

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

MAYOR'S COFFEE PARTY A WIN FOR NESAs

Mayor Mandel and Councilor Tony Caterina came to hear what NESAs members had to say about the City's budget priorities in November and they really did come to hear what we had to say. As a result of what they heard, Councilor Caterina took our request for additional funding forward to the 2012 Budget discussions in early December, where the motion was approved unanimously by City Council. The City of Edmonton has approved an additional \$198,000.00 for North Edmonton Seniors Association's building renovations. This money will help cover some of the costs of the new elevator and reduce NESAs's overall costs for current renovations.

If you happen to be speaking to your City Councilor or the Mayor, please extend your thanks to them.

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Next newsletter will be out
end Mar 2012.
Note: Cut-off for submissions
will be Mar 8/2012.

Join us for Laughter, Learning & Living!

NORTHGATE SENIORS RECREATION CENTRE FACILITY UPDATE – JANUARY 2012

- Work at the Centre continues to move along quickly now. Those who pass the site may have noticed that the north gym wall was not completed until all need for heavy equipment inside the gym area was complete.
- The new elevator is well underway – pit dug, walls formed and entry complete. The stage, which had to be partially removed to facilitate building of the elevator, will be shortly rebuilt and reinforced. The new elevator will also open onto the stage, from a rear door, allowing access for anyone with mobility challenges.
- All walls of the Auditorium and surrounding rooms have been reinforced and will be stronger than ever. The trusses arrived in mid-December and will be installed as Auditorium walls are completed.
- Swapping out of trusses in the Woodwork shop will begin once the Auditorium trusses are complete. This phase of building will involve careful peeling off of a portion of the roof, removal of an existing truss, installation of the new one, and re-roofing immediately. This section has to be done in stages so that the space remains dry and secure.
- All utilities are up and running and new power and plumbing is complete.
- Washrooms have a new layout, toilets are higher and accessible cubicles are self-contained. A new boiler and hot water heater have been installed. Several of the roof-top HVAC (Heating, Ventilation and Cooling) units have also been upgraded.
- Structural upgrades and repairs to all the main floor spaces that surround the Auditorium are well underway – these include the kitchen, cafeteria, washrooms on the east side, snooker room, Lions Club, Clinics, and Fitness Centre.
- Classrooms on the second floor that are slated for upgrades have been re-wired, their doorways and walls changed, and are awaiting the installation of their new counter/sink units, and their final painting, flooring etc.
- Office and Boardroom areas are mostly complete, and awaiting painting, carpeting, etc. which is always scheduled last in the construction process.
- The building remains warm, dry and secure, including all program and Club items on the second floor. In the spring, some of the Clubs will be invited to participate in clean-ups and preparation of classrooms for re-entry.

While we would like to promise a date of re-opening, the vagaries of construction make it difficult to do so. Construction timelines are always tentative and subject to weather conditions, materials delivery, trade availability, site access, frozen ground conditions, and unforeseen/concealed conditions.

We are very optimistic that we will be in the building in time for Fall programs.



Delivery of Trusses

Board News

- A cheque in the amount of \$1,100 was received from the Wizards of Odds & Ends, bringing the total raised by the Wizards in 2011 to \$2,480. Many thanks to this small group of ladies who make a variety of articles for sale, with all proceeds going to NESAs.
- Willy's coffee group at Clareview Rec Cen has produced a net profit of \$1,859.00. Good work!

...From The President's Pen

The roof collapse on January 25, 2011 showed us just how resilient NESAs seniors really are. Under the guidance of Maggie Nichol, the office staff and board members, our organization was able to continue with most of our club functions, activities, and programs. Also the continued loyalty of our members helped us to maintain our position as one of the best senior's organizations in Edmonton.

A special thanks goes to all of our volunteers who have worked diligently under less than ideal conditions. These include the office volunteers, the community service oriented clubs and committees, Communications Committee, Fundraising clubs and groups, Clareview Recreation Centre coffee group and the board members for all their extra administrative and committee work. In addition an appreciative thank you goes to the Northgate Lions Association and all of the NESAs members who have made cash and supplies donations to our Association.

We must not forget to thank the City of Edmonton for helping us financially and for making the Clareview Recreation Centre available for our use. Also we are grateful that the neighboring community leagues, churches and Central Lions Seniors willingly offered their facilities for our club and program activities.

Without this sense of community within our membership, community leagues and the city, we would not exist as a vibrant Association. All of us are eagerly looking forward to the grand opening of our upgraded second home. Best wishes to all of you and your families in 2012.

Steve Shamchuk, President of the Board

...Maggie's Musings

Although we are already into 2012, I'd like to take this opportunity, on behalf of all the staff, to wish you a very Happy New Year.

Over the Christmas break, staff continued to be busy creating new program and social opportunities for you, fine tuning the processes that support our programs, renegotiating the use of and resolving the issues of our borrowed facilities and getting some well deserved rest. I cannot sing their praises loudly enough. The Northgate staff are the hardest-working, most dedicated and fun bunch of folks you will find. Even though their work situation is far from ideal, they persevere and find creative solutions to their challenges.

This praise must extend to the loyal batch of volunteers Northgate has been blessed with. The NESAs Board, and all the volunteers who create the magic that is our Centre, continue to give of their time, energy and talents. They too, operate under less-than-ideal circumstances, and still willingly and cheerfully contribute.

The ceiling may have come down, but not the morale. We will come out of this catastrophe stronger and better.

Carpe Vinum!

Maggie Nichol, Facility Manager

FUNDRAISERS

The Bake, Book & Craft Sale held in conjunction with our Winter Program Registration on December 13 was a huge success! A big thank you to everyone who generously donated baking and books. This has been one of our most successful bake sales to date. It is amazing how creative our Fundraisers can be when faced with the challenge of being without the Centre. Fundraising volunteers worked behind the scenes packing and pricing the baking as it was dropped off at Marg Parks' house. A very special thank you to Edna Bohachyk and Steve Shamchuk who transported baking to the Clareview Recreation Centre from Marg Parks' house and our office at Glengarry Community Services. Thank you as well to the great sales people who made sure not a single cookie crumb was left. They managed to sell all the baking by 1 pm! Thanks to the gentlemen who helped set up, sell and pack away the books. Congratulations on helping raise **\$1,735.25!!!!**

We would like to thank the Wizards of Odds & Ends for helping to make this event a success. Their wonderful home-made crafts were a great addition to the sale and netted another **\$800.** for NESAs.

CAPITAL FUND CAMPAIGN

A big **Thank You** to all who donated towards the Building Fund - Leaf Campaign - in 2011. Over \$16,000. was donated from individuals and/or on behalf of others (in Memoriam). All Building Fund donations go towards current construction or will support future upgrades, in order to make our facility a more up-to-date, usable and truly senior-friendly and accessible place.

In order to protect the personal information of our donors from fraudulent use, we will no longer identify individual donors in our newsletter. We will however, recognize all contributions of over \$100 on our Donor Wall at the Centre.

While our building is being rebuilt through insurance and the upgrades by the City and NESAs, we still need your support for future facility upgrades. North Edmonton Seniors Association continues to fund raise for our BIG Yellow Phase renovation, slated for 2015. We'll begin the planning phase once we are back in and settled, and will need to have all our funding in place prior to construction.

Please help NESAs continue to operate the best Seniors Centre in Alberta! Don't forget! All Capital Fund donations are tax deductible.

PROGRAM NEWS

It's not too late to sign up for these programs!

See Program & Activity Guide for locations & descriptions.

Music Song & Dance

Choralaires

Tues, Jan 3—May 1 (18 wks)
1:00—3:00 pm
Fee: \$67 (\$97 Non-Members)

Crafts & Hobbies

Chocolate Making—Chocolate With Filling

Mon, March 5
9:00 am—12 Noon
Fee: \$28 (\$58 Non-Members)

Copics—An Introduction

Mon, Jan. 30
10:30 am—12:30 pm
Fee: \$40 (\$70 Non-Members)

Copics—A Day at the Copic Spa! Hair & Skin

Mon, Feb. 27
10:30 am—12:30 pm
Fee: \$40 (\$70 Non-Members)

Creative Cards—Valentines

Sat, Feb. 4
9:30 am—12 Noon
Fee: \$30 (\$60 Non-Members)

Creative Cards—For All Occasions

Sat, March 3 or March 10
9:30 am—12 Noon
Fee: \$30 (\$60 Non-Members)

Quilted Nine-Patch Trapezoid Placemat

Mon, Jan. 30
1:00—4:00 pm
Fee: \$15 (\$45 Non-Members)

Quilted Appliques Wall Hanging

Mon, Feb. 27
1:00—4:00 pm
Fee: \$15 (\$45 Non-Members)

Quilted Criss-Cross Table Runner

Mon, March 19
1:00—4:00 pm
Fee: \$15 (\$45 Non-Members)

Wire Wrapping—Pendant

Tues, March 6
12:00—3:00 pm
Fee: \$28 (\$58 Non-Members)

Wire Wrapping—Tree of Life

Tues, Feb. 7
12:00—3:00 pm
Fee: \$23 (\$53 Non-Members)

MATINEE MOVIE



Cameron Diaz - Kate Winslet - Jude Law - Jack Black
official
the Holiday
Starring Cameron Diaz, Kate Winslet, Jude Law, Jack Black
December



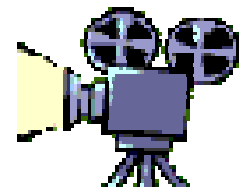
The Holiday

Tuesday, January 24

\$2/person for refreshments & popcorn. You must pre-register.

McClure United Church—13708—74 Street

Starring Cameron Diaz, Kate Winslet, Jude Law and Jack Black



Two women who have never met & live 6000 miles apart, find themselves in the exact same place. They meet online at a home exchange website & impulsively switch homes for the holidays.

PROGRAM NEWS

Try something **NEW** this year!

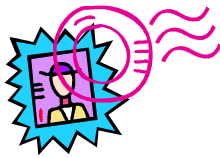
General Interest

Criminal Justice

Thurs, Mar 8—Mar 29 (4 wks)
9:30—11:30am
Fee: \$48 (\$78 Non-Members)

Don't Throw It Away...\$

Thurs, Feb. 23
1:30—2:30 pm
Fee: \$2



End of Life Matters

Fri, Mar 2
10:00—11:00 am
Fee: \$2

For Ladies Only: Skin Care & Beauty for 50+

Mon, Feb 13
10:00—11:45 am
Fee: \$21 (\$51 Non-Members)

For Ladies Only: Make-up Basics for 50+

Mon, Mar 19
10:00—11:45 am
Fee: \$21 (\$51 Non-Members)

Just Clowning Around

Fri, Feb 3
9:00 am—12:00 pm
Fee: \$18 (\$48 Non-Members)



On The "Snow" Again

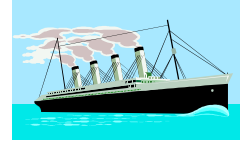
Fri, Jan 27
2:00—3:30 pm
Fee \$2 (Must pre-register)

Preserving Your Family's History

Mon, March 5
9:30—11:30 am
Fee: \$2 (Must pre-register)

The Titanic Tragedy: 100th Anniversary

Mon, April 2
10:00—11:30 am
Fee: \$5 (Must pre-register)



Health & Wellness

"Combinations"

Wed, Mar 7—April 4 (5 wks)
1:00—2:00 pm
Fee: \$30 (\$60 Non-Member)

Eating Made Easy— Nutrition Workshop

Tues, Feb 7—Feb 28 (4 wks)
10:00—11:30 am
Fee: \$24

Hearing Loss Awareness

Tues, Jan 24
1:30—3:00 pm
Fee: \$2 (Must pre-register)



More Than Just Meals On Wheels

Wed, Feb 8
1:00—2:00 pm
Fee: \$2 (You must pre-register)

Problems with Your Plumbing

Wed, March 28
10:00—11:30 am
Fee: \$2 (Must pre-register)

What's the Matter with my Bladder

Tues, March 6
1:30—3:00 pm
Fee: \$12 (\$42 Non-Member)



PROGRAM NEWS



Program Registration Week!

Come register for Spring Classes at our
Glengarry Office, 13315-89 Street,
beginning Monday, March 26th.

Office hours are 9:00 am - 3:00 pm.
(We only accept cash or cheques)

Remember that you can also mail in your
registration forms, please make
cheques payable to N.E.S.A.

Spring 2012 Program & Activity guides will be mailed out to
members by March 16th.

For a sneak-peek of the spring programs check out our website
www.nesa1.ca online March 1st.

Spring Classes start April 16th - 20th.

**Classes will be cancelled a week prior to the
starting date if enrollment is too low.
Register early to avoid disappointment.**

New Reflexologist! We are happy to introduce Julie Leblanc who will be covering for Julie Hammond while we are out of the Centre.

Julie Leblanc is a fully certified and Registered Massage Therapist. She has specialized in Reflexology since 2001 and has been an instructor in various modalities including reflexology of the foot, hand, ear, and face and Thai Foot Massage for the last four years.

Julie Leblanc lives in North Edmonton and is available to do in-home visits.
For an appointment call **Julie @ 780-920-3149**. Seniors Rate \$50/session.

SOCIAL EVENTS

Robbie Burns Tea & 1st Anniversary of the Northgate Centre Collapse

Wed, January 25th

1 – 3 pm

\$2

McClure Church
13708 – 74 Street

Join us as we celebrate the hard work
and perseverance of our
NESAs members over the past year.

Everyone is Scottish
on Robbie Burns Day!

So wear your tartan and enjoy
an afternoon of shortbread,
tea, and the

delightful prose of that brilliant
Scotsman, Robbie Burns.

Beautiful crafts also for sale.

Valentine's Day Tea

Tue, February 14th

1 – 3 pm

\$2

Clareview Recreation Centre
3804 – 139 Avenue

Sweets, Treats & Eats!

Drop by for a wonderful afternoon
of fun & laughter with friends
but watch out for *Cupid!*

Beautiful crafts also for sale



Leap Year Tea

Wed, February 29th

1 – 3 pm

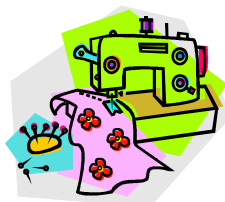
\$2

McClure Church
13708 – 74 Street

Has it been four years already?

Join us for an afternoon
of fun & laughter with friends.

Beautiful crafts for sale



St Patrick's Day Tea

Thur, March 15th

1 – 3 pm

\$2

Clareview Recreation Centre
3804 – 139 Avenue

Everyone is Irish on St Patrick's Day!

So put on your best

Green Attire &

join us as we eat,
drink and be merry

in memory of good *Old St Pat!*

Beautiful crafts for sale





C.A.R.E. Report

"Co-ordinator of Assistance in Recreation & Education"



Wow there is lots to report since our last newsletter!

First off we would like to thank the **Edmonton Community Adult Learning Association** for its continued support. We have received a grant for \$14,000 for 2012 which will be used to offset the cost for some of our programs. ECALA has been funding learning opportunities in the areas of Adult Basic Literacy, English as Another Language, Community Issues and Employability Enhancement. ECALA receives its funding from the Department of Advanced Education and Technology.

Seniors In Need Campaign

Our 9th Annual Seniors In Need Campaign wrapped up on Friday, December 15. As you can see from these pictures the response and support from our members and other groups was as amazing as ever! We would like to once again thank the **Northgate Lions Club** who donated **\$2,000** this year. Thank you to all who attended the Christmas Concert and made donations to the Silver Collection. This money was also used to support the Campaign. Thanks also to all the individuals who donated items and cash and to Marie and Alex Tauber who helped deliver the gifts! With your generous donations we made Christmas for **302** seniors a very merry one. Again we will be sponsoring a luncheon for inner city seniors at Operation Friendship Seniors Society on February 6. Typically over **140** seniors attend these luncheons every day. Bringing our total of seniors helped this year to **442!**



Knitting For The Needy

Here are a couple of photos taken the day of our Knitting Annual Lunch which was held on November 2. As we previously mentioned all the knitting and wool is now being stored in Ruth Hughes' basement where it was sorted and packaged. Thanks to Jay Metheral for helping transport the sorted knitting to the Glengarry Hall where the lunch was held. Below are 30 of our 65 knitters standing behind tables piled high with the waiting packages. The day of the lunch we were surprised by a visit from Global TV. Gladys Lucas and Steve Shamchuk gave outstanding interviews which were featured on the 6 and 10 pm News as well as at noon the following day. As a result of these interviews we were visited by people from all over the city offering donations of yarn!



Connections

This program continues to support seniors who might need some assistance in getting to know the Centre and what it has to offer. If you or someone you know have any questions or would like to check out this great program, please call Maureen or Carrie at 780.496.6969.

VOLUNTEER NEWS

LAST CHANCE TO SUBMIT 2011 VOLUNTEER HOURS!



As we reach the end of what's been an eventful year, I just want to remind you to please ensure that all of the hours you've so generously contributed are recorded in the 'Volunteer Hours' binder by **January 20th**, 2012 at the very latest.

And you can do this without leaving the comfort of your own home!

If you can't make it to the Glengarry Office (13315 – 89 St.) in person, I'd be happy to record your hours for you:

Just call me at 780-496-4927 (please leave a message if I'm not at my desk)
OR

E-mail me at colleen.emmott@edmonton.ca with the details OR

Call the Office at 780-496-6969 and ask the Office Volunteers to record the information.

Thanks for all of your help in 2011, and I look forward to seeing you in 2012!

Colleen Emmott

Volunteer Program Coordinator

VOLUNTEER OPPORTUNITY

Roadside Sign Maintenance

We're looking for someone who is physically fit, enjoys the great outdoors, & is willing to help a few hours (flexible) each month to keep the information on our roadside sign on 137 Avenue updated.



If this sounds like something that interests you, please call Colleen at 780.496.4927 for more info.

HELP US GO GREEN!

View the NESAs Newsletter on-line. Go to www.nesa1.ca and click on Newsletter. There you will find a beautiful colour copy that you can even magnify to make reading easier, & enjoy at your leisure.

CLUB NEWS

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 am -12 noon
Canasta	Thu 1 - 4 pm
Carpet Bowling	Tue 10:00 am - 12 noon Thu 10:00 am - 12 noon
Cribbage	Fri 1:00 - 3:00 pm
Duplicate Bridge	Thu 12:15 - 4:15 pm
Furniture Refinishing	Call NESA office
Garden	3rd Wed 10:00 am
Golf	Seasonal
Hardanger	Fri 9:00 am - 12 noon
Jammers	Tue 1:00 - 4:00 pm
Just for The Company	2nd Wed 1:30 pm



Lapidary	Call NESA office
Oil Painting	Tue 12:30 - 3.30 pm
Paper Tole	Thu 9:00 am - 12 noon
Parchment Plus	Tue 9:00 am -12 noon
Pins & Needles	Fri 9:00 am - 12 noon
Quilting	
Pottery	Thu 10:00 am - 2:00 pm
Silversmithing	Mon 9:00 am - 12 noon
Snooker	Call NESA office
Stained Glass	Thu 1:00 - 4:00 pm
Termites	Chip Carvers: Fri 9:00 am -12 noon
Travel	First Wed 10:30 am
Washi Chigiri-e	Wed 9:00 am -12 noon
Weavers	Call NESA office
Whist	Mon 1:00 - 3:30 pm
Woodworking	Call NESA office



Note: All club members **MUST** have a **current NESA membership - now on sale at Glengarry office, 13315 - 89 St.**

JUST FOR THE COMPANY

Jan 11	1:30 Meeting, McClure Church
Feb 11	Rawling's Cross, Festival Place. Bus 6:30 pm \$38.
Feb 15	Sweet Charity, Bellerose HS. Bus 11:00 am \$23.
Mar 2	Annie Get Your Gun, Festival Place. Bus 6:30 pm \$28.

TRAVEL CLUB

Feb 1 Presentation by Guardian Insurance.
Mar 14 The Old South and Florida Tour **SOLD OUT**
Other possible Tours for 2012 include:
Temple Gardens Mineral Spa (Moose Jaw)
West Coast of BC
River Cruise in France or Vietnam
Coach Tour of Croatia and the Adriatic

GARDEN CLUB

We welcome any NESA member who has an interest in growing things. We meet every 3rd Wed at 10 am in the Londonderry Community Hall social room(14224-74 St). Among our members we have a wealth of gardening experience and we love sharing our knowledge! We invite speakers to expand our knowledge and a few times a year we go on field trips. For more info please call: Annelies Barzilay at **780-475-3304**.

GOLF CLUB

To join in 2012, attend the AGM Mar 23/2012, 1 to 3 pm at Clareview Rec Centre. We are selling Golf Pass books & Edm First Class cards \$40. ea. Questions? Call **Len 780.473.8950**.

CARPET BOWLING CLUB

If anyone wants to know what Carpet Bowling is all about, just drop by Clareview Rec Centre any Tuesday, 10 - 11:30 am.
Any questions? Call the Club's President, Ed Doucet, at **780.475.2412**.

Suggestion: Hang this page on your fridge for ready reference



Wednesday Dinners

Dinners will be held at
GLENGARRY COMMUNITY HALL
13325 - 89 ST. - 5:30 pm
Call 780.475.3600 for reservations

Important Note:
Cut-off for reservations or to cancel a reservation is Monday prior to the Wednesday dinner (No exceptions)

Parking is limited at this location, but there is additional parking on the street and in the schools south of Glengarry.

Reminder:

No personal liquor or pop can be brought in.

January-February

- Jan 11 Sweet & Sour Ribs \$15.
- Jan 18 Poached Salmon \$16.
- Jan 25 Roast Beef Birthday Dinner
Birthday Person \$13.
Guests \$14.
- Feb 1 Chicken Night \$15.

Please Note:

Glengarry Community Hall's kitchen will undergo retrofits in February, and up to two weeks' dinners will be cancelled. Calendar will be updated as soon as exact dates are announced.

DATES TO REMEMBER

2012

Jan 25 **Robbie Burns Tea & 1st Anniversary of the Northgate Centre Collapse**
McClure Church, 1-3 pm

Feb 14 **Valentine's Day Tea**
Clareview Recreation Centre
1 - 3 pm



Feb 20 **Family Day**
Glengarry Office closed

Feb 29 **Leap Year Tea**
McClure Church
1 - 3 pm

Mar 15 **St. Patrick's Day Tea**
Clareview Recreation Centre
1 - 3 pm



Apr 6-9 **Easter Weekend**
Glengarry Office closed

Apr 6 **Northgate Lions Bingo**
ENEBA Bingo Hall
12711 - 52 Street

"WILLY's" COFFEE SERVICE at Clareview Rec Centre

Please note
2012 Coffee Service Times:
Mon - Fri,
10 am to 12 noon

