue, Sep 14-Nov 30 / 2-3:30pm / Wks 12

**\$44**

## **NEW!** Introduction to Pickleball (Registered Play)

Have you already taken one of NESA's previously offered instructor-lead learn-to-play clinics from Leslie? If so, join this new group of beginners for ten-weeks of round-robin play. Limited spaces available.

Tue, Sep 28-Nov 30 / 2-3:30pm / Wks 10

**\$20**

## **NEW!** Introduction to Weightlifting

**Boris Derpich**

Do you want to learn how to safely and effectively use hand weights? Looking for new exercise ideas on how to use them? Join personal trainer Boris for a five-week course for techniques, tips and new ideas on how to weightlift. No experience necessary and all levels of fitness are welcome.

**A** Wed, Sep 22-Oct 20 / 1-2pm / Wks 5

**\$33**

**B** Wed, Oct 27-Nov 24 / 1-2pm / Wks 5

**\$33**

## Limber and Laughter

**Maggie Nichol**

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

Mon, Sep 13-Dec 06 / 11:30am-12:30pm / Wks 11

**No class Oct 11, Oct 18**

**\$72**

## Recover and Rebuild - Back and Shoulder

**Maggie Nichol**

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

Mon, Sep 13-Dec 06 / 10-11am / Wks 12

**No class Oct 11**

**\$78**



**NEW! Resistance Band Body Blast**  
**Natasha Hilchie, ENPCN Exercise Specialist**

Do YOU know what to do with resistance bands? Join an Exercise Specialist from the Edmonton North Primary Care Network for safe and effective total body exercise program, with easy-to-use resistance bands. Find out how to include some cardiovascular training in your strength training workout, and get a take-home program and resistance band to jumpstart your fitness routine.

**Class in Auditorium**

Fri, Sep 17 / 1-2:30pm / 1 date

**\$5**



**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.

Tue, Sep 14-Nov 30 / 10:30am-12pm / Wks 12

**\$112**

**Stretch 'n Tone Yoga: Intermediate**

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

**Beverley Moore**

**A** Tue, Sep 14-Nov 30 / 8:45-10:15am / Wks 12

**\$112**

**Barb Deneka**

**B** Thu, Sep 16-Dec 09 / 8:45-10:15am / Wks 12

**No class Nov 11**

**\$112**

**Suspension Training for Beginners**

**Kelly Gifford**

Join personal trainer Kelly for a five-week suspension training course to learn the basics of how to use a suspension trainer for a safe, effective, and fun workout. All fitness levels are welcome!

**A** Wed, Sep 22-Oct 20 / 8:30-9:30am / Wks 5

**\$33**

**B** Wed, Sep 22-Oct 20 / 2:15-3:15pm / Wks 5

**\$33**

**C** Wed, Oct 27-Nov 24 / 8:30-9:30am / Wks 5

**\$33**

**D** Wed, Oct 27-Nov 24 / 2:15-3:15pm / Wks 5

**\$33**

**Tai Chi (Yang Style) - Level I**

**Leslie Sarabin**

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

Mon, Sep 20-Dec 06 / 11:15am-12:15pm / Wks 11

**No class Oct 11**

**\$83**

## FITNESS & SPORTS . . . continued



### Triple S - Suspension Training

Jollean Ferrari

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

**INTERMEDIATE** Pre-requisite Triple S - Beginner

**A** Tue, Sep 21-Nov 23 / 8:30-9:30am / Wks 10

\$65

**BEGINNER**

**B** Tue, Sep 21-Nov 23 / 9:45-10:45am / Wks 10

\$65

**INTERMEDIATE** Pre-requisite Triple S - Beginner

**C** Thu, Sep 23-Nov 25 / 8:30-9:30am / Wks 9

No class Nov 11

\$59

**BEGINNER**

**D** Thu, Sep 23-Nov 25 / 9:45-10:45am / Wks 9

No class Nov 11

\$59

**FEATURED CLASS**

### Wellness Wednesdays with Kelly

A 5-week integrative wellness program designed to support you in thriving physically, mentally, emotionally and spiritually. You will start your day with a wellness workshop, followed by a lunch break from 12-12:30pm and then will participate in a one-hour full-body fitness class, every Wednesday with Kelly, a certified personal trainer, nutritionist and integrative health coach. Come learn the tools to support your holistic wellbeing!

**NOTE** Lunch is not provided.

Wed, Oct 13-Nov 10 / 10:30am-1:30pm / Wks 5

\$99

### Zumba

Marguerite Critchley

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

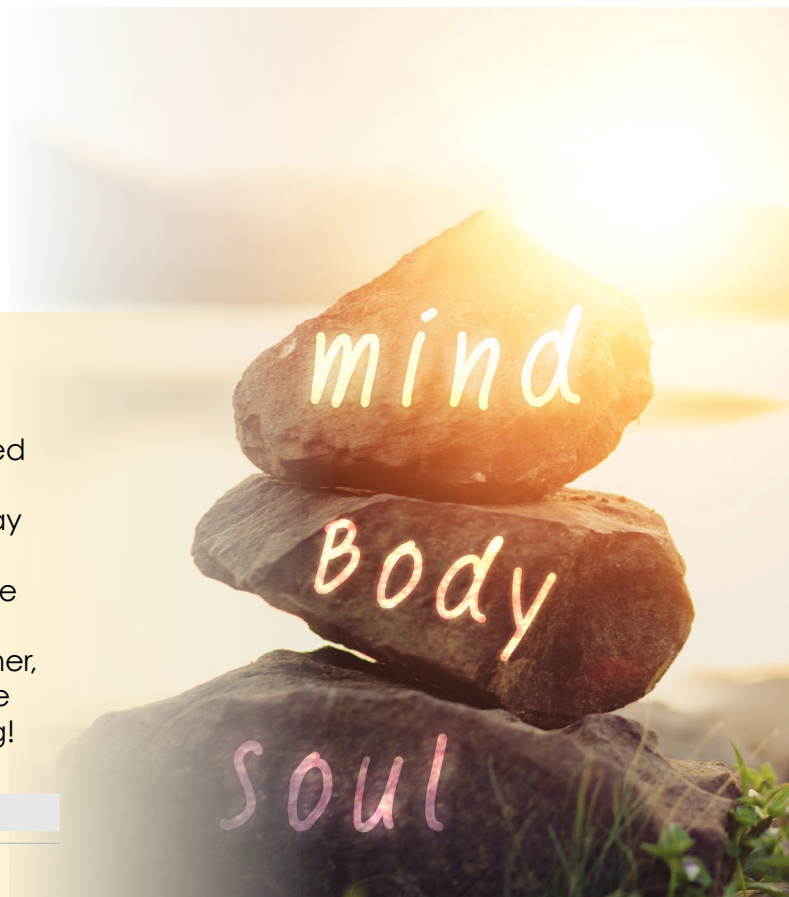
**A** Tue, Sep 14-Nov 30 / 12:15-1:15pm / Wks 12

\$78

**B** Thu, Sep 16-Dec 09 / 12:15-1:15pm / Wks 12


No class Nov 11

\$78



# FITNESS CLASS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	<ul style="list-style-type: none"> <li>• Age Reversing Essentrics®</li> <li>• Cardio Plus</li> <li>• Essentrics® Stretch and Tone</li> <li>• Fit For Your Life</li> <li>• Limber and Laughter</li> <li>• Recover and Rebuild - Back and Shoulder</li> <li>• Tai Chi</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch 'n Tone Yoga (Beg.)</li> <li>• Stretch 'n Tone Yoga (Int.)</li> <li>• Triple S (Beg.)</li> <li>• Triple S (Int.)</li> </ul>	<ul style="list-style-type: none"> <li>• Cardio Plus</li> <li>• Fit for Your Life</li> <li>• Suspension Training for Beginners</li> </ul>	<ul style="list-style-type: none"> <li>• Barre Cardio</li> <li>• Gentle Yoga</li> <li>• Stretch 'n Tone Yoga (Int.)</li> <li>• Triple S (Beg.)</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 Hatha Yoga</li> </ul>
AFTERNOON	<ul style="list-style-type: none"> <li>• Beginner Yoga</li> <li>• Chair Stretch and Balance</li> <li>• Essentrics® For Seniors</li> <li>• Fun 'n Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Total Body Workout</li> <li>• Chair Yoga</li> <li>• Intro to Fitness Centre</li> <li>• Intro to Pickleball</li> <li>• Zumba</li> </ul>	<ul style="list-style-type: none"> <li>• Hatha/Yin Yang Yoga</li> <li>• Intro to Weightlifting</li> <li>• Suspension Training for Beginners</li> <li>• Wellness Wednesdays with Kelly</li> </ul>	<ul style="list-style-type: none"> <li>• Chair Total Body Workout</li> <li>• Chair Yoga</li> <li>• Essentrics® Release, Rebalance, and Restore</li> <li>• Fun 'n Fitness</li> <li>• Intro to Fitness Centre</li> <li>• Zumba</li> </ul>	 <p><b>SPECIAL FITNESS EVENT</b>  <b>Resistance Band Body Blast</b>  <b>Sep 17 / 1-2:30 pm</b>  <i>See page 21 &amp; 30</i></p>

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

### Classes include:

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

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

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

### Classes include:

Chair Stretch and Balance, Chair Total Body Workout, Chair Yoga, Essentrics® for Seniors, Essentrics® Release, Rebalance, and Restore, Fit For Your Life, Fun 'n Fitness, Limber and Laughter, Introduction to Fitness Centre, Introduction to Weightlifting, Recover and Rebuild - Back and Shoulder, Suspension Training for Beginners, Tai Chi and Wellness Wednesdays with Kelly.

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



# OUR FITNESS CENTRE



register online

## Hours Of Operation

Monday to Friday / 8:30AM - 2:15PM

## RESERVATIONS ARE REQUIRED.

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

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

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

## Closed on Weekends & Holidays

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

## Fitness Centre Admission Fees

**Single Admission** \$4

**Monthly Pass** \$35

**10-Visit Pass** \$30

**Annual Pass** \$325

*\*Prices may be subject to change.*

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

*10-Visit passes expire after one year.*

## What We Offer

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

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

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

## PERSONAL FITNESS TRAINING SERVICES AVAILABLE.

Please call or visit the centre to learn more.



## 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!



**NEW!** **A Visit with Bob Layton**  
**Bob Layton**

Join Bob Layton for an enlightening visit and conversation where he will share with you about his life in radio and about the crazy, bizarre, funny, and sad things that happened to him over the years, working off-air as a ventriloquist, auctioneer, and keynote speaker. Presentation will be held in the Auditorium.

Fri, Sep 24 / 1-2:30pm / 1 date

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

**NEW!** **Color Me Bountiful**  
**Susanne Urbina**

Learn what your best colors are for your personality; complexion, hair and eyes and for the upcoming seasons. See how this translates to your accessory and make-up choices.

Wed, Oct 27 / 1:30-3:30pm / 1 date

**\$24**

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

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

**NEW!** **Dress for Greatness**  
**Susanne Urbina**

Dressing for success can mean knowing how to put a look together to be successful not only for the workplace but also for life. Let your greatness shine with a wardrobe that suits your lifestyle, body type and personality.

Wed, Nov 3 / 1:30-3:30pm / 1 date

**\$24**

**NEW!** **Estate Planning 101 – A General Overview**

**Edmonton Community Foundation**

This session is conducted by an estate lawyer who volunteers his/her time to present information about the importance of having a valid, up-to-date Will. Information provided will include: the difference between Personal Directives and Enduring Power of Attorney and why you need them; What a Will can and cannot do; how a Will can help save taxes for both you and your estate; and Why a properly prepared Will, with the assistance and expertise of a lawyer, accountant, financial and estate planner, is so important.

Fri, Oct 08 / 1-3pm / 1 date

**FREE but registration is required-please call 780-496-6969**  
**NMW**



## GENERAL INTEREST ... continued



### **NEW!** Easy Photo Books Ann Ozdoba

For this session each participant will need 90 – 350 pictures on a theme (holiday, birthday, special event) to make their photo book. The first week will be on how to upload, edit, and organize your pictures. The second week would be how to use the Autobook program. Third week would be to make final edits on your photo book and learn how to use the Design and Print feature for future books or projects. Participants can bring their own laptops or have their pictures on a USB stick and use the lab's. This is an online based program. *(The cost of publishing a photo book is not included).* **NOTE** Bring photos Don't forget to bring your USB!

Thu, Oct 07-Oct 21 / 10:30-11:30am / Wks 3

\$15

### DID YOU KNOW?

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

### **NEW!** ETS - Route and Transportation Information Session

**Vicki Gudelj**

ETS staff will be on hand in the NESA lobby on Wednesday, September 15 between 10 am - 2 pm. If you haven't been on transit for a while and would like to catch up on service changes, stop by to speak to transit staff who can answer your questions and also provide printed transit information.

Wed, Sep 15 / 10am-2pm / 1 date

**Just visit! NMW**







## Exploring You!

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

This program is open to a limit of 4 attendees and is focused on the use of a 'thinking styles survey' to explore your thinking preferences. This course involves completing your personal Thinking Preference survey. The survey allows individuals to understand their thinking preferences and how those preferences may be influencing your choices in life, your communications with others and your reaction to change. The program involves 3 hours of presentations plus your own time (20 - 30 mins) to complete the survey. The first one-hour session will be an introduction, followed by you completing the survey and then two one-hour sessions to review and learn how to apply what you have discovered about yourself. (Course fees include the cost of the survey).

Sep 21, 22 @ 1-2pm & Sep 23 @ 1-3pm / 3 dates

**\$125**



## Face The Facts

**Susanne Urbina**

Learn how to take care of your skin for the upcoming seasons with information on anti-aging and natural products, budget friendly options and cosmetic procedures. A great introduction that can lead to a flawless make-up application.

Wed, Sep 29 / 1:30-3:30pm / 1 date

**\$24**

## Funeral Home Myth Busters & FAQ's

**Brandy Rollins from Trinity Funeral Home**

Have a question you've always wanted to ask of a funeral home? Would you like to better understand Funeral Home processes to be better prepared? Join us for this hour of debunking common myths, learn how to avoid paying much more than necessary and become familiar with terminology and requirements that will empower you to make the best decisions for yourself and your loved ones.

Tue, Nov 9 / 1-2:30pm / 1 date

**\$2 NMW**



## NESA IS PROUD AND GRATEFUL

To have approx. 250 Volunteers that help with registration, administration, fundraising, social events, committees, CARE programs, our Board of Directors, and much more!

## Green Burial

**Brandy Rollins from Trinity Funeral Home**

Green burial is designed to have a minimal environmental impact and conserve natural resources. Also called natural burial or eco-friendly burial, green burial emphasizes simplicity and sustainability. Attend this informative session and learn about how your end of life options have expanded to include the true traditional methods of burial.

Tue, Oct 5 / 1-2:30pm / 1 date

**\$2 NMW**



## Legacy Oral Storytelling

**Dorothy Lowrie, CEO of Human Learning Architecture and Storytelling Alberta**

This course focuses on the process of life reflection. During this four date course, you will learn how to use key life moments to create a life and oral legacy story about your important moments and finally, the chance to practice and record your 3 - 4 minute legacy story.

Nov 17 / 1-2:30pm

Nov 18 / 1-3pm

Nov 24 / 1-2pm

Nov 25 / 1-3pm

**\$48**

## **NEW!** Make-Up a New Story

**Susanne Urbina**

Learn how to put your best face forward with make-up tips to take years off and present a new look/new story for Fall.

Wed, Oct 6 / 1:30-3:30pm / 1 date

**\$24**

## **NEW!** Organize Your Pictures

**Ann Ozdoba**

Do you want to get your pictures organized but don't know where to start? In this class, the participants will learn how to set photo goals as well as learn the steps to get their photos organized. The first week would cover where you store your photos, setting goals and information about Cloud Storage. Second week is the process of going through old photos and digital conversion. Third week is how to gather up your pictures from other devices, backing them up and organizing them. The fourth week is how to get the stories with the pictures, sharing them with family, and enjoying them with projects. There will be lots of time to ask questions and presentation will be geared to the needs of the participants in the class.

Thu, Oct 07-Oct 28 / 12:30-1:30pm / Wks 4

**\$20**

## **NEW!** SOS: Save, Organize and Share Your Photos

**Ann Ozdoba**

This is a quick presentation as to how to start getting your photos organized. We will cover setting goals and things to think about before adding to or setting up your picture organizational system. This is a great session to ask questions, make decisions as to where you want to start.

Thu, Oct 28 / 10:30-11am / 1 date

**\$1 NMW**



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

**Weichun Woo, Mackie Research Financial Advisor**

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

Mon, Sep 20 / 10-11:30am / 1 date

**\$2 NMW**

### **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!

## WHAT IS NESA DOING TO KEEP YOU SAFE?

Contactless registration  
continues to be encouraged  
(online or mail-in methods are preferred).

### **NEW!** A Q and A Session with a Registered Dietitian

**Brenda Sparkes, Registered Nurse from ENPCN**

Wondering what makes a balanced meal? How often should I be eating? What can I do if I have a low appetite? Bring your food and nutrition questions to a Q&A session with a Registered Dietitian from the Edmonton North Primary Care Network.

Fri, Oct 29 / 1-2:30pm / 1 date

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

### **NEW!** Breathe and Relax - Advanced Helga Stadelmann

A Journey of Self Discovery through Breathing and Relaxation workshops. While sitting you will participate in a specific blend of exercises in breathing, relaxation, mindfulness, visualization and meditation techniques. These inspiring workshops will not only improve health and lift your spirit but invite you to experience yourself in a very new, unique and highly personal way.

Wed, Sep 22-Nov 24 / 11:45am-12:45pm / Wks 10

**\$48**

### **NEW!** Breathe and Relax - The Basics Helga Stadelmann

Improve your health with Breathing and Relaxation workshops while sitting in a chair. You can improve your health while sitting using this easy yet powerful program. Learn, explore and practice a unique blending of breathing, relaxation, mindfulness, visualization and meditation exercises. Different exercises and a new topic covered weekly. Experience immediate positive results. Among many benefits you will feel less stressed, much calmer and you will sleep better. No experience required.

Wed, Sep 22-Nov 24 / 10:30-11:30am / Wks 10

**\$48**

## 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. Space is limited.

**A** Mon, Sep 13-Dec 13 / 10am-12pm / Wks 13

**No class Oct 11**

**\$26**

**B** Fri, Sep 17-Dec 17 / 1-3pm / Wks 13

**No class Oct 15**

**\$26**

## WHAT IS NESA DOING TO KEEP YOU SAFE?

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

### **NEW!** Covid-19 and Flu Vaccines

Linda Nghiem, Pharmacist from Palisades Pharmacy

Update of the current recommendations of COVID and Influenza vaccinations. Ask any questions you might have about these and other vaccinations.

Wed, Oct 6 / 10-11:30am / 1 date

\$2 **NMW**

### Mind-Body-Soul Wellness: Discover Your Best Self

Come meet Kelly, a certified personal trainer, nutritionist and integrative health coach. Kelly will be answering questions and providing support around anything that's blocking you from total mind-body-soul wellness. Learn about the upcoming 5-week wellness program Kelly will be offering NESA members which will include a customized roadmap to a healthier self on all levels! (This program is scheduled to start on October 13).

Wed, Sep 29 / 11-12pm / 1 date

\$2 **NMW**

### **NEW!** Resistance Band Body Blast

Natasha Hilchie, ENPCN Exercise Specialist

Do YOU know what to do with resistance bands? Join an Exercise Specialist from the Edmonton North Primary Care Network for safe and effective total body exercise program, with easy-to-use resistance bands. Find out how to include some cardiovascular training in your strength training workout, and get a take-home program and resistance band to jumpstart your fitness routine.

Fri, Sep 17 / 1-2:30pm / 1 date

\$5 **NMW**

### **NEW!** Sleep: How to Get Better Rest

Linda Nghiem, Pharmacist from Palisades Pharmacy

Linda will discuss stages of sleep and strategies of how to improve your quality and quantity of sleep.

Wed, Nov 17 / 10-11:30am / 1 date

\$2 **NMW**

### **NEW!** Stress and Mental Health Pre and Post Pandemic

Brenda Sparkes, Registered Nurse from ENPCN

Has stress or anxiety stopped you from enjoying your usual activities? Would you like to learn some strategies and tools to improve your mental health? During this workshop you will learn exercises to help manage your stress, improve your mood, challenge your thoughts, behaviors and emotions, increase your energy levels and boost your physical and mental health.

Fri, Nov 26 / 1-2:30pm / 1 date

\$2 **NMW**

### Wellness Wednesdays with Kelly

Kelly Gifford

A five-week integrative wellness program designed to support you in thriving physically, mentally, emotionally and spiritually. You will start your day with a wellness workshop, followed by a lunch break from 12pm-12:30pm and then will participate in a one-hour full-body fitness class, every Wednesday with Kelly, a certified personal trainer, nutritionist and integrative health coach. Come learn the tools to support your holistic wellbeing! **NOTE** Lunch is not provided.

Wed, Oct 13-Nov 10 / 10:30am-1:30pm / Wks 5

\$99



## OUR CENTRE IS A SCENT FREE ZONE

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

### Sign Language in the Community: A Beginner's Learning Class

**Brenda Hansler**

Interested in learning how to converse in sign language? Join Brenda for a fun and interactive 10-week class where you will be introduced to the basics of this unique language including how to sign the alphabet, numbers, and for different categories including people, places, food, and much more!

Wed, Sep 22-Nov 24 / 12:30-2:30pm / Wks 10

**\$134**

### Sign Language in the Community: A Continuing Learning Class

**Brenda Hansler**

Join Brenda for a 10-week interactive sign session where you will put your skills to practice through drills and group exercises. In this class you will enhance your current vocabulary development, finger-spelled words, and basic ASL conversation skills. To participate in this class, it is recommended that the participant already knows how to sign the alphabet, numbers one through 10, and a few basic signs.

Wed, Sep 22-Nov 24 / 10am-12pm / Wks 10

**\$134**

### Spanish - Beginner

**Tania Oyarzun**

To develop the student's skills to talk, read, write and listen in Spanish. **Textbook 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, Sep 14-Nov 30 / 10am-12pm / Wks 12

**\$174**

### Spanish - Intermediate

**Jorge Oyarzun**

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, Sep 14-Nov 30 / 10am-12pm / Wks 12

**\$174**

LEARN  
A NEW  
LANGUAGE



# MUSIC, SONG, & DANCE



## Chair Dance

**Harmeet Khaira**

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

Tue, Sep 14-Nov 16 / 11:30am-12:30pm / Wks 10

**\$65**

## Choralaires

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

Raise your voice in song and join this fun-loving mixed chorus. You will have the opportunity to learn about choral singing and to share your special talents at "sing outs" in the community. New singers are always welcome! Classes will be held at McClure Church.

**NOTE** Classes will be held at McClure Church.

Tue, Sep 14-Nov 30 / 1-3pm / Wks 12 + 5 Singouts

**\$79**

## Clogging for Beginners

**Adele Brewer**

Clogging isn't just a type of dancing, it's a fun, rhythmic form of exercise which is a great way to keep yourself in shape while getting in those daily steps. No experience or clogging shoes are required.

Mon, Sep 13-Dec 06 / 1-2pm / Wks 12

**No class Oct 11**

**\$115**

## 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, Sep 15-Dec 01 / 1:30-2:30pm / Wks 12

**\$115**

## WHAT IS NESAS DOING TO KEEP YOU SAFE?

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





## **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, Sep 15-Dec 01 / 2:45-3:45pm / Wks 12

**\$115**

## **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, Sep 13-Dec 06 / 2:15-3:15pm / Wks 12

**No class Oct 11**

**\$115**

**STAY IN THE KNOW ABOUT  
ALL THINGS NESAS!**

Sign up to be on our email list!

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

## **Guitar with Gilles: Level 1**

**Gilles Benoiton**

No musical experience 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. In order to adhere to the proper protocols and guidelines set by AHS, participants must supply their own guitars as the instructor can no longer provide them. Thank you for understanding.

Wed, Sep 15-Dec 08 / 11:45am-12:45pm / Wks 12

**No class Nov 10**

**\$69**

## **Guitar with Gilles: Level 2**

**Gilles Benoiton**

You should have experience with 3 fingers 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.

Wed, Sep 15-Dec 08 / 1-2:30pm / Wks 12

**No class Nov 10**

**\$84**



### Guitar: Blues Level I

**Brett Hansen**

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

Fri, Sep 17-Dec 03 / 1-2pm / Wks 12

**\$69**

### Guitar: Finger Pickin' 201

**Brett Hansen**

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

Fri, Sep 17-Dec 03 / 10-11am / Wks 12

**\$69**

### Guitar: Level III

**Brett Hansen**

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

Fri, Sep 17-Dec 03 / 11:15am-12:45pm / Wks 12

**\$102**





## 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, Sep 16-Dec 09 / 10-11:30am / Wks 12

No class Nov 11

\$68

## Hawaiian Dance

Emily Soriano

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

Wed, Sep 15-Dec 01 / 10-11am / Wks 12

\$75

## Latin Dance: Solo

Emily Soriano

Let's Latin it up with Emily! This class includes dances like the salsa, cumbia, cha-cha, merengue and bachata! No partner needed.

Wed, Sep 15-Dec 01 / 11:15am-12:15pm / Wks 12

\$75

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

Dwayne Tulik

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

Tue, Sep 14-Nov 30 / 8:45-10:15am / Wks 12

\$125

## 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).

Thu, Sep 16-Dec 09 / 9am-12:30pm / Wks 12

No class Nov 11

\$288

# NESA CLUBS AT A GLANCE



COME AND CHECK US OUT. STOP BY AT  
OUR SCHEDULED TIME **FOR A CHAT**

	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/ Jewelry</b> 9am-4pm  <b>Weavers</b> 10am-4pm	<b>Badminton</b> 8:30-11am  <b>Pickleball Fun B</b> 11:15am-1:15pm  <b>Washi Chigiri-e</b> 9am-12pm  <b>Wizards of Odds 'n Ends</b> 11:30am-2:30pm	<b>Carpet Bowling</b> 10:30am-12pm  <b>Wildlife Carving</b> 9am-12pm	<b>Badminton</b> 8:30-11am  <b>Book Club</b> 10:30am - 12pm (See schedule)  <b>Cribbage (A)</b> 9:45am-12pm  <b>Pins and Needles Quilting</b> 9:30am - 12:30pm  <b>Termites Chip Carvers</b> 9am-12pm
P M C L U B S	<b>Art</b> 1-4pm  <b>Pickleball Fun A</b> 2:15-4:15pm  <b>Stained Glass</b> 9:30am-4pm	<b>Jammers</b> 1-4pm  <b>Silversmithing/ Jewelry</b> 9am-4pm  <b>Weavers</b> 10am-4pm	<b>Pickleball Fun B</b> 11:15am-1:15pm  <b>Wizards of Odds 'n Ends</b> 11:30am-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> 12:45-3pm  <b>Just For The Company</b> 2-3:30pm (see schedule)

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

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



# NESA CLUBS



## REGISTRATION STARTS

Monday, August 30 @ 8:30 am

### Art Club

Complete those unfinished art projects or just do your own thing in the supportive company of fellow students. All mediums welcome except for oil paints and solvents due to allergies and sensitivities.

Mon, Sep 13-Nov 29 / 1-4pm / Wks 11

No class Oct 11

\$22

### Badminton Club

Join fellow badminton players for some fun on the court! **NOTE** No drop-ins permitted.

Wed & Fri, Sep 15-Dec 3 / 8:30-11am / 24 dates

\$48

### Book Lover's Club

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

**NOTE** Our meeting schedule has changed.

Fri, Sep 17, Oct 15, Nov 19 & Dec 3 / 10:30am-12pm / 4 dates

\$8

### Bridge Club

Join fellow bridge players for an afternoon of fun!

Thu, Sep 16-Dec 9 / 12-3:45pm / Wks 12

No class Nov 11

\$24

### Canasta Club

All are welcome including those new to the game of Canasta!

Thu, Sep 23-Dec 9 / 1-4pm / Wks 11

No class Nov 11

\$22

## 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.

### Carpet Bowling

A year-round, indoor sport that resembles outdoor lawn bowling! **NOTE** Sep 14 is a meeting (**no bowling**) so we can vote in the new Executives, establish teams, and review safety protocols. All are welcome!

Tue & Thu, Sep 14-Dec 9 / 10:30am-12pm / 25 dates

No class Nov 11

\$50

### Creative Greeting Cards Club

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

Tue, Sep 14-Nov 30 / 9am-12pm / Wks 12

\$24

### Cribbage Club

No partner necessary. Challenge your skills with fellow crib players.

**A** Fri, Sep 17-Dec 3 / 9:45am-12pm / Wks 12

\$24

**B** Fri, Sep 17-Dec 3 / 12:45-3pm / Wks 12

\$24

## NESA CLUBS ... continued

### Fiber Arts Club

Fiber art is a style of fine art which uses textiles such as fabric, yarn and natural and synthetic fibers, often by using multiple techniques for weaving or knotting the materials. Join the club of like-minded artists to work on various fiber art projects! All are welcome but some experience with needlework is recommended.

Thu, Oct 7-Dec 2 / 1-4pm / Wks 8

No class Nov 11

\$16

### Garden Club

Check back in the Winter of 2022 for more updates about this club.

### Golf Club

Check back in the Spring of 2022 when we confirm our next meeting date.

### Guitar Jam Club

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

Thu, Sep 23-Dec 2 / 12:30-3:30pm / Wks 10

No class Nov 11

\$20

### Hardanger Embroidery Club

Check back in the Winter of 2022 for more updates about this club.

### 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, Sep 14-Nov 30 / 1-4pm / Wks 12

\$24

### Just For The Company

We schedule events allowing for socialization with new and old friends!

**NOTE** Our meeting schedule has changed.

Sep 10, Oct 1, Nov 12, Dec 3 / 2-3:30pm / 4 dates

\$8

### Music Makers Club

Do you enjoy making music? We welcome all instruments!

Tue, Sep 14-Nov 30 / 9:30am-12:30pm / Wks 12

\$24

### Pickleball Fun Club

A combination of ping-pong, tennis, and badminton that has been enjoyed for over 20 years by people of all ages. Bring your own paddles and balls or rent from the office. **NOTE** Members are limited to **only one** offering at this time. If more space becomes available the club will be notified.

**A** Mon, Sep 13-Dec 6 / 2:15-4:15pm / Wks 11

No class Oct 11 & 18

\$22

or

**B** Wed, Sep 15-Dec 1 / 11:15am-1:15pm / Wks 12

\$24

## 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, Sep 17-Dec 3 / 9:30am-12:30pm / Wks 12

**\$24**

## Silversmithing Club

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

Tue, Sep 14-Nov 16 / 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 club.

Mon, Sep 13-Dec 6 / 9:30am-4pm / Wks 12

**No class Oct 11**

**\$48**

## Termites Chip Carvers Club

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

Fri, Sep 17-Dec 3 / 9am-12pm / Wks 12

**\$24**

## Travel Club

Check back in the Winter of 2022 for more updates about this club.

## Washi Chigiri-e Club

Washi Chigiri-e is a Japanese Art that consists of tearing paper from Japan and gluing the paper onto a canvas to make a picture. The paper is handmade or machine made in various colors, weaves, textures and weight.

Wed, Sep 15-Dec 1 / 9am-12pm / Wks 12

**\$24**

## Weavers Club

We are fun, friendly, and love to weave! No formal instruction, experience required.

Tue, Sep 28-Nov 30 / 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, Sep 23-Dec 9 / 9am-12pm / Wks 11

**No class Nov 11**

**\$22**

## Wizards of Odds 'n Ends Club

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

Wed, Sep 15-Dec 1 / 11:30am-2:30pm / Wks 12

**Free**

## Woodworking

Not currently in session, please stay tuned for future details.



# NESA Events

<b>August 30</b>	<b>FALL REGISTRATION BEGINS</b>
<b>September 3</b>	<b>PICNIC IN THE PARK</b> 11 AM-3 PM / Tickets: \$20 each (On sale until August 27)
<b>September 6</b>	<b>NESA CLOSED / STAT HOLIDAY / LABOUR DAY</b>
<b>September 30</b>	<b>NESA OPEN / STAT HOLIDAY / NATIONAL DAY FOR TRUTH AND RECONCILIATION</b>
<b>September 17</b>	<b>ENPCN FITNESS - RESISTANCE BAND BODY BLAST</b> 1-2:30 PM / \$5 each (Registration begins August 30)
<b>September 17</b>	<b>5050 ONLINE DRAW</b> Visit <a href="http://www.nesa1.ca">www.nesa1.ca</a> to purchase raffle tickets before September 16!
<b>September 24</b>	<b>A VISIT WITH BOB LAYTON</b> 1-2:30 PM / \$2 each (Registration begins August 30)
<b>October 8</b>	<b>WILLS WEEK: ESTATE PLANNING 101 – A GENERAL OVERVIEW</b> 1-3 PM / FREE / Registration required, please call 780-496-6969
<b>October 22</b>	<b>DUELING PIANOS DINNER THEATRE</b> 5:30-9 PM / Tickets: \$50 each (On sale September 20 - October 15)
<b>October 11</b>	<b>NESA CLOSED / STAT HOLIDAY / THANKSGIVING DAY</b>
<b>November 5</b>	<b>REMEMBRANCE DAY TRIBUTE</b> 2-4 PM / Tickets: \$5 each (On sale October 4 – 29)
<b>November 11</b>	<b>NESA CLOSED / STAT HOLIDAY / REMEMBRANCE DAY</b>
<b>November 20</b>	<b>CHRISTMAS IN NOVEMBER ARTS &amp; CRAFTS SALE</b> 9 AM-3 PM / Vendor info available Sept 20 / Table rental details TBD
<b>December 13</b>	<b>WINTER REGISTRATION BEGINS</b>
<b>December 17</b>	<b>CHRISTMAS CONCERT</b> TBD / Tickets: TBD
<b>December 27</b>	<b>NESA CLOSED / STAT HOLIDAY / CHRISTMAS DAY (IN LIEU)</b>
<b>December 28</b>	<b>NESA CLOSED / STAT HOLIDAY / BOXING DAY (IN LIEU)</b>

## STAY IN THE KNOW

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



# LANDRY LEISURE PASS @ NESA

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 2021 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 **\$29,282 or less.**

**2 Person Household:** An income of **\$36,455 or less.**

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

## Registering for Programs with your Landry Leisure Pass (LLP) at 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-visit, or single admission passes. Arrangements for Fitness Centre cost 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

## INTERESTED? HAVE QUESTIONS?

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

# 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

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

**Postal Codes:**

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



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

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

## Outreach Services

**For more information, please call 780.414.8790**

The Outreach program at the North Edmonton Seniors Association provides support and information to seniors living in North 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

## ETS: DONATE A RIDE



**Who The Program Serves**

DONATE A RIDE is a City of Edmonton initiated charity led by Councillor Andrew Knack and Councillor Aaron Paquette. Since its inception in 1996, DONATE A RIDE has grown tremendously and now helps thousands of Edmontonians every year through local social service agencies. The agencies provide the transit tickets to low-income individuals and families that are in need of basic transportation to get to employment, educational and social services, helping to improve their quality of life.

NESA is grateful to be able to offer DONATE A RIDE transit tickets to individuals who are struggling to find affordable transportation options. (Adult and Seniors Passes are available).

**If you need more information or want to know if you qualify, please contact our Outreach Workers at 780.414.8790**

**ETS**

Edmonton Transit System



## Cherrydale Cafe

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 the Fall of 2021!

**Contact Dragana** and the catering team at **780-406-0840** or via email at **[emmacatering@gmail.com](mailto:emmacatering@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](https://nesa1.ca/what-we-do/cherrydale-cafe.html)**

While we don't currently have a weekly dance schedule, be sure to check the NESA Events Page (p. 40) 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.

BE ACTIVE

PLAY

LEARN



**Please recycle!**

– And pass this program guide on to a friend