

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

Mar 14	Daylight Saving Starts
Mar 23	Matinee Movie - <i>Julie & Julia</i>
Mar 25	Bake Sale
Apr 2 & 5	Easter - Centre Closed
Apr 8	Spring Program Registration
Apr 26 - May 1	~ Book Sale
May 1	Flea Market
May 11	Annual General Meeting

Index	Page
New Members	2
Dinner and Dance	2
Association News	3, 9
Program News	4
Fitness Centre	6
Fundraisers	7
C.A.R.E	10
Health and Wellness	12
Club News	13
Volunteer Opportunities	15
Of Interest to Seniors	16
Quiz	18
Membership Form	20

NEWSLETTER FOR APRIL
will be out March 16th
Cut off date for submissions March 4th



Happy St. Patrick's Day!



Join us for Laughter, Learning & Living!

NEW MEMBERS

Judy Abel, Elizabeth Bandrychuk, Ada Baragar, Ernie and Dianne Barbazuk, Dick & Shirley Bartels, Darreyl Baruzzini, Annelies Barzilay, Wilda Berget, Caren-Lee Bilinsky, Guido Bit, Joseph Bohonos, Donna Bonk, Marjorie Brunet, Diane Buffel, Sandy Burak, Sheila Byers, Don and Carmela Carson, Rita & Al Chambers, Mary Charles, Jeanne Chouinard, Robert & Anne Clarke, David Coates, Wanda Coates, Wendy Crowley, Mabel Cunningham, Patricia Cunningham, Lucy & Douglas Cutting, Jean De Koning, George & Elizabeth Dettling, Peggy Dick, Trudianne Dolman, Catherine Douglas, Vera Drobot, Philippe Dube, Martha Ehnes, John Elliot, Roma Ettles, Eileen & Donald Evans, Richard Gaboury, Jan Gittins, Peggy & Murray Golden, Gwen Gordon, Eleanor Goss, Kathy Grabill, Maxine Grant, Irene Grimoloby, Lawrence & Ethel Gulka, Carolyn Hall, Adolf Hannweber, Sandra Harcourt, Sharon Harris, Beth Harrison-Cain, Victoria Haverko, Micheline Haydock, James Heath, Teresa & Keith Henderson, Helen Hery, Anne Hink, Jean Hotchkiss, Alex Hrynyk, James Ivor, Corinne Johnson, Mitch Joly, Norma Keirstead, Sonia Ketsa, Harry Koumarelas, Esther La Plante, Jean Lang, Joe Lemiski, Maria Lewis, Edna L'Heureux, Judy Lytton, Metro Mandrusiak, Ted & Delores Marchuk, Ann Marston, Lillian McDermott, Thelma Melnichuk, Adam Melnychuk, Conrad Michael, Gordon Mittelstadt, Frederick Moffatt, Paul Morris, Gail Mouallem, William & Susan Moyes, David Muylle, Pauline Niawchuk, Shama Noone, Cliff & Connie Otto, Heather Parliament, Sallie Parmiter, Pierce Peters, Nancy Poon, Chandrika Prasad, Panfilo & Janet Quedado, Valerie & Raymond Reiss, Audrey & Pius Rolheiser, Clara Rosenow, Audrey Russ, Edna Sandboe, Alice Saruk, Jack Sawaryn, Shirley Schlemko, Roy Scott, Monica Scott, Attilo Sgamaro, Bernie Shukaliak, Agnes Simpson, Betty Skayman, Shirley Slater, Bette Lou Smathers, Robert & Darlene Sotnikow, Joe & Jean St Arnaud, Mervyn Straddin, Jackie Sugiura, Marlene Svitch, Bernice Tait, Oksana Tarnawsky, Marjorie Thomson, Dan Toal, Daniel Toner, Kathleen Tucker, Al & Suzanne Tywoniuk, Helen Wallace, Arthur Walters, David Watson, Ken & Charlene Weimer, Pauline Wilson, Faye Woytowich, Gwen Wyllie, Pearl Yarrow, Mike & Janina Zabieglo,

Wednesday Dinners and Dances



Call 780.475.0838 for dinner reservations
Note: For kitchen planning purposes,
cut-off for reservations is 4:00 pm on Tue.

	<u>Dinners</u>	<u>Bands</u>
Mar 3	Chicken with Spanish Rice \$14 pp.	<i>Hi-Lites</i>
Mar 10	Stuffed Pork Tenderloin, (homemade) Roast Potatoes \$14 pp	<i>Sparkling Tones</i>
Mar 17	St Patrick's Day Traditional Irish Stew, Soda Bread \$14 pp	<i>Rhythm Airs</i>
Mar 24	Casserole Night Beef, Chicken, Pork Seafood \$14 pp	<i>Chwill Bros</i>
Mar 31	Birthday Dinner Roast Beef - \$13 Birthday Persons - \$12	<i>Serenaders</i>

Dance - 7:00 pm

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

All members must show current membership card.

Dancers, please note:

No personal liquor or pop can be brought in.

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

Catering by EMMA

ASSOCIATION NEWS

BOARD NEWS

- Thank you to the Pins and Needles Club for their generous donation of \$2,000. to the Leaf Building Fund.
- Thank you to the Coffee and Crafts Club for their final \$400. contribution to the Leaf Building Fund.
- NESAs 2010 Casino will be held Saturday & Sunday, March 20th & 21st at Casino Yellowhead. Come out to the casino one of these days and support NESAs.
- Income Tax services for low income seniors will again be available starting March 8. Please sign up at the front desk. You will be contacted by one of the volunteers with an appointment.
- Volunteer hours for 2009 totaled 55,485. Congratulations and a big thank you to all our Volunteers!
- Please remember that the various items around NESAs belong to you, the members. These items have been bought by the members for the members. They are not there for the taking, so please leave them for others to enjoy.
- Look on p. 9 of this issue for additional Association news from your President and Facility Manager.

NORTH EDMONTON SENIORS ASSOCIATION CUSTOMER SATISFACTION SURVEY

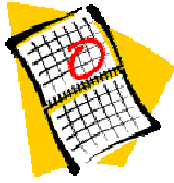
The results are in! We had overwhelming response to our Customer Satisfaction Survey. Drum roll please ...730 surveys were received and tabulated. A big thank you goes out to everyone who took the time to complete our survey. We appreciate all of your comments and feedback. More information on the Customer Satisfaction Survey will be provided at the AGM on May 11, 2010.

Congratulations to Norma Kabaroff and Andy Gregoire,
winners of the Customer Satisfaction Survey Draw.
Enjoy your \$25 gift certificates!



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. Thank you.

PROGRAM NEWS



Mark your Calendars!
Spring Registration Starts: Thursday, April 8th

The Spring/Summer Program and Activity Guide will be available for pick up the week of March 22nd.



Matinee Movie

Julie & Julia

Tues. March 23 @ 2 pm



Fee: \$2 (popcorn and refreshments). You must pre-register.

A culinary legend provides a frustrated office worker with a new recipe for life in JULIE AND JULIA, the true stories of how Julia Child's life and cookbook inspired fledgling writer Julie Powell to whip up 524 recipes in 365 days and introduce a new generation to the magic of French cooking.

Social Experience

Edmonton Humane Society

Fri., Mar 19. Bus leaves @10:00 am & returns @12:30 pm

Fee: \$12 (\$42 Non-Members)

This amazing facility is not only a home & haven for all of its furry friends but is also a community learning centre focusing on animal education. Find out about all the new exciting programs they are offering.



Sneak a Peek!

At Lew Houle's classes

Mon, March 8

11 am - 2 pm

Lobby



Watch Lew demonstrate Silversmithing, Book Binding
Enameling, Bone Carving & Scrimshaw

PROGRAM NEWS

Computers

ARCHIVING OLD PHOTOGRAPHS

Mon., Mar. 15 & 22 (2 wks)

9 am - 12 pm

Fee: \$45 (\$75 Non-Members)

COMPUTERS - Make Your Own Movie with Windows Movie Maker

Thurs., Mar. 18 & 25, (2 wks)

9:30 am - 12:30 pm

Fee: \$54 (\$84 Non-Members)

COMPUTER TUNE UPS

Thurs., Mar. 18 & 25 (2 wks)

1 - 4 pm

Fee: \$54 (\$84 Non-Members)



Crafts & Hobbies

ANTIQUA CLOCK REPAIR

Mon., Mar. 1 - 15 (3 wks)

1 - 3:30 pm

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

GALLERY GLASS

Humming Birds

Thurs., & Fri., Mar. 18 & 19 (2 days)

9 am - 12 Noon

Fee: \$80 (\$110 Non-Members)

GARDEN TRELLIS

Mon., Mar. 29

1 - 3:30 pm

Fee: \$32 (\$62 Non-Members)



LAPIDARY - An Introduction

Tues., Mar. 9 & 16 (2 wks)

1 - 4 pm

Fee: \$21 (\$51 Non-Members)

+ supplies approx. \$10

Fitness & Sports

INDOOR GOLF LESSONS

Thurs., Feb. 25 - Apr. 8 (5 wks)

(omit Mar. 25 & Apr. 1)

4 - 5 pm OR

5:15 - 6:15 pm

Fee: \$66 (\$96 Non-Members)



X-TRAIN CIRCUIT

Tues., Feb. 23 - Mar. 30 (6 wks)

10 - 11 am OR

Thurs., Feb. 25 - Apr 1, (6 wks)

10 - 11 am

Fee: \$42 (\$72 Non-Members)

General Interest

ENDURING POWER OF ATTORNEY

Tues., Mar. 2

1:30—2:30 pm

Fee: \$2 (You must pre-register)

WILLS & ESTATES

Tues., Mar. 16

1:30—3 pm

Fee: \$2 (You must pre-register)

THE NURSE NEXT DOOR

Wed., Mar. 10

1:30—2:30

Fee: \$2 (You must pre-register)



Music, Song & Dance

TWO STEP & WALTZ

Tues., Mar. 2 - Apr. 6 (6 wks)

6 - 7:30 pm

Fee: \$67 (\$97 Non-Members)

FITNESS CENTRE 780.944.7442



Time Limit on Use of Cardiac Equipment

Due to increased usage of the cardiac equipment, time must be limited to 30 minutes per person. Please abide by this 30 min limit and allow others to use these popular machines.



Vi Santo - Member of the Month



What motivates you to attend the Fitness Centre?

Good health - you have to start looking after yourself after you have spent your life looking after everyone else!! Especially when your doctor encourages you.

What is your favorite exercise?

I don't really have a favorite, I do them all. If I miss one, I feel guilty.

Do you have a regular routine that you follow?

I try to come 3 times a week most weeks. I start with the bike, move on to the treadmill, and then onto strength training.

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

I am always encouraging my friends to come with me and try the gym. I have lost weight and that wasn't my goal ... my goal was to get healthy. What a nice side-effect!

Prevent the Spread of Germs!

Help protect yourself and other Fitness Centre users.



Remember to sanitize your equipment before and after each use.

Price List

Drop-in Fee	\$3.50
10 Visit Pass	\$30.00
Monthly Pass	\$35.00
Personal Training Packages available (call or stop in for details)	

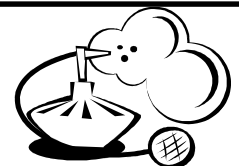
Must be a member of NESAs or have a seasonal pass.

Hours of Operation

Mon	9 - 4 pm
Tues	11 - 4 pm
Wed	9 - 4 pm
Thurs	11 - 4 pm
Fri	9 - 2 pm



To respect individuals who may have allergies or severe chemical sensitivities, please refrain from wearing fragrances and scented personal care products when using the Fitness Centre. Thank you



FUNDRAISERS

BLING! BLING! BLING!

Got extra 'Bling'? The Jewellery Table, one of the most popular tables at our bi-annual flea markets is accepting donations of 'Bling' you no longer need, ie. rings, necklaces, chains, brooches, pins, earrings, bracelets, watches. Any size jewellery boxes will also be gratefully accepted.

Get a Jump on your Easter Baking!



Thursday, March 25th

9:00am to 2:00pm

Donations of Baked Goodies gratefully
accepted Wednesday, March 24th

(Please list possible allergic ingredients)

MESSAGES FROM THE BOARD PRESIDENT AND THE FACILITY MANAGER



On May 11, 2010 we will be having our Annual General Meeting. Three (3) of our Board members, having served 4 years, their term will be ended. A big Thank You to Mike Palichuk, Wallie Samiroden, and John Timmer. We are enthusiastically recruiting good people for the NESAs Board of Directors. Do you have some extra time? What is your background? Business, Health Care, Construction, Housewife, Farmer, Educator, Law, Airline Pilot? - What do you have to offer us?

What we have to offer you is this: *Excellent working environment; *Learn how many issues within the Association are handled; *What is best for all our members, not just a certain few!; *How & why clubs and classes are run. You will have the opportunity to help make our Centre a better place for all of us.

You can be part of this very resourceful, hard-working, enjoyable, important part of NESAs. Think about it. Come and ask about us. Board meeting once a month + Committee meetings. A 2 year term and if you like it, 4 years. Get a nomination form and join this great group of City and NESAs staff, our Facility Manager, Maggie Nichol, and our great volunteers. Get to know the wonderful folks that come here on a daily basis; and the Board Members are not too bad either!

Edna Bohachyk,
Chair of NESAs Board of Directors

I am so thrilled to be back working at Northgate Lions. Every day I get to meet someone new and also visit with old friends. And, where else could you work that you get 5 hugs by noon?



There is no place else quite like this Centre. Through the efforts and resources of the city (who own and operate the building) and your Seniors Association (who provide the programs, clubs and services) you are able to access a huge number of opportunities under one roof at very reasonable cost. Comparable programs anywhere else would be quite a bit more expensive. NESAs keeps costs low by pooling membership and program fees and by doing a HUGE amount of fundraising. Both NESAs and the city heavily subsidize everything that happens here.

As Edna says in the article above, volunteers are what makes this place work. The can-do, roll-up-your-sleeves attitude of the many seniors who come here is the glue in the system. Helping NESAs means helping your club, your class and yourself to fabulous opportunities.

Maggie Nichol,
Facility Manager



C.A.R.E. Report

"Co-ordinator of Assistance in Recreation & Education"



PROGRAM UPDATES:

Income Tax Services:

This free service is being offered to our members starting **March 8** and is available to low income seniors only. Income must fall below the following levels to be eligible:

1 person—\$30,000, 2 people—\$37,000, 3 people—\$40,500.



The volunteer program does not complete income tax and benefit returns for: deceased persons, bankrupt individuals, individuals who have capital gains (or losses), employment expenses, or business or rental income or expenses, interest income over \$1,000 or other complex returns. If you have used this service in the past and wish to have the same volunteer help you again please indicate your preference when signing up at the front desk. The volunteers will be contacting individuals who have signed up to make an appointment.

Knitting For The Needy:

Gladys Lucas would like to remind all knitters to be sure to put their names inside the bags of knitted items that are turned into the centre and to be sure to record your hours on a regular basis. We are currently experiencing a shortage of yarn, so are asking all knitters to refrain from making afghans or large scarfs until we can replenish our yarn supply. We are asking for donations of clean yarn which can be dropped off at the front office. Be sure to mark them "Knitting For The Needy Yarn". Thank you again for your generous donations.

Seniors In Need:

The 2009 campaign officially concluded on Friday, January 29 with a special lunch for **130** seniors at the **Operation Friendship Seniors Society** drop in centre which serves inner city seniors. This lunch was sponsored by our Seniors In Need Campaign donations and was served by three of our volunteers. Sharlene Wyness would like to thank Brenda Doucet, Aida Davies and Marie Waritsky for their assistance. These volunteers were all first time visitors to the centre so were treated to a presentation and tour from Zahida , who is the Community Relations Supervisor at the centre.



Serving up a nutritious lunch!

Commissioner of Oaths:

This is a free service being offered to all of our members by the North Edmonton Seniors Association. To make an appointment call Josie at 780.496.6969.

Personal Health Diaries:

Are you planning on doing any traveling this year? If so be sure to pick up this pocket sized diary. It is a great way to keep a portable record of your medications and health records in case of an emergency. They are currently on sale at the front office for \$3.00.

RAMBLINGS

by Linda Glover

Last week a group of about 20 members from the Centre, with Amber as our guide, went on a tour of Global TV. At Global we were given a tour throughout the building by a pleasant young woman named Sarah. At one point, Mike Sobel passed us in the hall, and recognizing Maureen Jones, gave her a big hug. (Maureen and Mike worked together at a government office a number of years ago.) We met reporters Vinesh Pratap and Su-Ling Goh, receiving big smiles and hellos from them. We gathered around Shaye Ganam's desk to have our photo taken. We viewed the audio control room where technicians explained how they control the level of sound. We entered the control centre where television screens displayed images of news stories, and weather and traffic reports coming from many locations. These are coordinated with the stories that the anchors read in the news. In one hallway, we saw a large photo of Bill Matheson (remember him) and around the corner a large weather map that he used when giving the weather reports for over two decades. It would take a much longer tour to be able to understand the complexities of broadcasting, but we had a glimpse of how it is all accomplished. After the tour we gathered at Applebee's for lunch and chatter.

The interesting part of these tours is getting to know other members. I sat with Doreen Huculak on the bus and we had a pleasant chat and enjoyed each other's company. I asked her to write down some comments about what the Centre means to her and this is what she gave me:

I found out about the Northgate Seniors Centre in a Journal advertisement about 16 years ago. I noticed Line Dancing advertised and signed up. I was hooked and stayed at it for a few years. About a year later, Fit for Life was introduced by Dr. Cousins from the U of A and I have attended twice a week ever since. The social aspects of the Centre have been so good for me. There are so many happy, friendly people, and I am so grateful. I volunteer whenever and wherever I can. I appreciate the medical professionals brought to the Centre so that we have various health treatments at more reasonable costs. We are especially very fortunate to have such a great staff.

A pleasant bus driver took us to Global one route and home another. He pointed out and remarked on places that we passed. For instance, he told us that Edmonton's first shopping mall, Westmount Shopping Mall opened in August 1955. It was then known as Westmount Shoppers' Park and created quite a stir in this rapidly developing city. Woodward's, Johnstone Walker and Kresge's were the largest tenants. There were more than 40 other merchants and 3,000 free parking stalls.

On the internet, I found a few more facts about our fair city that I thought would be of interest.

The 1960s brought the Edmonton International Airport, the Citadel Theatre, the 27-story CN Tower and the Provincial Museum. The 1970s brought a further boost to the development of Edmonton and the Northlands Coliseum (today Rexall Place). In 1978, Edmonton became the first city with a population of less than one million to have a Light Rail Transit (LRT) system.

With the opening of West Edmonton Mall in 1981, Edmonton was named in the Guinness Book of Records as having the world's largest shopping and entertainment complex, retaining that honour for 23 years until 2004. Edmonton was incorporated as a city in 1904 with a population of 8,340. Edmonton became the capital of Alberta and the province joined Confederation a year later, on September 1, 1905.

How many of you still miss Woodward's \$1.49 Day? What great buys we got. It was a big event every month.

How many changes will the next decade bring?

A comment in one of Jim McArdle's e-mails to undisclosed recipients is humourous and yet true.

Nothing sucks more than that moment during an argument when you realize you're wrong.

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

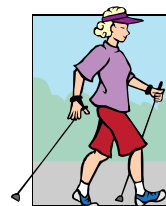
SWEDISH RELAXATION MASSAGE

Fridays
For an appointment, call:
Lisa - 780.446.4450

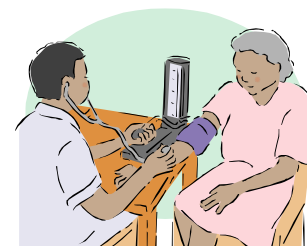
How Much Cardio Do You Need????

The recommended amount of cardio a person should get is 30 minutes per day. That does not have to be done all at one time – breaking up the 30 minutes is fine as long as you do get your heart rate elevated and keep it there for the time you exercise. You can always do more but to get results 30 minutes per day is what a person needs to reap the benefits from the workout.

Cardio workouts aren't only about burning calories. Cardio activities like walking, running, cycling and doing aerobic dance are fabulous fat burners, but they do much, much more!



Cardio strengthens your heart and lungs, improving your maximal oxygen capacity (known as your VO2 max). It also fine-tunes many of the hormonal systems in your body, making you more resilient in stressful situations. It improves your insulin sensitivity, and allows you to better utilize your body fat for energy. Cardio exercise reduces blood pressure, provides a boost in “good” HDL cholesterol, and helps you develop muscle stamina and overall endurance.



CLUB NEWS

NESA CLUB INFORMATION

For Club coord/contact info,
check at Front Desk

Art	Mon 9 -12 & 1 - 4
Calligraphy	Thu 9:30 -11:30 am
Canasta	Thu 1:00 - 4:00 pm
Carpet Bowling	Tue & Thu 10:30 -11:45 am
Cribbage	Fri 1:00 - 3:00 pm
Duplicate Bridge	Thu 12:00 - 4:00 pm
Furniture Refinishing	Tue Night 6:00 - 9:00 pm
Garden	3rd Wed 10:00 am
Golf	Seasonal
Hardanger Investment	Fri 9:00 am - 12 noon 2nd Thu 10:00 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
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	

NORTHGATE JAMMERS WELCOME NEW MEMBERS

Memberships are now available for the current period of 2010.

The first two jams are free for everyone - after that we hope you will want to join. Memberships equate to \$2 each week.



We jam and sing our favourite songs (music of your choice) from 12 noon to 4 pm every Tuesday. So come, bring your instrument and have some fun.

For more info, call:

Clarence Kephart, 780.410.0993 or
Dennis Howie, 780.456.0492

GOLF CLUB

To join the Northgate Seniors Golf Club, attend the AGM March 26th at 1 pm.

Bring your NESA membership card!
The Golf Club is selling the Golf Pass Book and the Edmonton First Class Card at reduced prices.



Call **Len 780.473.8950**

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. We thank you for your cooperation.

CLUB NEWS

JUST FOR THE COMPANY

- Wed Mar 10 **Regular Meeting** 10 am
- Wed Mar 10 **The Mouse Trap**
St Joe's High School
Bus at 11 am (after meeting)
\$12
- Wed Mar 24 **Good Vibrations**
Jubilations
Beach Boys Music
Bus 5:15 pm. \$50
- Wed Apr 7 **Dial 'M' for Murder**
Mayfield Dinner Theatre
Bus 10:15 am. \$57

TRAVEL CLUB

*Have you recently retired?
Want to travel? Join us!*

2010 Tours in Development:

Crete
Nashville/Dollywood
Copper Canyon
Wendover
Rosebud Theatre:
 Contact Margaret 780.478.0922
New Orleans: Contact Rita 780.475.4561
Next Meeting: Mar 3rd - 10:30 am

NORTH EDMONTON SENIORS "POTTERY GUILD"

The "Pottery Guild" is looking for four new potters to bring our membership up to 20. The "Guild" does not offer formal instructions but members are willing to share their experience with others. Pottery is quite physical requiring the strength to wedge and knead clay, particularly for wheel potting.

The "Guild" operates Monday & Thursday. If you think you might be interested, you are welcome to visit us any Thursday for a tour of the Pottery Room. For further inquiries, ask at the front desk for Marg.

BADMINTON CLUB

The Club is now taking registration for membership for 2010. Badminton is played Mon, Wed and Fri mornings and the fee is \$92 for the whole year. A NESAs membership card is needed with the fee.

Now is your opportunity to belong to an active but fun sport and get into shape for 2010!

**For more information call:
Henry Borger 780.482.7289**

REMINDER

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

NORTHGATE LIONS BINGO

Northgate Lions Marathon Bingos are held twice a year.
Bingos in 2010 will be on Fri, Apr 2 & Sat, Oct 2

Lions Phone # 780.496.4888

VOLUNTEER OPPORTUNITIES



Volunteer Appreciation

Will be held on Thursday, April 15, 2010 so don't forget to mark your calendars!

*In order to qualify for an invitation, you must have contributed **30 hours** of volunteer time to the Centre from January 1, 2009 to December 31, 2009*

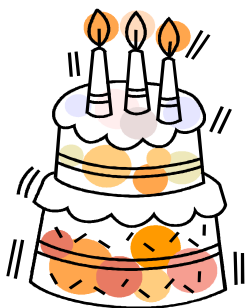
*If you have not recorded all of your hours for 2009 please call Josie @780.496.6969
More details to follow in the April Newsletter*

Volunteer Opportunities

If you are looking for volunteer opportunities, here are some areas that may interest you and the people you should contact:

VOLUNTEER	CONTACT	VOLUNTEER	CONTACT
Front Office	Amber	Special Events	Marg S. Sharlene Wyness
Fitness Centre	Lori M.	Phoning Committee	Marg Parks
Nevadas	Stella Kiriak Edith McKeen Marg Parks	Fundraising - Coords vols for all fundraising events	Marg S. Marg Parks
Wednesday Night Dances	Penny & Jim Dirksen	Table Rentals Flea Market & Craft Sale	Marie Waritsky
CARE Committee - *Friendly Visitors *Telephone Buddy *Knitting for Needy *Seniors in Need *Flu Clinic	Josie	Casino	Gord Jeffrey
		Registration	Josie Lori C. Marg S.

OF INTEREST TO SENIORS



HAPPY BIRTHDAY

to our "Gold Card Members" with 85+ birthdays in March

Doris Miller, Edward Severson, Mary Chabot, Helen Engel, Steve Lastiwka, Mabel Spink, Della Gibbons, Bill Hendriks, Nora MacKay, Barbara Marler, Doreen McLeod, Beulah Williams, Helen Henderson, Anne Stepa, Victoria Luchka, Clarence Straub, Stephen Stuparyk, Bruce Chapman, Olga Kaminsky, Marion Presho, Thora Wagner, Norma Whyte, Tony Williams, Rose Babbik, Frieda Kuchmak

We currently have
290 Gold Card Members

STROKE WORKSHOP

The Stroke Recovery Association of Edmonton is hosting a Public Workshop on Stroke Awareness, Risks and Recovery

"Stroke ... the Next Steps"

Saturday, May 29, 2010 - 9:30 am to 3:30 pm

at Central Lions Recreation Centre, 11113 - 113 Street, Edmonton, AB

Registration: \$15 includes lunch and snacks (free parking)

Program will include: a keynote speaker, other guest speakers, concurrent sessions and community resources information.

For information please call: SRA Edmonton at 780.485.3052

SHRINE HOSPITALS CAMPBELL'S SOUP LABELS PROGRAM

A big **Thank You** for your donations of Campbell's Soup Bar Codes to the Shrine Hospitals Program. The bar codes are collected, clipped and gathered by the Shrine Ladies Group and used to purchase items such as TVs, DVD/VCR players, microwaves, and sports equipment for the Shriners Hospitals.

The bar codes currently being collected will be used to purchase laptop computers that will allow children to continue their school work while in hospital.

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.

OF INTEREST TO SENIORS

PARKING AT NORTHGATE SENIORS CENTRE

Parking space 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! 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!



CROSS COUNTRY SKIING

Join Lidy for Cross Country Skiing, **Fridays**, weather permitting (if in doubt, call 780.496.6969 to confirm). We will meet at the Centre at **1 pm** and then carpool to a designated park for an afternoon of fun and exercise!



NEW ADVERTISING BULLETIN BOARD

Effective January 2010 a new system of posting personal advertisements on the new Bulletin Board in the Cafeteria came into effect:

- Obtain a 4" X 6" card from the front desk
- Complete your information on the card and return the card to the front desk for approval
- Office staff will post all approved ads for you.

Note: All ads will have a time limit of 2 weeks. Any ads posted by individuals will be removed from the board. Thank you for your cooperation!

SENIORS RESEARCH STUDY

Understanding the Unique Experiences of Older Adults

The Researcher is conducting this study at Northgate Lions Seniors Recreation Centre. Hours are very flexible so your participation in the study can be coordinated with your other activities at the Centre.

For more info, see the many posters displayed around the building.

**To participate or ask questions regarding this study,
please call Rochelle Major at 780.932.1554**

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 “CULINARY MATTERS” QUIZ

Question	Answer
1. Where did “poi” originate?	<i>Hawaii</i>
2. What “plant” is nicknamed “the mad apple”?	<i>Eggplant</i>
3. What type of food is “hardtack”?	<i>Bread (Hard baked biscuit)</i>
4. Which spices are traditionally used in hot-buttered rum?	<i>Nutmeg & Cinnamon</i>
5. What is the English term for a “Kartoffel”?	<i>Potato</i>
6. What is a “vegan”?	<i>A strict Vegetarian</i>
7. What term indicates, garnished with cauliflower?	<i>Dubarry</i>
8. What is the popular term for a turkey’s furcula?	<i>Wishbone</i>
9. Melted butter with the sediment removed is said to be?	<i>Clarified</i>
10. A hybrid of a tangerine, orange and a grapefruit?	<i>Ugli fruit</i>
11. Term for the outermost coloured portion of citrus fruit used for flavouring?	<i>Zest</i>
12. This egg-shaped fruit is also known as the “tree tomato”?	<i>Tamarillo</i>
13. What is the most common fruit used on pizzas? (not counting tomato as a fruit)	<i>Olives</i>
14. What is the most common dish served in a tureen?	<i>Soup</i>
15. This salad’s original ingredients were apples, celery and mayonnaise?	<i>Waldorf salad</i>
16. This filbert nut is commonly called by the name of the tree from which it comes?	<i>Hazel</i>

There were 27 entries for this quiz. Anne Snider, Dora Tucker, Anne Stipdonk, and Myrt Marshall had all answers correct. Anne Snider was the winner of the draw. Pick up your prize at the front desk, Anne.

QUIZ

Each word riddle creates a disguised word, name, saying, phrase, etc.
Eg. NOON GOOD = GOOD AFTERNOON

ELBAT ELBAT	END N D	LA NE RO AD STR EET	K9 THE
Ans=	Ans=	Ans=	Ans=
W I N D	T E GO	EVER EVER EVER EVER	B O B
Ans=	Ans=	Ans=	Ans=
S H E E T	Vest sound ment	VIA VIA	alpull
Ans=	Ans=	Ans=	Ans=
4 8 12 16 20	ie Cexcept	T LIVE	EMPLOY T MEN
Ans=	Ans=	Ans=	Ans=
VAWAITIN	RAE FAED	It go along	a nekat
Ans=	Ans=	Ans=	Ans=



Answers to be submitted no later than
Thursday March 4th

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

SURNAME:		Please make <u>cheques</u> 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: _____	YES NO	
VOLUNTEER		
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."