

# APRIL 2020 EDITION



## NORTH EDMONTON SENIORS NEWS

**@ NORTHGATE LIONS SENIORS RECREATION CENTRE**

7524-139 Avenue, Edmonton, Alberta, T5C 3H7

Phone: 780-496-6969 Fax: 780-496-4707

Website: [www.nesa1.ca](http://www.nesa1.ca) / Email: [info@nesa1.ca](mailto:info@nesa1.ca)

Facebook: [www.facebook.com/northedmontonseniors/](https://www.facebook.com/northedmontonseniors/)

Twitter: @nesayeg / Instagram: @nesayeg



### Activities & Events that are Postponed

|          |                                   |
|----------|-----------------------------------|
| April 4  | Book and Community Garage Sale    |
| April 10 | Northgate Lions Marathon Bingo    |
| April 14 | Randy and Rai Concert             |
| April 16 | NESA Annual General Meeting       |
| April 17 | Dueling Pianos Dinner Theater     |
| April 24 | NESA Volunteer Appreciation Event |
| May 2    | Crib Tournament                   |
| May 8    | Mother's Day Tea                  |

**Please check our website or subscribe to our  
e-communications for updates!**

"You have within you, right now,  
everything you need to deal with  
whatever the world can throw at  
you" ~ Unknown



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Next newsletter will be  
May/June 2020  
Cut-off for submissions is  
Wednesday, 15 April 2020

## Join us for Laughter, Learning & Living!

## Message from the NESA Board President:

As the situation with COVID-19 continues to evolve, we will endeavor to keep you up-to-date with the changes at NESA. The health and safety of our members and staff is our top priority.

The constantly changing environment and the uncertainty involved, makes planning for future activities a challenge. The staff is working very diligently and doing the very best they can under the circumstances to reschedule the planned activities. Our outreach staff is being kept very busy working with those in our community who need our help the most.

We will continue to monitor the situation closely. I encourage you to check our website regularly for updates.

Thank you for your support and understanding during these challenging and difficult times.

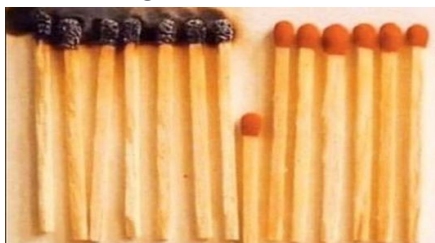
**\*Please note:** The Annual General Meeting on April 16, 2020 has been postponed until further notice.

Randy Tomy, Jr.  
President

## Message from the NESA Executive Director (ED):

Hello Members –

It is March 18 and I hardly know what to write, the COVID-19 has had such a surreal impact on society. Thank you to everyone for their understanding. This image made its way around social media, the one who stayed away saved the rest. Even as we start to get bored and anxious, it is important to remind ourselves the importance of social distancing as it has been labelled, and personal space.



Just before we closed, the staff team had gotten used to taking wipes mid day and supporting the excellent cleaning by Luisa. We did a wipe down of all hard surfaces and light switches, just to help with the disinfecting.

We look forward to the day when our doors open again, and the feeling of returning to normal settles in.

We are checking our messages daily so if your circumstances change and you need assistance, call 780-496-6969 or email us. Be well and be safe.

Nancy Melnychuk,  
Executive Director

## GETTING TO KNOW THE BOARD



**Name:** Carol Sievers

**Original hometown?** Edmonton, AB.

**What was your first paid job?** Too long ago to remember.

**Your last?** School Bus driver.

**How many years on the Board?** First year on the board but 20 years a member of NESA.

**What first brought you to NESA?** To get a flu shot, and then I discovered what I was missing out on.

**How do you describe NESA to others?** A fun-loving place with lots of activities, friends, and lots of things to learn.

**If you could magically make three things happen at NESA, what would they be?**

- A bocce court.
- A bigger auditorium for more sports.
- To make time for drama classes, and/or musical theatre.

**Name:** Linda Prier

**Original hometown?** Saskatoon, SK.

**What was your first paid job?** Part time after school and weekends working in a local bakery.

**Your last?** Purchasing Agent for AltaSteel (scrap-based mini mill producing steel products for mining, construction, automotive and engineering industries).

**How many years on the Board?** 2019 - 2020 is my first year on the Board.

**What first brought you to NESA?** I required help with a quilting project, joined NESA, joined the Pins and Needles Quilting Club and the rest is history.

**How do you describe NESA to others?** A happening place! We have the best classes and sales. Come for a visit and we will show you around.

**If you could magically make three things happen at NESA, what would they be?**

- Help the community have a better understanding of all the great things NESA offers.
- I would love to be able to ensure adequate resources to build another gymnasium, buy a bus and whatever our hearts desire.
- It would be wonderful to see more male members being involved in our Centre.



## SOCIAL EVENTS - \*SUBJECT TO CHANGE\*



The following **EVENTS** have been **CANCELLED**:

- Randy & Rai Concert (April 14, 2020)
- Dinner Theatre - Dueling Pianos (April 17, 2020)
- Mother's Day Tea (May 8, 2020)

**Refunds for these events are currently being processed and will be issued in the near future.**

*The staff at NESA would like to express their appreciation for your patience and understanding as we navigate through the mass numbers of refunds that require processing.*



*\*Please note that all events are **subject to change or be cancelled** depending on the status of the COVID-19 and under the discretion of the City of Edmonton and Alberta Health Services.*

### Dinner and/or Dance Night - Mike & the Relics (60's & 70's)



**\*See note above**

**Friday, May 29th, 2020**

**DINNER:** 5:30 pm (Roast Chicken & Potatoes)

**DOORS OPEN:** 5:00 PM

**TICKETS: \$20 pp MUST PRE-BOOK & PAY**  
(Tickets available April 20 - May 22)

**DANCE:** 7:00 - 10:00 PM

**DOORS OPEN:** 6:30 PM

**ADVANCE TICKETS: \$10 pp**

**TICKETS AT DOOR: \$12 pp**

(Tickets available April 20 - May 29)

Check out the **Seniors Week Page** to see more events!

# FUNDRAISERS

## Lobby Fundraiser Sales

Currently we have no sales booked.  
Watch for new dates to be posted soon!!

## Jewelry Sale

The February 9th Jewelry Sale was a great success!! *"I'd like to thank everyone for their donations and participation, together we are the recipe for success in our fundraising efforts. Remember what you don't use anymore, someone else may find is "the perfect piece" they need. We accept all male and female jewelry donations at the front desk during regular business hours. Thank you again".*

Deb Fulawka, Volunteer Jewelry Lead

## Ongoing Fundraisers



The Annual Garage Sale originally planned for April 4th has been **postponed**. Stay tuned for a new date!!

## Win 50



Watch for this exciting new fundraiser when the Centre reopens. At the end of the Spring, Fall and Winter seasons, the draw will be held and the lucky winner splits half the pot!!



Thank you to all the volunteers who make our fundraisers successful  
and to our generous members who support them!!



# CELEBRATE SENIORS WEEK! EVENTS-AT-A-GLANCE

## Seniors Week Tea

FEATURING: Marge Gordon & Friends

Join Marge Gordon and some of her friends as they take you on a journey back to those evenings as a kid sitting around the kitchen stove listening to old familiar songs.

**Tickets: \$10 pp**  
(Available April 20 - May 22)  
Purchase in-person at the front desk



**Monday, June 1 @ 2 - 4 pm**

## CLUBS ARTS & CRAFTS MARKET

NESA's visual arts clubs will be hosting their annual "Club Sale". Come out and support them and maybe find a unique treasure to take home!

**ADMISSION IS FREE**

**June 1 & 2 @ 10 am - 3**

Please note that all events are **subject to change or be cancelled** depending on the status of the COVID-19 and under the discretion of the City of Edmonton and Alberta Health Services. Please refer to our website [www.nesa1.ca](http://www.nesa1.ca) for updates.

## Health & Wellness Fair

Join NESA for the opportunity to connect with local service providers who can enhance your spectacular senior years! There will be door prizes! We hope to see you all there!

**ADMISSION IS FREE**

**Tuesday, June 2 @ 10 am - 2 pm**

## Spring Recital

Come and see what the performing arts participants have been doing and learning here at NESA. It will be a fun afternoon filled with music, singing and dancing!

**Tickets: \$2 pp**  
(Available April 20 - May 25)  
Purchase in-person at the front desk



**Thursday, June 4 @ 1 - 4 pm**



## PROGRAM & CLUB FAIR

Ever wonder about "what else" happens at NESA? Here is your chance to have coffee and conversations about many of the programs, clubs, and activities that NESA offers. View demonstrations and meet our club and programming team! We encourage you to bring family and friends for this wonderful opportunity to learn about our Centre!

**Friday, June 5 @ 10 am - 2 pm**

**ADMISSION IS FREE**

# FITNESS CENTRE



## Hours Of Operation

Monday through Thursday 8:30am-7:00pm

Friday 8:30am-4:30pm

Closed on Weekends and Holidays

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



## Fitness Centre Admission Fees



*\*Prices may be subject to change*

Drop-In \$4.00 / 10-Visit Pass \$30.00 / Monthly Pass \$35.00

Annual Pass \$325.00

**\*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
- Free 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

Contact our personal trainer today to get started on your fitness journey!



**Billy Yu 780-708-1626**

*(As Jollean and Falon are fully booked these days, stay tuned for more information about the additional trainers NESAs will be enlisting in the coming months!)*

## 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!

## VOLUNTEER OPPORTUNITIES

*If you are interested and would like more information, please ask the front desk for our Volunteer Coordinator, Marley, or call 780-496-4776. (Interviews will be scheduled once safe to do so under the instruction of Alberta Health Services and the City of Edmonton following COVID-19).*

### EVENTS & FUNDRAISERS:

If you have ever been interested in helping with special events or fundraisers, now is your chance! We are looking to recruit a number of volunteers to fill positions within our social volunteer sector. Some of these duties include decorating, set up and take down, serving, bartending, ticket taking, lottery selling and more.

Shift times vary depending on events.  
Average time requirement approx. 4-10 hours per month. Please inquire for more details.

### FITNESS CENTRE:

The fitness centre is looking for volunteers! Volunteers are responsible for maintaining a clean and welcoming environment for fitness participants. Duties include greeting visitors, handling cash and fitness passes, cleaning equipment, general administrative tasks and providing information to patrons.

Shifts available on various weekdays.

Shift times: 8:30am - 12:00pm  
12:00pm - 3:00pm  
3:00pm - 7:00pm

### ADVERTISING ONLINE & SIGNAGE:

We are currently looking for help with advertising our events by changing our signs on 137 Ave and the parking lot, and posting free classified ads online on an ongoing basis to websites like Kijiji.

Volunteer(s) must be able to work outside in varying weather conditions to change sign lettering, and be familiar with online advertising platforms.

Time requirement: Approx. 5 hours monthly.



**Know a volunteer who deserves recognition for the work they do?**

To nominate an exceptional volunteer, please leave their name and why they deserve this recognition in the ballot box in the lobby.

All volunteers nominated will be entered into a monthly draw and the winner will receive a \$10.00 gift card!



## VOLUNTEER KUDOS!



### Blaine Schick!

Fitness Centre Volunteer

Blaine started volunteering over four years ago and has become an absolute staple in our fitness centre! No matter the time of day, Blaine greets everyone with enthusiasm and leads by example with a big smile and a great attitude. Thanks Blaine!

Blaine's favourite part of volunteering is ... **"the people and the fun we have in the fitness centre!"** When he's not busy volunteering, Blaine loves to... **spend summers outside playing golf!**

Blaine is such a kind, friendly and helpful volunteer who goes out of his way to make sure our members feel welcome and have what they need for a successful workout in the fitness centre!



## VOLUNTEER HIGHLIGHTS - SOCIAL

Behind every social event are our amazing teams of hardworking social volunteers! ...

### Social Committee and Event Volunteers:

Where the behind-the-scenes magic starts! The Social Committee coordinates our special events including teas, concerts, dances and dinner theatres! Then they arrange to execute the plans for the event with our Event Volunteers. These duties include scheduling, decorating, all the set up and take down, ticket taking, greeting, serving, bartending, cash handling and more!

### Wednesday Night Dances:

Join our volunteers every Wednesday for live music, dinner and dancing! Every Wednesday evening our volunteers run our weekly dance, provide bartending service, front desk customer service, Nevada ticket selling, etc!

**Thank you everyone for everything you do!**



## VOLUNTEER NEWS

Please assume all volunteer positions are **cancelled until you are notified otherwise**.  
If you have any questions or need to contact the Volunteer Coordinator,  
please leave a message at 780-496-4776.

### Another successful registration!

Over 40 volunteers worked together to bring us another  
successful Spring Registration!

Thank you so much for all of your hard work to get everybody  
into their clubs and programs this season! You're amazing!



### Volunteer Appreciation Dinner: **RESCHEDULED to JULY.**

Due to the recent closure regarding COVID-19, we have made the decision to err on the side of caution to help keep our volunteers as healthy and safe as possible. We have therefore tentatively rescheduled the Volunteer Appreciation Dinner from April 24th to July. Thank you for understanding — we can't wait to celebrate **YOU!!!**

\*This date is subject to change depending on guidance from Alberta Health Services and the City of Edmonton\*

### Volunteer T-Shirts: Distribution and Pickup



To help our volunteers be more visible in a crowd, we are excited about our new **NESA volunteer t-shirts!** These shirts come in a beautiful royal blue (a new stand-out colour we've never sold before!) and are currently available for pickup for **social and fundraising volunteers**. With these volunteers needing to be identified in a crowd during events, priority will be given to these positions for the first round of distribution, then the remainder of inventory will be dispersed. **Thank you for understanding!!** — If you have been contacted to pick up your t-shirt, please ask for Cathy or Marley at the front desk during regular front office hours!

## OTHER INTERESTING STUFF

\*Please check the website for updates about facility operations and program schedules.

### Rental Services

#### Banquet Hall & Meeting Rooms

**Northgate Lions  
Recreation Centre**  
Rental Space available for  
**Weddings, Anniversaries,  
Birthdays, Meetings**

Auditorium - Max. 350  
Cafeteria - Max. 100  
Meeting Rooms - Max. 50

#### E.M.M.A Catering

- Superb home cooked meals
- Excellent prices!

**Hall & Room Rentals 496-4928**

**E.M.M.A Catering 406-0840**

Air Conditioned & Free Parking!

### In-House Services

#### Wellness Care Services Offered

##### Footcare

Edmonton Footcare Inc. is currently providing  
on-site foot care services.  
1st and 3rd Wednesday of the month.

For pricing, appointments & inquiries, please  
contact Elizabeth at 780-488-5878  
or email [info@edmontonfc.net](mailto:info@edmontonfc.net)

##### Massage Therapy

Mahalo Massage Therapy and Wellness is  
providing massage therapy services on  
**Tuesdays** at NESA.

For pricing, appointments & inquiries, please  
contact Anamaria or Carmen  
at 587-938-7122 [text or call] or  
[avallejormt@gmail.com](mailto:avallejormt@gmail.com)

**Note:** Massage therapy services are by  
*appointment only*, drop-ins are not available.



### NORTHGATE LIONS CLUB

The Northgate Lions Marathon Bingo scheduled for  
Good Friday, April 10, 2020 has been **cancelled**.  
As well, all Lions meetings and activities are  
*cancelled until further notice*.

Lions Phone # 780-496-4888

Ainslee Bovee, Edmonton Northgate Lions Club

## CARE UPDATE



### Home Supports:

The grizzlies are coming out of their dens, patches of brown grass are starting to appear and NESA spring programs are under way!!!! Start thinking about booking your spring clean ups as service providers get very busy during the spring season with long hours doing spring clean-ups. There have been no changes to the Seniors Home Supports Program. We are still your resource for credible service providers who can perform **housekeeping, snow removal, yard maintenance, home repairs & maintenance, moving help and personal services.**

If you would like more information about the program or need a referral please contact us at 780-414-8790.

### Outreach:

North Edmonton Seniors Association Health and Wellness Fair 2020 is coming up: June 2nd, from 10:00 am to 2:00 pm. Please see Seniors Week page for more information.

Did you know you can get 10 subsidised programs per year if you sign up for the Landry Leisure Pass? If you would like more information on the Landry Leisure Pass, please contact Outreach at 780-414-8790.

We have once again paired up with Sir Alexander Mackenzie Elementary School to bring some Easter joy to some of our Outreach clients! Thank you to the grade 6 students who have been hard at work making beautiful Easter cards, they will be mailed out in time to receive them for Easter!

### Knitting from the Heart.

New name, new coordinator, same goal: Making toques and mitts for those who need them. NESA members donate the yarn. Our knitters and those who crochet turn the yarn into mitts and toques.

For more information, please call Annelies at 780-475-3304 or email at: [knittingfromtheheart2019@gmail.com](mailto:knittingfromtheheart2019@gmail.com)



## MEET THE CLUBS

The NESA Badminton Club has been running for over 30 years. In 2019, we had 45 registered members. Our longest standing member of 27 years is Steve Szpital. Several others have been members for over 10 years. Since the new year, we have had 3 new members.

We play badminton on Mondays, Wednesdays and Fridays from 9 am to 11 am. The games are played as doubles, that is, two teams of two players each. Everyone plays together regardless of their skill level. We do our best to balance the teams so that everyone has a rewarding and challenging game. We believe in fair play, following the rules of the game and treating each other in a respectful manner. Above all, we have fun while we strive to keep active and fit.

Although some experience would be beneficial, it is not a prerequisite to joining the Badminton Club. The more experienced players are often seen giving advice to new players. We do have badminton clinics from time to time where players can practice while being taught proper techniques.

If an individual is interested in playing badminton, they are permitted two free try-outs, however they must sign a NESA waiver form if they do not already have a NESA membership. Should a person decide to join the badminton club, they must be a NESA member (\$30.00/year), a Badminton Club member (\$10.00/year) and pay sessional fees (\$2.00/day, payable three times per year). During the summer months of July and August, it is drop in at the cost of \$2.00/day. So, if you are wanting to keep active and have fun doing so, badminton may be the game for you. In addition to playing badminton three times per week, we also host two socials a year, a barbecue in the summer and a party at Christmas. Hope to see you on the court!



# NESA CHORALAIRES

## MERRY MELODIES BY THE CHORALAIRES

The sounds of singing voices could be heard throughout the Northgate Lions Seniors Recreation Centre beginning in 1984 when the Choralaires were first established, making it one of the longest running programs at the Centre.

The opportunity to sing attracted many individuals over the years, both those who read music and those who do not but are willing to learn how to navigate the combination of words and music, under the excellent tutelage of the director, currently Sandi Ollenberger who has led the group for 25 years and relishes the challenge of teaching seniors. She is aided by the magic hands of Vicki McLelland at the piano. Over the years, the number of members has fluctuated with a high of 52 members but presently at 30. We have 2 members 90 years or older with our youngest member being 60 years old. Our longest standing participant has been with the group for 17 years.

As well as providing an outlet for musical interests, many close friendships are formed. As well, performances lift the spirits of listeners whether at the annual spring concert, senior retirement homes, hospitals, or even the Legislature at Christmas time. At the presentations, the audience is entertained by a chosen repertoire and also encouraged to participate in a sing along.

The choir extends an invitation to join its ranks. There is an acute shortage of male singers whether bass, baritone, or tenor: So, gentlemen, come out from behind your shower curtain and join us.

We are, indeed we are, the Northgate Choralaires  
We're here to entertain you and drive away your cares  
With songs of joy, hope, peace and laughter too  
We are The Choralaires!

## **THE CHORALAIRES DO THE CENTRE PROUD**

Submitted by: Geoff Lester





# JUST FOR THE FUN OF IT

The member who completes the puzzle correctly will have a chance to win \$10.00 for E.M.M.A's! (All correct submissions will be put into a draw).

**Please save your completed entries and once we are open again, we'll collect them and draw a winner shortly after.**

**Thank you!**

**January Winner**

**Joan Pyke**

**NAME:** \_\_\_\_\_ **PHONE NUMBER:** \_\_\_\_\_

## ANIMALS OF ALBERTA

|          |       |           |       |
|----------|-------|-----------|-------|
| OESMO    | _____ | ABRICOU   | _____ |
| ALEESW   | _____ | CRONIUPPE | _____ |
| VBREEA   | _____ | UATMRSK   | _____ |
| OCGRAU   | _____ | NLXY      | _____ |
| ABTBOC   | _____ | ZRGILYZ   | _____ |
| TOOEYC   | _____ | LFOUABF   | _____ |
| ERGHOP   | _____ | RQLSEIUR  | _____ |
| EPHSE    | _____ | PLOTEENA  | _____ |
| KPUINCMH | _____ | ANRTME    | _____ |
| AGTO     | _____ | ROMMTA    | _____ |

February/ March  
issue ANSWER KEY:

**WINTER GETAWAYS  
WORDSEARCH**

**Secret word:** Warmth



One of History's most memorable April Fools pranks of all time: **The Swiss Spaghetti Harvest ~ April 1, 1957**

The respected BBC news show *Panorama* announced that thanks to a very mild winter and the virtual elimination of the dreaded spaghetti weevil, Swiss farmers were enjoying a bumper spaghetti crop. It accompanied this announcement with footage of Swiss peasants pulling strands of spaghetti down from trees. Huge numbers of viewers were taken in. Many called the BBC wanting to know how they could grow their own spaghetti tree. To this the BBC diplomatically replied, "place a sprig of spaghetti in a tin of tomato sauce and hope for the best." Even the director-general of the BBC later admitted that after seeing the show he checked in an encyclopedia to find out if that was how spaghetti actually grew (but the encyclopedia had no information on the topic). The broadcast remains, by far, the most popular and widely acclaimed April Fool's Day hoax ever.

Did you know? 

# CLUB NEWS

## 2020 NESA CLUB INFORMATION

For Club Information contact  
NESA office @ 780-496-6969

|                         |                                  |
|-------------------------|----------------------------------|
| Art                     | Mon 9:30 -12:30 & 1 - 4          |
| Badminton               | Mon, Wed, Fri 9 - 11             |
| Wild Life Carving       | Thu 1 - 4                        |
| Book Lovers             | 3rd Fri/month 10:30 - 12         |
| Bridge                  | Thu 12 - 4                       |
| Canasta                 | Thu 1 - 4                        |
| Carpet Bowling          | Tue 10:45 - 12                   |
|                         | Thu 10:30 - 12                   |
| Creative                |                                  |
| Greeting Cards          | Tue 9 - 12                       |
| Cribbage, AM            | Fri 9:45 - 12                    |
| Cribbage, PM            | Fri 12:45 - 3                    |
| Fibre Arts              | Thu 1 - 4                        |
| Garden                  | 3rd Wed, 10:30 - 12              |
| Golf                    | Seasonal                         |
| Guitar Jam              | Wed 12:30 - 3:30                 |
| Hardanger               | Fri 9 - 12                       |
| Jammers                 | Tue 1 - 4                        |
| Just for the Company    | 2 <sup>nd</sup> Wed, 2:30 - 4:00 |
| Music Makers            | Tue 9:30 - 12:30                 |
| Pickleball              | Wed & Fri 11 - 2                 |
| Quilting                |                                  |
| "Pins & Needles"        | Fri 9:30 - 12:30                 |
| Silversmithing          | Tue 9 - 4                        |
| Stained Glass           | Mon 9:30 - 4                     |
| Termites - Chip Carvers | Fri 9 - 12                       |
| Travel                  | 1 <sup>st</sup> Tue, 10:45       |
| Washi Chigiri-E         | Wed 9 - 12                       |
| Weavers                 | Tue 10 - 4                       |
| Wizards of Odds 'n Ends | Wed 11:30 - 2:30                 |
| Woodworking             | Fri 9 - 4                        |

## TRAVEL CLUB

### UPCOMING TOURS

Jan 2021: Peru

Jan 2021: Mexico (Huatulco or Itapúa)

Sept 2021: Ukraine

**Come & check us out. Drop in to any meeting  
on the 1st Tues of the month, 10:45 am.**

**\*\*\* The June meeting will be June 9<sup>th</sup>  
not June 2<sup>nd</sup>\*\*\***

## JUST FOR THE COMPANY

Our Devon Trip is **cancelled**  
**as is** the musical Yesterday  
at the Arden Theatre.

Refunds are coming!

## BRIDGE CLUB

We play on Thursday afternoons:  
12 pm - 4 pm



Call Doris 780-472-8151  
Or Clayton 780-483-7020  
First 2 times are **FREE**

## CRIBBAGE CLUB

### Annual Crib Tournament

The May 2 tournament has been  
*postponed*. Please check our website in  
the coming weeks for more information  
about a new date. Thank you.



## NOTE

All club members are required to  
have a current NESA membership.

## Wednesday Dinner

5:30 pm

Call **780-406-0840** for reservations.

Cut-off to make or cancel a dinner reservation is  
Mon prior to the Wed dinner (No exceptions).  
If Mon is a holiday, phone and leave a message  
on the answering machine.

**PLEASE NOTE:** For our special turkey dinners,  
**payment must be made in advance by the**  
**Tuesday prior to the dinner.**

### **\*Tentatively Scheduled April 2020**

#### **Menu**

Apr 1 Fish & Scalloped Potatoes \$22.

Apr 8 Turkey Supper for Easter \$22.

**Note: Prepayment Required**

Apr 15 Veal Cutlets \$22.

Apr 22 Sweet & Sour Ribs \$22.

Apr 29 Birthday Dinner,  
Roast Beef \$22.  
Birthday Person \$21.

For Birthday Person to receive Birthday discount,  
must show ID if requested to do so.

### **\*Tentatively Scheduled May 2020**

#### **Menu**

May 6 Pork Chops \$22.

May 13 Turkey Dinner for Mothers Day \$22.

**Note: Prepayment Required**

May 20 Poached Salmon \$22.

May 27 Birthday Dinner,  
Roast Beef \$22.  
Birthday Person \$21.



For Birthday Person to receive  
Birthday discount, must show ID if  
requested to do so.

## Wednesday Dance

7 - 10 pm



Doors open @ 6:45 pm  
Dance to a different live band  
weekly!

Enjoy an evening  
of socializing & exercise.  
Singles welcome!

Dance Fees:  
\$8/member  
\$11/non-member

**Please note:**  
**No personal liquor or pop**  
**can be brought in.**

### **\*Tentative 2020** **Spring Band Schedule**

|          |                 |
|----------|-----------------|
| April 1  | Sparkling Tones |
| April 8  | Vinyl Country   |
| April 15 | Chwill Brothers |
| April 22 | Sparkling Tones |
| April 29 | Diamonds        |
| May 6    | Diamonds        |
| May 13   | Sparkling Tones |
| May 20   | Chwill Brothers |
| May 27   | Vinyl Country   |
| June 3   | Sparkling Tones |
| June 10  | Vinyl Country   |
| June 17  | Chwill Brothers |
| June 24  | Diamonds        |

**\*Please check the website for updates about facility operations and program schedules.**