

January 30, 2012

# 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.

- Sign up today for these great talks!
  - Eating Made Easy-Nutrition Workshops***  
***Tuesdays, Feb. 7—Feb. 28, (4wks)***  
***10:00—11:30 am, \$24***  
***McClure Church, 13708-74 St.***
  - 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. 1, Chicken Night. \$15pp.***  
(Due to the renovations of Glengarry Hall's kitchen we will need to cancel a couple dinners in February, we will keep you posted on the exact dates.)
- **Volunteer Needed!** We are looking for someone who is physically fit and willing to help a few hours each month to keep the information on our 137 Avenue roadside sign updated. If you are interested please contact Colleen at 780-496-4927 for more information.
- **Coffee Service at Clareview Rec. Centre** will be from 10 am—12 Noon. Sorry there will be no coffee service in the afternoons.

To get more information:

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