

# Bulletin

**NORTH EDMONTON  
SENIORS  
ASSOCIATION**

Administration Office:  
Glengarry Community  
Services,  
13315-89 Street  
Open Monday-Friday,  
9am - 3pm  
Phone: 780-496-6969  
Fax: 780-577-3531  
[www.nesa1.ca](http://www.nesa1.ca)

Our Northgate Lions Seniors Recreation Centre is currently being rebuilt, with some much needed improvements. During this time NESA is committed to maintain as many programs, services and social opportunities as possible, in other facilities.



QR code to NESA's  
Website.

- **Valentine's Day Tea!**

Tuesday, Feb. 14th from 1—3 pm  
At Clareview Rec. Centre, 3804-139 Ave.  
*\$2/person. Refreshments will be served.  
Drop by for a wonderful afternoon  
of fun & laughter with friends.*

- **Sign up today for these great talks!**

- Skin Care & Beauty 101 for 50+**  
Monday, Feb. 13, 10:00—11:45 am  
Clareview Rec. Centre, 3804-139 Ave.

- Heart Health & Blood Pressure**  
Thursday, Feb. 16, 1:00—2:00 pm, \$2  
Glengarry Office, 13315-89 St.

- **Wednesday Night Dinners** at the Glengarry Community Hall, 13325-89St. @ 5:30 pm.  
To make reservations call Zelka by the Monday prior at **780-475-3600**.

- Feb. 8, Roast Pork, \$15pp.**

- Feb. 15, Turkey, Celebrating Valentines, \$17pp.**

- Feb. 22, Fillets of Sole, \$15pp.**

- Feb. 29, Roast Beef Birthday Dinner, \$14pp.**

To get more information:

- Please call 780-496-6969
- Visit our **NEW** website at **[www.nesa1.ca](http://www.nesa1.ca)**