

NORTH EDMONTON SENIORS NEWS

at

**NORTHGATE LIONS SENIORS
RECREATION CENTRE**

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

Phone: 780.496.6969 Fax: 780.496.4707

Website: www.nesa1.ca

Dec 21	Matinee Movie - <i>Sherlock Holmes</i>
Dec 31	New Years Eve Dinner & Dance
Dec 25, 26, 27, 28	- Christmas, Centre closed
Jan 1, 2, 3	- New Years, Centre closed
Jan 6	Ukrainian Xmas Eve Dinner
Jan 10 week	Most classes start

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NEWSLETTER FOR FEBRUARY
will be out January 25th
Cut off date for submissions Jan 13th



**Happy
New
Year!**

*Here's hoping that 2011 is full of
good health & happiness!*

Join us for Laughter, Learning & Living!

NEW MEMBERS

Barbara Ayers, Julio Bailon,
Lillie Mae Baker, Ingrid Bowman,
Marilyn Davidse, Ceclie & Ken Dufresne,
Marjorie Evanchiew, Rosemary Falconer,
Jeannine Fournier, Ruth Heather,
Helen Jones, Laurie Kaiser,
Isabel & Lewis Kubbernus, Vickie Laycock,
Gary Leclair, Robert Long, Stan Losiak,
Thomas MacKay, Christa Marler,
Albin & Elsie Ogonoski, Thea Petryliak,
Ron Porodo, Cindy Poulin, Shirley Sturko,
Don Teed, Carl Tessman

HAPPY BIRTHDAY

**to our "Gold Card Members"
with 85+ birthdays in January:**

Andy Wynnychuk, Rose Knight, Beryl Csorgits,
Erna Wester, Ron Annett, Jessie Stals,
Jean Brooks, Millie Zawalykut,
Clem Schneider, Lily Kyba, Nettie Kostoshen,
Leo Wendel, Evelyn Cashback, Gus Pachal,
Eileen Sharkey, George Bokalo, Emily Petryk,
John Halisky, Joe Fox,
Joseph Bandura, Lorris Mjolsness,
Olive Dupuis, Steve Melnychuk,
Heather Heninger,
Patricia Gordichuk, Kit Kelly



We currently have
282 Gold Card Members

Hall Rentals

Gym - Max. 350 people
Cafeteria - Max. 100 people

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

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

**Hall Rentals - 780.496.6969
Caterer - 780.475.0838**



**Wednesday Dinners
and Dances**



Dinner - 5:30 pm

Call 780.475.0838 for dinner reservations

Important Note:

**Cut-off for reservations or to cancel a
reservation is 4 pm on Tuesday.**

Thank you

	<u>Dinners</u>	<u>Bands</u>
Jan 5	No Dinner	No Dance

★ Jan 6 **Ukrainian Christmas**
★ **Eve Dinner**
★

★ \$22 per person/Children under 10: \$10
★ Purchase tickets in cafeteria before
★ 12 noon on Friday, December 31st.

★ **Menu:** 2 soups: Borsch & Sauerkraut,
★ Kutya (wheat), Fish, Perogies,
★ Cabbage Rolls, Creamed Mushrooms,
★ Pickled Herring, Nachynka,
★ Mashed Beans, Hot Vegetable,
★ Pampushky, Salad,
★ Poppy Seed Roll, Jell-O with fruit.
★

★ Jan 12 Roast Pork *Silhouettes*
★ \$15.

★ Jan 19 Filets of Sole *Rhythm Aires*
★ \$14

★ Jan 26 Roast Beef *Hi Lites*
★ Birthday Dinner \$13
★ Birthday Person \$12
★ (Must bring invitation to get the discount)

Dance - 7:00 pm

Members - \$5.00, Non-Members - \$10.00

All members must show current membership card.

**Diners & Dancers, please note:
No personal liquor or pop can be brought in.**

ASSOCIATION NEWS


BOARD NEWS

- The NESA Board hopes that you all have a good holiday season. We are looking forward to seeing you in the New Year. The Centre will be closed for the holidays on December 25, 26, 27, 28 and January 1, 2, 3.
- A big Thank You to the Wizards of Odds & Ends for their \$1,300.00 donation to NESA. This small group of ladies work very hard throughout the year, sewing, knitting and crocheting so many fine articles - all to the benefit of the Centre.
- Thank you to all the volunteers and participants at the Arts, Crafts & Bake Sale on Nov 20th. Net profit for this event was \$5,204.00 which included table rentals \$2,315.00, raffle \$1,046.00 and bake sale \$1,843.00.

FROM THE PRESIDENT'S PEN

According to my letter in last month's issue we should be over Christmas by now, but I was an issue ahead of myself. But the good wishes are still from the heart.

I would really like to say Thank You to

- Gladys Lucas and all her knitters for another great year. 
- The Fundraisers for another profitable Arts, Crafts and Bake sale. Their total funds raised for this event was \$5,204.00.
- The Wizards of Odds 'n Ends who gave us a cheque for \$1,000.00 and \$300.00 cash for the sales they made at the craft sale and Wednesday afternoon club sales.

Great work Ladies & Gentlemen who helped in any way ~~ we have great volunteers.



I do wish you a very Merry Christmas with family and friends and
Have a Happy, Healthy 2011



Should any medical emergency occur anywhere or anytime at the Centre, you must immediately contact the staff working at the facility. All staff are trained in First Aid, CPR and AED defibrillator.

THIS WINTER, THINK SAFETY FIRST.....

Once again this month I need to stress **safety**. When you travel to the building, when you park and walk into the building and when you do your activities – take the time to be attentive to the task at hand. Studies show that a large majority of falls (and likely other injuries) are caused by inattention or attempting to do too many things at once.

Our building has also come under scrutiny on the safety side of things. Last April, a Risk Management Audit was completed on our physical space and on the activities we do here. Unfortunately, we did not do too well on the audit. There were a number of things identified that required attention including:

- Ensuring use of the stage is safe. You'll notice there is safety tape on the edge to ensure we see it clearly when we use it.
- Chemical use – There are new regulations that govern use of chemicals in a public building. All of our clubs and classes are working at becoming compliant.
- Equipment safety – carpentry, lapidary, pottery and other equipment must meet all safety standards, so again, staff and club members are determining how to create safer environments for their activities.

While many think the regulations are draconian, the review of our activities and practices has helped point out a number of ways we can (and need to) make ourselves and others safer.

Please do your part. If you see something that is unsafe and has potential to cause an injury, please let us know about it. There are "Hazard Identification" forms in all of the studios and workshops and available at the front desk. We value your ideas and suggestions.

Stay safe,
Maggie Nichol, Facility Manager

The Woodworking Club has accepted requests for fix-it jobs from members and others over the years. For a number of reasons, this service is no longer available. Please do not take items up to the woodworking shop.

Thank you

Did you know that the used books and other treasures you donate to the Centre for our use in fundraising, make us close to \$20,000 every year? We appreciate your donations, but request that you make the boxes, especially of heavy books, smaller. Our staff and volunteers cannot lift some of the boxes without hurting themselves. If you can't lift it, it's too heavy for us. Thanks for your consideration.

PROGRAM NEWS

Here are some "Toonie Talks" for January!

- Federal Seniors Programs - Wed, Jan 26, 1:30-2:30 Fee: Free
Seniors Financial Assistance Programs - Wed, Jan 19, 1:30-2:30 Fee: \$2
The Somali Women's Story - Fri, Jan 21, 10-11 Fee:\$2
This Full House - Thu, Jan 27, 1:30 - 2:30 Fee: \$2
"Get With Fit"- Tues, Jan 11, 10-11:30 Fee: \$2



Matinee Movie

Eat Pray Love

Tuesday, Jan 25 @ 2:00pm
\$2/person for refreshments & popcorn
(Must pre-register)



At a crossroad in her life, Liz Gilbert (Julia Roberts) travels to Italy, India and Bali to discover meaning and happiness in this inspiring true story, based on the bestselling book.

A Big Thank You to -

Tracy & Lloyd at **Big City Cupcakes in Kingsway Mall**

For donating the cupcakes for our
"Cupcake Creations - With the Grandkids" class.
And to Sheila Hunchak for delivering them.



OH NO!! You cancelled the program!

Excellent programs are sometimes cancelled when everyone waits to the last minute to register. Decisions about class cancellations because of low enrollment are made one week prior to class start dates. Please help in making sure classes run by signing up early. ~ Thanks!

PROGRAM NEWS

Try something **NEW** this year!

Computer & Cameras

FAMILY HISTORY VIDEO PRODUCTION

Mon, Jan 10, 17 & 24, (3 wks)

OR

Mon, Mar 7, 14 & 21, (3 wks)

9 - 12 noon

Fee: \$90 (\$120 Non-Members)



Fitness & Sports

RESTORATIVE YOGA

Wed, Jan 12 - Mar 30, (12 wks)

1:45—3:15 pm

Fee: \$77 (\$107 Non-Members)

AWESOME 50's, 60's, 70's FITNESS DANCE

Mon, Jan 10 - Apr 4, (12 wks)

12:30 - 1:30 pm

Fee: \$60 (\$90 Non-Members)



BALANCE OUT YOUR WEEK

Fri, Jan 14 - Apr 1, (12 wks)

11:15 - 12 noon

Fee: \$36 (\$66 Non-Members)

FITNESS CENTRE CIRCUIT TRAINING

*See your Activity Guide for more details!

Crafts & Hobbies

BONE CARVING & SCRIMSHAW

Tue, Jan 1 - Feb 15, (6 wks)

9 - 12 noon

Fee: \$65 (\$95 Non-Members)

SILVERSMITHING

Thu, Jan 13 - Mar 31, (12 wks)

9 - 12 noon

Fee: \$140 (\$170 Non-Members)

Drawing & Painting

COLOURED PENCILS

Tue, Jan 11 - Mar 1, (8 wks)

1 - 4 pm

Fee: \$99 (\$129 Non-Members)



SILK PAINTING

Mon, Jan 10 - Jan 31, (4 wks)

9:30 - 12 noon

Fee: \$75 (\$105 Non-Members)

DRAMA - Performance Story Telling

Sat, Jan 22 - Mar 19, (8 wks)

10 am - 12:15 pm

Fee: \$50 (\$80 Non-Members)

General Interest

HOW TO REPAIR - Plumbing

Mon, Jan 31

12:30 - 3:30 pm

Fee: \$30 (\$60 Non-Members)



Languages

GERMAN - LEVEL 1 & 2

Mon, Jan 10 - April 4, (12wks)

Fee: \$104 (\$134 Non-members)

SPANISH - BEGINNER - ADVANCED

Wed & Thu, (12wks)

Fee: \$90 (\$120 Non-members)

*See Program & Activity Guide for more details.

***If you cannot attend all classes through a programming session, please note: You are NOT eligible to receive a pro-rate on class fees. You must pay the full amount. ~ Thank you.**

FITNESS CENTRE 780.944.7442

FREE ORIENTATIONS

The **Orientation** involves:

- Gathering information on any medical conditions and fitness goals
- Brief introduction to equipment
- Information on safety
- Rules and regulations for the Fitness Centre & Locker Room



Note: *The Orientation is REQUIRED before using the Fitness Centre!*

Frank Hayden - Member of the Month



What motivates you to attend the Fitness Centre?

To lose some weight and stay in shape.

What is your favorite exercise?

The bike is my favorite.

Do you have a regular routine that you follow?

I walk to the Centre which takes 20 minutes. I spend 20 minutes on the treadmill, and then I do 3 sets of 12 on the other equipment, some weights, and finish with 30 minutes on the bike.

What advice would you have for others who are thinking of joining the Fitness Centre?

It's a great way to stay in shape.

PRICE LIST

Drop-in Fee	\$ 3.50
10 Visit Pass	\$30.00
Monthly Pass	\$35.00
Annual/Yearly	\$325.00

Personal Training Packages available
(call or stop in for details)

*Must be a member of NESAs or have
a seasonal pass.*



HOURS OF OPERATION

JANUARY - JUNE 2011

DAY

Monday - Thursday: 9 am - 3 pm
Friday: 9 am - 2 pm

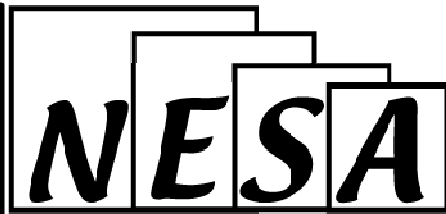
EVENING

Monday & Wednesday 5 - 8 pm



**The Fitness Centre needs volunteers
for Monday & Wednesday evenings.
Drop in and talk to Lori anytime.**





The North Edmonton Seniors Association continues to fund-raise and assist the City of Edmonton with capital projects and purchases for the Centre. NESAs with the assistance of the Northgate Lions Club has raised over \$2.5 million towards many additions and renovations at the Centre and the purchase of equipment and furnishings such as kitchen equipment, Fitness Centre equipment, round tables and Fitness Stations in Cherrydale Park.

NESA continues to raise funds for the next phase of our expansion project, a 6,500 sq. ft. two storey addition on the east side of the Centre containing a large multi-purpose meeting room, special needs classroom, storage and 3 additional classrooms. Construction is projected to start in 2012 at a cost of \$2.3 million.

Now we need your help! All our members and friends have an opportunity to make a tax deductible contribution to our capital fund campaign. Get a break on your income tax this year by making a personal donation or donate in memory of a friend or family member before the end of December 2010. Help our Centre to grow and improve.

To date we have collected \$62,242.00 in our "Buy a Leaf" program. A special thank you to our most recent donors:

*** The Wizards of Odds 'n Ends
** Marion Svendsen*

*** Ross & Sandra Laing
** Florence Bowman*

Don't 'Leaf' us Short - Help Our Centre Grow!

Complete your form and drop it off at the front desk or mail to:
North Edmonton Seniors Association
(7524—139 Avenue, Edmonton, AB T5C 3H7)
Phone Number: 780.496.6969

Please issue and mail a charitable receipt in the following name(s):

Name of person(s) donating: _____

Name on the Leaf: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ Phone #: _____

Amount Pledged: _____ \$100 (Green) _____ \$250 (Yellow) _____ \$500 (Orange)
_____ \$1000 (Red) _____ over \$2500 (Platinum)

SOCIAL EVENTS

New Year's Eve Dinner & Dance

Northgate Lions Seniors Recreation Centre
7524 - 139 Avenue
780.496.6969

Music By:
The Chwill
Brothers Band
December 31, 2010



Menu

**Roast Beef, Mashed Potatoes
& Gravy, Hot Veggies,
Cabbage Rolls,
3 Salads & 2 Desserts**

Late Lunch

**Buns, Cold Cuts, Cheese,
Cookies, Fruit, Tea & Coffee**

**Doors Open.....5:30 pm
Dinner.....6:30 pm
Dance..... 8:30 -1:00 am
Late Lunch.....11:00 pm**



**Prizes
Cash Bar**

**Tickets \$60.00/person
On Sale November 15th at the Front Desk
Purchase by December 22nd**

SOCIAL EVENTS

Ukrainian Christmas Eve Dinner

Thursday, Jan 6, 2011

6:00 pm



Price: \$22 per person
(Children under 10: \$10)

Tickets: Available in Cafeteria
Deadline for purchase of tickets:
Friday, December 31st, 12 Noon

~ Menu ~

Dinner will be the traditional
Twelve Meatless Dishes:

2 soups: Borsch & Sauerkraut,
Kutya (wheat), Fish, Perogies,
Cabbage Rolls, Creamed Mushrooms,
Pickled Herring, Nachynka,
Mashed Beans, Hot Vegetable,
Pampushky, Salad,
Poppy Seed Roll, Jell-O with fruit.

Purchase early to avoid disappointment.
No Refunds





C.A.R.E. Report

"Co-ordinator of Assistance in Recreation & Education"



PROGRAM UPDATES:

Knitting For The Needy:



Our Annual Knitter's Christmas Lunch was held on Friday, November 27 and as always was a huge success. Over 30 of the more than 65 knitters that attended enjoyed a delicious turkey dinner thanks to EMMA Catering. The only disappointment of the day was that Gladys Lucas (Knitting Coordinator) and Ruth Hughes (Gladys' right hand gal) were not able to attend, but were there in spirit. A special thank you to some of the Fundraising Committee members and knitters (Marg Parks, Kathleen Boyko, Martha Macyes, Vi Handy, Marie Waritsky, Maureen Jones, Edith Pahl, Jackie Black, Pearl Lucyk, Lida Petersen and Brenda Doucet) for stepping forward to help sort the knitting, set up the tables, act as

greeters and assist in leading us in song. The group put in over 34,000 hours knitting the more than 5000 items that were made this year. All through the afternoon the 30 participating schools and organizations dropped by to pick up their packages and had the opportunity to say a few words of appreciation to the group. They also shared stories of how the generous donations of knitted items helped the recipients. As a thank you Belmont School has requested to come in the spring where they will perform at our Annual Spring Tea and Fashion Show. After lunch the group were lead in song thanks to the very talented Maureen O'Brien on the portable piano. Before the party was over, draws were made for beautiful hand crafted items generously donated by Aida Davies and the Pins & Needles Club. The lucky recipients would like to pass on a HUGE thank you to the donors.

Seniors In Need:

The donations continue to come in and Sharlene Wyness would like to thank everyone who has contributed to our Campaign so far. Please help us reach our goal of assisting 300 needy seniors this year! Many of our clubs have gotten into the holiday spirit by choosing to support the Seniors In Need Campaign. The Washi Chigiri-e Club managed to fill a wagon load of goodies which included cash, bus passes, food, personal hygiene, and knitted items. Referrals are coming in from various groups in the community, but we would like to reach as many seniors as we can. If you know of someone who would benefit from a little CARE package please drop their name, address, and what they might like or need at the front desk for Sharlene or Josie.



Wishing you all a wonderful Christmas and a Healthy, Happy New Year!

HEALTH & WELLNESS

CLINICS

CRANIOSACRAL THERAPY:

\$40.00/Session - Thursdays,
8:30 am - 4:30 pm
For an appointment, call:
Rhonda - 780.918.2465

DENTURE:

4th Thur of the month, 10 am -12 noon
Appointments are necessary. Please
register at the front office.
We do consultations, adjustments, small
repairs and offer advice.

FOOTCARE:

\$35/Session - every Wed 12:30 - 3 pm.
2nd Wed of month - 9:30 am - 3 pm.
Appointments are necessary. Please
register at the front office.
Done by a VON RN using equipment that
has been sterilized at the hospital.
Bring your own towel.

HEARING TEST:

Free - 2nd & 4th Tuesday of each month.
Appointments are necessary. Please
register at the front office.
Come and see us if you would like to
have your hearing tested or your hearing
aid repaired.

MANICURE/PEDICURE

1st & 3rd Tuesday of the month.
For an appointment, call:
Lisa - 780.446.4450

REFLEXOLOGY:

\$40.00/Session - Mondays.
For an appointment, call:
Julie - 780.468.2693

SWEDISH RELAXATION MASSAGE

Fridays
For an appointment, call:
Lisa - 780.446.4450

Here are some
Health & Wellness Classes
being offered in January!

DENTAL HYGIENE

Mon, Jan 17
10:15 - 11:15 am
Fee: \$2 (You must pre-register)

EATING MADE EASY WORKSHOPS

Mon, Jan 24 & 31 & Feb 7 & 14, (4 wks)
10 - 11:30 am
Fee: \$24 (\$54 Non-Members)
**Includes all supplies*

FINDING THE FOUNTAIN OF YOUTH

Tues, Jan 18
1:30 - 2:30 pm
Fee: \$2 (You must pre-register)

LIVING WITH LOSS

-An Introductory Session
Wed, Jan 5
9:45 - 11:45 am
Fee: \$2 (You must pre-register)

THE LAW OF ATTRACTION MASTERMIND GROUP

Mon, Jan 31, Feb 28, & Mar 21, (3wks)
1 - 3 pm
Fee: \$80 (\$110 Non-Members)

WALKING WITH GRIEF—

Bereavement Support Series
Wed, Jan 12 - Feb 23, (7 wks)
9:45 - 11:45 am
Fee: \$2 (You must pre-register)

CLUB NEWS

NESA CLUB INFORMATION

**For Club coord/contact info,
check at Front Desk**

Art	Mon 9 -12 & 1 - 4
Calligraphy	Thu 9:00 -12:00 am
Canasta	Thu 12:30 - 3:30 pm
Carpet Bowling	Tue & Thu 10:30 -11:45 am
Cribbage	Fri 1:00 - 3:00 pm
Duplicate Bridge	Thu 12:15 - 3:15 pm
Furniture Refinishing	Tue Night 6:00 - 9:00 pm
Garden	3rd Wed 10:00 am
Golf	Seasonal
Hardanger	Fri 9:00 am - 12 noon
Just for The Company	2nd Wed 10:00 am
Lapidary	Wed 9:00 am - 3:00 pm
Northgate Jammers	Tue 12:00 - 4:00 pm
Oil Painting	Tue 12:30 - 3.30 pm
Paper Tole	Thu 9:30 - 12 noon
Parchment Plus	Tue 9:00 am -12 noon
Pins & Needles Quilting	Fri 9:00 am - 12 noon
Silversmithing	Tue 1:00 - 4:00 pm
Snooker	Weekdays 9 am - 4 pm
Stained Glass	Mon 9:30 am - 3:00 pm Thu 1:00 - 4:00 pm
Termite	All Carvers: Tue 1:00 - 4:00 pm Chip Carvers: Fri 9:00 am -12 noon First Wed 10:30 am
Travel	Wed 9:00 am -12 noon
Washi Chigiri-e	Tue 10:00 am - 4:00 pm
Weavers	Mon 1:00 - 3:00 pm
Whist	Fri 9:00 am - 4:00 pm
Woodworking	

ATTENTION ALL CLUBS

Please be sure to record your attendance on the Room Schedule Sheets at the Front Office. It is very important that we keep accurate statistics for this Centre. If you have any questions, please speak with any staff member in the Office.

NOTES TO CLUB LEADERS

~ Please make sure all your members receive a copy of the Club Rules and Expectations.
~ It is your responsibility to inform club members of starting dates prior to the beginning of each season and of any changes that might occur throughout the season.

REMINDER

Everyone who belongs to a club at the Centre must be a current member of North Edmonton Seniors Association.

GOLF CLUB

The Golf Club is now selling:
The 2011 Golf Pass Book at \$45.00.
The Edmonton First Class Card at \$40.00.
They make great stocking stuffers.
Call **Len: 780.473.8950**

To join for the year 2011,
please mark your calendars
to attend the AGM
on March 25th, 2011, 1 - 3 pm
in the auditorium.



CLUB NEWS

JUST FOR THE COMPANY



Wed Dec 29 **White Christmas -
Festival Place.** **SOLD OUT!**
Bus 6:30 pm

Wed Jan 5 **Groovy 70's -
Mayfield -** **SOLD OUT!**
Bus 10:00 am

Fri Jan 7 **Oklahoma -
by Paul Kane H.S.
@ Arden Theatre**
\$17. Bus 5:30 pm

Wed Jan 12 Regular Meeting 10:00 am
Buy memberships

Sun Jan 23 **Music Man -
Grant MacEwan**
\$20. Bus 1:00 pm

Wed Feb 9 Regular Meeting 10:00 am

THE TRAVEL CLUB

**INVITES NEW MEMBERS TO JOIN FOR
TRAVEL EXPERIENCES
THROUGHOUT THE WORLD**

Tours in development for 2011 include:

River Cruise: Amsterdam to Budapest
Deadwood S. Dakota

**Next meeting:
January 5th, 2011 - 10:30 am**

Memberships will be collected
Come and meet your new
Travel Committee

NORTHGATE JAMMERS

We are a group of NESAs members who
jam most Tuesdays of the year,
in the Mezzanine Room, 12 noon to 4 pm.

For more info call:
President, **Clarence, 780.410.0993**
Secretary Treasurer, **Dennis,
780.456.0492**

GARDEN CLUB

Next meeting:
Wednesday January 19, 2011 - 10:00 am

We invite everyone to come and
join us in 2011 for great tips on
gardening and plants from other members.
We also have several interesting
and informative guest speakers
throughout the year.

CARPET BOWLING CLUB

Interested in Carpet Bowling??
We have a few teams that are still short
players. Here's your chance to join this
fun-loving group! There is always
someone available to assist newcomers.



Any questions?
Call the President,
Ed Doucet @ 780.475.2412

VOLUNTEER OPPORTUNITIES

RECORDING VOLUNTEER HOURS

It is that time of year again when we ask all volunteers to make sure all their hours are recorded in the Volunteer Binders. The deadline for recording 2010 hours is January 7, 2011.

Don't forget to record those hours or you may miss out on the great Volunteer Appreciation event coming up in the spring.

LOOKING FOR VOLUNTEERS

The **Social Committee** is looking for new members. We need creative, enthusiastic, energetic individuals who are willing to help plan and implement special events at the Centre.

Anyone interested, please contact **Josie @ 780.496.6969**.

The **Foot Care Clinic** needs a volunteer to assist 2 - 3 times a month. The duties include: Contact the Centre office to obtain clients list; contact clients to confirm their appointments; update client records and prepare daily client visit list for VON; and, room set up and clean up. Training will be provided.



For more information on this program contact **Josie @ 780.496.6969**

VOLUNTEERS ARE TRULY THE HEART OF OUR CENTRE

We would like to acknowledge and thank all the members of the Fundraising Committee who worked tirelessly to coordinate and organize another very successful Arts, Crafts & Bake Sale! This is no small feat, but as usual the well-oiled Fundraising Machine made it look like a piece of cake! From coordinating the craft table rentals, organizing the Raffle, pricing the Bake Sale items to setting up and skirting tables, no task was too big or small.

The Fundraising Committee would like to thank the Social Committee volunteers for decorating and making the Centre more festive. Thank you to Louise Kiriak who played Christmas music on the organ and our volunteer Santa and his helper who thrilled young and old alike! Last but not least a special thank you to all who provided baking for the sale and all those who braved the weather to come out to support this fundraiser.

RAMBLINGS

by Linda Glover

Look at us—a group of seniors still making efforts to widen our horizons, still grasping for new meanings, still enjoying other people’s views of the human condition and still laughing.

Doreen Jampolsky , the Creative Writing Class

What a magnificent way to kick off the Christmas season at the Arts, Crafts & Bake Sale on November 20th. It was an interesting place to be not just to view and buy some of the unique crafts, preserves, baking, knives, paintings, knitted and sewn articles, hand-made cards and ornaments, and many other items, but to meet with old and new friends and acquaintances. So many customers stopped at Marie’s table to buy her special red, green and orange pepper jellies for which she has become famous. Upstairs, there were more tables. In the corner of the hallway outside the Multi-purpose room, Louise Kiriak played Christmas songs on the organ. She had a sign up that read *amateur musician* but she sure doesn’t sound like an amateur. She smiles in enjoyment as she plays. People stopped to listen or to sing along. This year we missed hearing some of the Choralaires who for many years have wound their way through the auditorium singing carols. Beautifully decorated Christmas trees adorn the hallways and colourful decorations and wreaths are hung on the walls. It was a joyous day at the Centre; people meeting people, smiling, chatting, and visiting in the cafeteria for coffee, tea, a piece of delicious pie, or a meal. I also found that while working with members of the creative writing class one at a time at our table, I got to know these people individually more than I do in class. We got to promote our Word Weavers books too and sold a number of them.

The knitters for the project *Knitting for the Needy* are in the Christmas Spirit all year. Every time they pick up their needles and start another item, they know that it is going to keep some child or adult warm on a cold winter day. The knitters get together in late November for a luncheon. The fundraisers help with packaging all the knitted items. Representatives from more than 30 schools and organizations come to the Centre to collect them. Other packages are taken to shelters for the homeless. Gladys Lucas, who has been a member of our Senior Centre since 1992, has been the coordinator of this project for eight years. She also spends an average of 2500 hours a year knitting. Gladys is a member of the Fundraising Committee. You can always find her at the *Good Table* where better than average donated items are sold at the flea markets and craft sale. She oversees the marking of the bake sale items too. Besides that Gladys has been in the Cribbage Club for 18 years, and spent some of those years as their coordinator. I met Gladys while bartending for one of the Wednesday night dances. We had a good time working together that evening, chatting about our prairie roots between serving customers . Get well soon Gladys. It is obvious that you are needed here.

The next enjoyable event will be the Christmas concert on December 7th. It will be over before this newsletter is published, but I am certain it be will just as enjoyable as it is every year. Those little bags of oranges and candy that the Social Committee gives out at the end of the concert remind me of country school Christmas concerts when Santa arrived with treats for the children. I guess we are still mostly children at heart. I hope so.

We can’t pretend that there is no loneliness or sorrow in this world. It is all around us. How fortunate we are to have this Centre. How greatly it improves the lives of so many seniors. How fortunate we are to have such a compassionate and understanding staff. They remember our names and always give us a friendly smile and hello. Isn’t that basically what we all need? Pass on a smile today! The smile you get back will warm your heart.

Merry Christmas and a Happy and Healthy New Year Everyone!

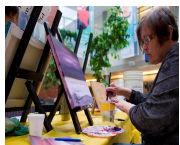
OF INTEREST TO SENIORS

PARKING AT NORTHGATE SENIORS CENTRE

Parking space, even with the added stalls, is again at a premium in our parking lot. The snow may be covering the yellow parking lines, but please be considerate of your fellow drivers and ensure that you take only one parking spot! Just take a look at the distance you are from the car beside you, and if you have left too much space, please move over a bit. Thank you for your cooperation.

Please note:

- **If using handicapped parking spaces** you must display your handicapped sticker at all times or you will be asked to move.
- **Do not park in the staff parking area** or you will be asked to move - or maybe your vehicle will be moved for you!



Are you ready to Open Your Senior Years to the Arts?

Save the Date:

Creative Age Festival

June 7 - 15, 2011

The festival will include a launch, Festival of Edmonton Seniors Theatre, arts cafés and closing celebration. More events and details will be announced in January.

Check www.seniorscouncil.net or

www.creativeagefestival.ca

or call 780-423-5635

WINNERS OF THE RAFFLE DRAWN AT THE ARTS & CRAFTS SALE NOV 20th

1st - Quilt	Carol Sievers
2nd - Basket	Carmen White
3rd - Fountain	Pat Bedry
4th - Cookie Jar	Diana McClelland

Thanks to all who purchased tickets and congratulations to the lucky winners.

Some Thoughts for Today:

- ~ If you can smile when things go wrong, you have someone in mind to blame!
- ~ Birds of a feather flock together ... and then shit on your car!
- ~ The sole purpose of a child's middle name is so he can tell when he's really in trouble!

Please be sure and let us know ... If you have a change in address, phone number, emergency contact, or your name. It is important that our records are up to date in case we need to contact you or your emergency contact person.

QUIZ

ANSWERS TO CHRISTMAS ANAGRAMS QUIZ

Q.8 should have read Bright Irvin but everyone figured that out.

1.	Semi New (4,3) W.M.	<i>Wise Men</i>
2.	Casual Stan (5,5) S.C.	<i>Santa Claus</i>
3.	Marx Myers (5,4) M.X.	<i>Merry Xmas</i>
4.	I'm Nitty (4,3) T.T.	<i>Tiny Tim</i>
5.	Meager hit (5,4) T.M.	<i>Three Magi</i>
6.	Leo Ugly (4,3) Y.L.	<i>Yule Log</i>
7.	Streetcar shim (9,4) C.T.	<i>Christmas Tree</i>
8.	Bright Irvin (6,5) V.B.	<i>Virgin Birth</i>
9.	Thigh only (4,5) H.N.	<i>Holy Night</i>
10.	Ridge honk (4,5) K.H.	<i>King Herod</i>
11.	Elder sigh (3,6) R.S.	<i>Red Sleigh</i>
12.	English tint (6,5) S.N.	<i>Silent Night</i>
13.	Grab thirst (6,4) B.S.	<i>Bright Star</i>
14.	Drub memory (7,3) D.B.	<i>Drummer Boy</i>
15.	Glean swing (5,5) A.W.	<i>Angel Wings</i>

There were 31 entries submitted for this quiz by the correct date of December 2nd, even though the date was printed as 13 January. Just goes to show you, the entrants know more than the Quizmaster!

Eleanor Ball, Sheila Bentz, Fran Chalmers, Harry Duguid, Jenny Evans, Maxine Grant, Les Greer, Babs Harris, Shirley Hrynyk, Brenda Jones, Shirley Jones, Anne & Clarence Kephart, Sylvia Laidlaw, Elizabeth Letwin, Susan Martin, Angela McKenna, Dave Muylle, Rhonda Penny, Donna Peter, St Albert Senior Citizens Club, Carol Sievers, Helen Starchuk, Anne Stipdonk, Irene Tomko, Clayton Terry, Dora Tucker, and Margaret Worcester had all answers correct.



Anne & Clarence Kephart were the lucky winners
Pick up your prize at the front desk.

QUIZ

CHRISTMAS NAMES QUIZ

Give the names in response to the following questions.

	Question	Answer
1.	Who said "God Bless us every one!"?	
2.	Who said "Hither page and stand by me"?	
3.	What was the name of Tiny Tims's Father?	
4.	What was the name of the Grinch's dog?	
5.	What was the name of Scrooge's business partner?	
6.	Who had a corncob pipe & a button nose?	
7.	Who had a shiny nose that glowed?	
8.	"In the meadow we can build a snowman, then we can pretend he is _____"?	
9.	What was the first name of the wife in "The Gift of the Magi"?	
10.	What was the name of the little girl whom the Grinch fooled?	
11.	Who is said to leave frosty crystal patterns on windows on cold mornings?	
12.	Who is a fairy in the "The Kingdom of the Sweets"?	
13.	What are the names of Santa's Reindeer?	
14.	What is the name of the angel in "It's a Wonderful Life"?	
15.	Whose favourite phrase is "Bah, humbug"?	

Answers to be submitted
by Thursday, 13 January 2011

Our apologies: The quiz in the **December** newsletter should have read:
Answers to be submitted by Thursday, 2 December 2010.

North Edmonton Seniors Association Membership Form

Become a member of the North Edmonton Seniors Association (NESA)! The fee is \$30. a year (Jan-Dec), for persons 55 years and older. With this membership, enjoy reduced rates on programs! Complete and bring in the form below (must be accompanied with the signed waiver form below) or fill one out at the Centre.

Seasonal passes for \$30/season or annual passes for \$60/yr are also available for persons under 55 years of age (great for the evening & weekend programs)! For questions on registration call 780.496.6969, or see the website @ www.nesa1.ca.

SURNAME:		Please make cheques payable to NORTH EDMONTON SENIORS ASSOCIATION and mail to 7524-139 Avenue Edmonton, AB T5C 3H7
FIRST NAME:		
ADDRESS:		
CITY, PROVINCE:		
POSTAL CODE:		
PHONE:		
E-MAIL ADDRESS:		
DATE OF BIRTH:	DAY MONTH YEAR	
Gender: _____		
VOLUNTEER	YES NO	
CONTACT FOR ILLNESS:		
DATE OF APPLICATION:		

NORTH EDMONTON SENIORS ASSOCIATION—PROGRAM WAIVER

I _____ recognize that the activities of the club/program
(please print name)

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 North Edmonton Seniors Association endeavors to provide the best possible leadership and instruction, and to provide a safe environment for the club/program I am joining. I acknowledge that the Association only organizes activities, and does not necessarily possess any special skill or knowledge in relation to the activity itself.

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

Signed: _____ Date: _____

This Waiver is effective for the duration of the participant's Membership.

PERSONAL INFORMATION PROTECTION ACT (2004)
 "The personal information collected from you is protected under the Personal Information 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 the President, North Edmonton Seniors Association at Northgate Lions Senior Centre, 7524-139 Ave, Edmonton, T5C 3H7."