

NORTH EDMONTON SENIORS NEWS

at
**NORTHGATE LIONS SENIORS
RECREATION CENTRE**
7524-139 Avenue, Edmonton, Alberta, T5C 3H7
Phone: 780.496.6969 Fax: 780.577.3531
Website: www.nesa1.ca

The Board and Staff of North Edmonton Seniors Association thank you for the patience, understanding and support that you have shown during our recent emergency. We recognize that things will not return to normal for some time and assure you that every effort is being made to keep our organization functioning to accommodate all our needs. If you need to obtain a refund for any reason you may do so by sending a written request to the Board of NESAs, stating details and rationale. Email to: info@nesa1.ca or mail to: 7524 - 139 Ave, Edmonton AB, T5C 3H7.

We appreciate your support and continued membership. Together, we will be able to work our way through this difficult time.

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Join us for Laughter, Learning & Living!

NORTHGATE SENIORS RECREATION CENTRE FACILITY CONDITION UPDATE – FEBRUARY 17, 2011

While Programming Staff has been busily checking out potential program locations, relocating programs and searching for temporary office space, City of Edmonton Capital Construction and Risk Management staff have been working with a General Contractor to secure and maintain heat in the Centre; insurance adjustors to assist with their investigations; Occupational Health and Safety officials to ensure maximum on-going safety and with engineers to try to determine the causes of the auditorium roof collapse and the scope of additional damage so that planning for reconstruction can begin.

To date, we know the following:

- ☺ The City of Edmonton will err on the side of caution with regard to building access until investigations are complete.
- ☺ More investigation is required both on site and using building plans to determine the causes of the roof collapse.
- ☺ Air quality testing in the facility has been done and asbestos has been discovered as a result of products that were used in initial construction and were exposed as a result of the roof collapse. This will complicate access and reconstruction.
- ☺ Building has been turned over to the General Contractor for security and construction.
- ☺ Building is being heated using propane heaters to minimize further damage and dams are being constructed to contain water leakage from areas of the auditorium open to the weather.
- ☺ All equipment and personal items in the building are being kept secure but it is not possible to know the condition of such items.
- ☺ Once limited access is approved, it will be provided under tightly controlled conditions. Access is not expected in the immediate future.

Northgate staff and the NESAs Board will be kept informed of progress on site at the facility and will do their best to keep everyone up-to-date.

Thanks for your patience and understanding.

ASSOCIATION NEWS

BOARD NEWS

- The Board of North Edmonton Seniors Association has been meeting weekly since the building collapse. NESAs is committed to maintaining the operations of programs, clubs and events in alternate facilities, as efficiently as possible. NESAs will also make every effort to keep members informed.
- NESAs Annual General Meeting will be held at the Clareview Recreation Centre, 3894 - 139 Avenue, on Thursday May 19th at 1:30 pm. All members are encouraged to attend this important AGM.

Please note that the following Notice of Motion will be made at the AGM:

Moved that elections to the Board of Directors of the North Edmonton Seniors Association be amended for one year to allow the three members of the board whose four year terms would end in 2011 to continue as Board members for an additional period of one year subject to their agreement to do so. This amendment is to be time limited and is to expire the day before the 2012 Annual General Meeting.

Rationale:

The collapse of the roof of the North Edmonton Seniors Association building and the unprecedented pressures put on the North East Seniors Association by this disaster has put its resources and staff into a situation where the experience of those Board Members whose terms would end this year is invaluable. There are three members of the Board whose terms should be ending this year; I believe that it is imperative at this point that we retain the experience and abilities of the members who would be leaving the Board this year. The Board of the Centre has been able to function effectively because of the way that it is structured, allowing new Board members to work with experienced Board members for a transition period. This year we have a situation where there is no time for new members to gradually learn to deal with ongoing issues. In view of the present crisis we would be best served as an organization by retaining the service of our most experienced Board members. An extension of the terms of the three members whose terms would end this year would allow the North Edmonton Seniors Association time to reorganize, rebuild and return to more normal operations.

- If you have looked at the front of the building lately you likely thought the front looks good. Not so the back - these pics show the extent of some of the damage on the north side and, of course, the roof is gone..



FROM THE PRESIDENT'S PEN

What a last 3+ weeks we have all had, since January 25th!! We are forever grateful that no one was physically hurt, and that everyone got out safely. I know some of us have been pretty shaken up, those who were in the building and those of us who lost our second home, where we all enjoyed each other's company, lunches, classes etc.

In just 14 days, our wonderful staff – Maggie, Josie, Lori, Amber, Carrie, and Colleen have set up classes all over North Edmonton, so we could be close to the Centre. You have all received notice and are already in classes, clubs and exercise groups. I would like to say that these ladies deserve our deepest gratitude for all the extra time spent. They have worked together like a well-oiled machine. I am in awe of all of them.

To the leaders of clubs and instructors who are back at work wherever you have been moved, thank you.

I know this has been hard on everyone and I wish I could give each of you a hug. But when this is all over and we move into our new Centre we can meet for lunch, suppers and whatever else we were doing when this all happened. Just don't forget your smiles – we still want to be the friendliest Senior Centre anywhere!

Edna Bohachyk, Chair of the Board

Musings from Maggie

As I write this, it is exactly four weeks since the roof of the centre collapsed. A lot can change in the blink of an eye. A lot has happened since that day.

The moments of that day are still a blur in my mind and the first week after was unimaginably crazy. The second week was unimaginably busy for all of us staff but the reward was the creation of a system and operation "in exile". In that first and second week, staff had firmed up more than ten alternate program sites! With the help of our dedicated office and board volunteers, hundreds of participants had been contacted regarding their activity's location and every NESAs member had received a phone call from their association!

By week three, many of the programs and clubs were already re-starting and in this past week we have managed to get into regular offices and are hard at work refining the systems, programs and facility locations.

That all of this was done without offices, records and files and only two cell phones and two computers, is a testimony to the dedication, ingenuity and hard work of the Centre's staff. These gals have done, in a couple of weeks, what would have taken months, in any other time.

I continue to be amazed at the offers of help from members, the community and other seniors centres, the dedication and resourcefulness of staff, and the resilience and camaraderie of our members through a very difficult time.

Thank you all for your continued patience, assistance and friendship. We surely know our friends when the chips are down. I couldn't be prouder,

Maggie Nichol, Facility Manager

Additional General Information Items.....

Staff Offices are now located at Glengarry Community Services Building, 13315 – 89 St. Phone: 780.496.6969.

Join NESAs at Clareview

Drop in for a visit and coffee at Clareview Recreation Centre (Arena complex), 3804 - 139 Avenue, Monday to Friday between 10 am and 2 pm, beginning the week of Feb 28th. Board members, staff or volunteers will be on hand to greet you, answer questions, manage your registrations or other transactions.

Personal or Club Items Still in the Building?

It may yet be some time before items can be retrieved from the building, and any retrieval will be done by professionals. In the meantime, we urge you to complete an inventory of items you may have left in any part of the building with the following information (please print all info):

- Your name, address and phone number(s).
- Items and a clear description (ie. Color, number, etc.)
- Description of exactly where the items are – which room, which table or cupboard, etc and draw a map.

Please keep a copy of your list. As soon as we have information available your club or group will be asked to attend a meeting to arrange whatever may be required to facilitate recovery. It may yet be some time until this is possible so it is important that you have a list so that we can be assured that nothing is forgotten. Please be assured that we do have a committee working on recovery and we are pushing to have this take place as soon as possible.

Keep Us Posted....

While we are scattered between several facilities, we may miss information about members that used to be readily available. For example, if someone is ill or needs any assistance we may not hear of it. Please give us a call at 780.496.6969 (assuming you have the person's permission to do so) and tell us the news.

Dances will be discontinued for this year 2011. Sorry to all the bands and patrons who have been with us for so many years. Hopefully when our Centre is re-opened in the future, we will continue to enjoy dancing at Northgate Senior Centre.

Computer Classes. A gigantic thanks to the great team effort of those who are going miles out of their way to carpool or pick up fellow students; as a result nearly all the students are able to continue Marg's computer classes at Central.



Wizards of Odds & Ends group continue busily working away every Wed afternoon and at home, knitting slippers, mitts and toques and sewing a variety of items such as place mats, tea cozies, bags etc. All these items are made from donated yarn and fabric and sold with all proceeds going to NESAs. Unfortunately all our supplies are still in the Centre, so if anyone has any fabric or wool they would care to donate, please call Brenda at 780.475.2412 and we can arrange for pick-up.

PROGRAM NEWS

“KEEP CALM & CARRY ON”

Thanks to the wonderful support of the community, we've been able to re-locate a great many of the classes/programs that were scheduled for our Winter 2011 session. The following facilities are hosting our various classes &/or club activities:

- ☺ McClure United Church, 13708 – 74 St - took in the choir within an hour of the collapse and now hosts 13 programs and clubs.
- ☺ Londonderry Community Hall, 14224 – 74 St – housing over 20 programs.
- ☺ Londonderry Leisure Centre, 14528 – 66 St (initially housed the staff and many of the programs for 3 weeks).
- ☺ Central Lions Seniors Centre, 11113 - 113 St - housing several classes and will honour your NESAs membership for clubs and fitness centre as well as classes.
- ☺ Clareview Recreation Centre, 3804 – 139 Ave, new home of NESAs and for many of the Centre's programs.
- ☺ Delwood Community Hall, 7515 – Delwood Road - hosting several fitness programs.
- ☺ Balwin Community Hall, 12904 – 74 St - hosting 5 classes.
- ☺ Londonderry Library – hosting 2 programs.
- ☺ P& J Ceramics, 13012 – 82 St.; Belvedere Community League, 13223 – 62 St; and Grace United Church, 6215 – 104 Ave - each hosting one of our more specialized programs.

There are still a few programs that have not yet been relocated, mainly due to the specialized nature of the activity and/or equipment (which is still in our building).

If you have not yet heard about what's happening with a program for which you were registered, please call us at 780.496.6969.

Notes:

- If we had to cancel your class, you will receive a refund which will be mailed to you.
- The locations may continue to evolve.



Information about our Spring programs will be forthcoming when available.

PROGRAM NEWS

For more information about the following programs refer to your Winter Program & Activity Guide. To register for any of these upcoming programs please call 780.496.6969.

Oils & Acrylics- Impressionistic Landscapes Tuesdays, March 8 - April 12 (6 weeks) Fee: \$74 (\$104 Non members)

Palm Reading or Tarot Cards
Tuesday, March 8. Booking 15 min. appointments between 1:30 - 4:30 pm
Fee: \$30 (\$60 Non members)

Legislature Tour & Lunch
Wednesday, March 9 10:15 am - 3:15 pm
Fee: \$15 (\$45 Non members)
(Lunch is extra)

Two Step & Salsa Tuesdays, March 15 - April 19 (6 weeks) 7:30 - 9 pm
Fee: \$67 (\$97 Non members)

Mat Cutting Monday, March 21, 10 am - 12 Noon. Fee: \$13 (\$43 Non members)

School Slates & The Willow Switch
Thursday, March 31 9:30 am - 12:30 pm. Fee: \$10 (\$40 Non members)

Make Up Matinee Movie Date: *Eat Love Pray*, Wednesday, March 23 @ 2 pm, Londonderry Community Hall.

FITNESS CENTRE

Don't let the fact that our Fitness Centre is closed stop you from continuing with your personal fitness program!

Your NESAs membership will be honoured at the Central Lions Seniors Recreation Centre. You will, however, have to purchase a single-use, 10-visit, or monthly pass for their Fitness Centre.

You might also want to consider accessing the facilities at the City-operated Leisure Centres in the neighbourhood – ie. Londonderry, O'Leary, or Grand Trunk.

If you have any questions/concerns, please call Lori at 780.496.6969.

Reminder: Please bring any equipment (weights, bands, mats etc) that you may need in your fitness classes!!!



VOLUNTEER NEWS

We first want to send out a big **THANK YOU** to all of those volunteers who have pitched in to help us out during these challenging times! They've been making hundreds of phone calls to members & program registrants, labeling & stuffing envelopes, and just 'being there' to do whatever is needed.

"The world is hugged by the faithful arms of volunteers."

Reminder: Please don't forget to keep track of your volunteer hours. Now that we have our temporary offices set up at the Glengarry Community Services Site (13315 – 89 St.) you can stop by during regular office hours & record them in the 2011 Volunteer Binders.

Unfortunately we've had to postpone the Volunteer Appreciation event that we had originally hoped to hold on April 14th. Stay tuned for more details about when we're able to re-schedule.

HEALTH & WELLNESS - For more info call 780.496.6969

CLINICS

CRANIOSACRAL THERAPY:

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

DENTURE:

For appointments call the
Edmonton Denture Clinic - 780.455.5855

FOOTCARE:

\$35/Session - every Wed 12:30 - 3 pm.
2nd Wed of month - 9:30 am - 3 pm.
New Location: Londonderry Community
League Hall, 14224 - 74 St.
For appt call the VON office -
780.466.0293.

HEARING TEST:

New location: Central Lions Seniors
Recreation Centre, 11113 - 113 St
2nd & 4th Thu 9:30 - 3:30
For appt call 780.496.7369

CLINICS (cont'd)

MANICURE/PEDICURE

For appt call Lisa - 780.446.4450

REFLEXOLOGY:

For appt call Julie - 780.468.2693

SWEDISH RELAXATION MASSAGE

For appt call Lisa - 780.446.4450

FUNDRAISERS

The Flea Market & Book Sale planned for May 2011 has of necessity been cancelled. Thanks to all those who have donated their goods to this great fundraising event. We will let you know when we're able to plan another one.

CLUB NEWS

Please Note: Clubs are being placed in different locations as facilities become available.
Days & times are subject to change.

NESA CLUB INFORMATION

**For Club coord/contact info,
call 780.496.6969**

Art	Mon 9 -12 & 1 - 4
Badminton	Mon, Wed, Fri 9 - 12
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
Euchre	Tue 12:30 - 3:00 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	Fri 9:00 am - 12 noon
Quilting	
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	

BADMINTON CLUB

Yeah! We have found a new temporary home with 2 courts at Clareview Recreation Centre (behind Walmart).

All members are welcome to join us here
Monday, Wednesday & Friday mornings
9 am - 12 noon.

CARPET BOWLING CLUB

A meeting of all Carpet Bowling Club members will be held on Tuesday, March 8th at 10:30 am in the large hall at Clareview Recreation Centre, 3804 - 139 Avenue, to discuss options for our Club for 2011.

Several Centres have offered Carpet Bowling to our members on a drop in basis. Available days, fees etc will be discussed at this meeting and a decision made on which teams/members may want to participate.

GOLF CLUB

To join for the year 2011, please mark your calendars to attend the Golf Club AGM on March 25th, 2011, 1 - 3 pm in the large hall at Clareview Recreation Centre, 3804 - 139 Avenue.

OF INTEREST TO SENIORS



The Choralaires

Present:

2011 Spring Variety Concert

To be held

Saturday, April 30th, 2011 at 2:00 pm.

McClure United Church, 13708-74 Street.

Refreshments to follow.

Ticket price: \$10.00/person.

Tickets may be purchased from any Choralaires member
or by phoning **780.475.7569**.

Income Tax Services:

Three volunteers (Brenda Doucet, Dorothy Koesveld and Pauline Hahn) will be providing this FREE service to our members again this year, starting in March. Please feel free to put your name on the list by calling **780.496.6969**. If you had your taxes done in the past by one of these volunteers and would like that person's help again this year, be sure to ask that your name be put on their list. You will be contacted by one of the volunteers and an appointment will be made.

**Central Lions is hosting a
Wine & Cheese Social**

Friday, March 18th, 3 - 5 pm.

Tickets on sale Feb 21 - Mar 15, \$7/pp.

NESA members are invited to attend.

For more info call: 780.496.7369

**EMMA CATERING
is Still Alive and Still Cookin'!**

**For information on
catering events, prices, etc.**

please call

ZELKA, 780.475.3600