

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

Feb 3 Chinese New Year
Feb 14 St. Valentine's Day
Feb 21 Family Day -
- Centre Closed
Feb 22 Matinee Movie
- *Letters to Juliet*
Mar 20 First Day of Spring



NEWSLETTER FOR MARCH
will be out February 23rd
Cut off date for submissions February 10th

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Happy Valentine's Day



Join us for Laughter, Learning & Living!

NEW MEMBERS

Connie Alton, Donna Ballantyne,
 Linda Beck-Reynolds,
 Pauline & Pierre Demers,
 Ron Erikssen, Ramona Franz,
 Robert Freeman, Sophia Henshall,
 Joseph Hihn, Connie & Bill Hopkins,
 Barbara Hostyn, Phyllis Hudson,
 Fred Kamins, Mary Lou Kess,
 Lynne & Donald Koistinen,
 Michael Kupis, George & Selma Lawson,
 Linda Logan, Gisela & Bill Lohr,
 June Mager, Mamie Majeau,
 Chirsta Marler, Shirley Matan,
 George Matsuba, Evelyn Mayes
 Carol McGaughey, Judith McKinnon,
 Pauline Miller, William Minnings,
 Henryka Mrzljak, Mary Nowicki,
 Elvira Oliveros, Bill Panchyshyn,
 Laurene Park, Vicky Paziuk,
 Gloria Perrich, Elizabeth Poirier,
 Frank Pukanich, Ferne Rabatich,
 Jackie Sayers, Blaine & Della Schick,
 Diane Sebastian,
 Betty Simard, Vera Soroka,
 Enid Stables, Karen Sturwold,
 Richard & Beverly Swanson,
 Elizabeth Tarkowski, Mel Tiahlo
 Corrine Tourand, Sue Tsang,
 Ann Van Waes, Robert Weele,
 Nancy Wosnack, Johanne Yakula

HAPPY BIRTHDAY to our "Gold Card Members" with 85+ birthdays in February:

Sandra Swekla, Ah Taw Law, Alvin Lake,
 Andrew Sabo, Hubert Landry, Ray Erickson,
 Anne Bilowus, Bill Miskew, Alice Smith,
 Katie Drebit, Jim Grant, Mary Malanchen,
 Jean Taylor, Martha Letkeman, Ken Doi,
 Nancy Olechow, Richard Keir, Mary Jones,
 Olga Gwanasihamany, Bernard Graham,
 Agnes Robson, Sophia Wolanski,
 Marion Scrimshaw, Eva Marko,
 Norma Coumont, Rose Ewanciw,
 Helen Haydak, Frank Roper

We now have 281 Gold Card Members

Wednesday Dinners and Dances



Dinner - 5:30 pm

Call 780.475.0838 for dinner reservations

Important Note:

**Cut-off for reservations or to cancel a
 reservation is 4 pm on Tuesday.**

Thank you

	<u>Dinners</u>	<u>Bands</u>
Feb 2	Sweet & Sour Ribs \$15.	<i>Sparkling Tones</i>
Feb 9	Emma's early Valentine's Dinner \$16. Turkey, C. Rolls, 2 salads	<i>Chwill Bros</i>
Feb 16	Pasta Nite \$14 A variety of items + Caeser salad, garlic bread	<i>Diamonds</i>
Feb 23	Roast Beef Birthday Dinner \$13 Birthday Person \$12 (Must bring invitation to get the discount)	<i>Straight Shooters</i>

Dance - 7:00 pm

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

All members must show current membership card.

**Diners & Dancers, please note:
 No personal liquor or pop can be brought in.**

Hall Rentals

Auditorium - 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

ASSOCIATION NEWS

BOARD NEWS

- The New Year's Eve Dinner and Dance was a huge success. Thank you to those that attended and to the volunteers who made it happen.
- Look for the new NESAs Banner. It is an eye catcher. Very nicely done. Thanks to the Communications Committee.
- Lori Cunningham, programmer, is moving on to a position at the University, where she is also working on her Masters degree in Physical Education. The Board members wished her success in her future endeavours.
- NESAs Annual General Meeting is in May. The Nominating Committee is Edna Bohachyk, Richard Waterson and Myrna Mauer. Please feel free to contact them if you are interested in serving on the NESAs Board.

FROM THE PRESIDENT'S PEN

Welcome back to the Centre everyone, whether to a club, class or just to visit. Hope you all had a great holiday season. Santa and my family were very good to me and I enjoyed the holidays greatly, but now it is back to work!

At our Board meeting on Jan 5, 2011 a Nominating Committee was set up for the Annual General Meeting on May 12, 2011. Myrna Mauer, Richard Waterson, and I, Edna Bohachyk, will be the people to talk to if you would like information about the duties and expectations of being a board member of NESAs.

Three of the current members will be ending their term, so we are looking for three replacements so far. I can tell you it is a very effective and responsible group of people and you get free coffee and goodies at the meetings - that should be a great incentive for anyone. Please give it some thought - it's not that far away.

Edna Bohachyk, Chair of the Board



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.



Musings from Maggie.....

The recent heavy snowfalls and subsequent parking lot clearing has certainly created some huge mountains. Please be very careful as you navigate the lot. Before you begin to back out of the parking stall, make sure that you remove all the snow and that your windows are defrosted so you can see clearly where you are backing - or what you might be backing into! The piles of snow are so big which makes it necessary that you slow completely as you enter or exit the different aisles.

Please join us in wishing Lori Cunningham (little Lori) well in her new position at the University of Alberta. Lori is also working on her Master's degree so the two are very compatible.

And, with Lori's departure, we have the pleasure of re-welcoming Colleen Emmott in the new position of Volunteer Coordinator for NESAs and the Centre. Colleen has been retired for a couple of years and is now looking for a fun and challenging part time job. Her hours will be variable at first until we get a feel for the best days for her to be in the Centre.

We so appreciate the donation of books and flea market treasures to the Centre. In 2010, the sale of these items brought close to \$24,000 into the Centre, and was used to off-set programming costs.

While we appreciate the donations, we respectfully request that you keep the size of boxes on the smaller side – "banker box" size is ideal. Anything larger is very difficult for staff and volunteers to manage. And if it's books, please don't overload. We no longer have a strong and husky male custodian. Things get moved now by small female staff and/or seniors.

All kinds of interesting articles cross my desk. I think many of them would be of interest to you too, so, I'm going to place them in a binder on the front lobby coffee table. The binder will be labelled "Of Interest to Seniors". If you have a few minutes to sit, check it out. I'll even throw in some pages for feedback.

It's so nice to have everyone back after the Christmas break.

The building is abuzz.....

Keep warm!

Maggie Nichol, Facility Manager



PROGRAM NEWS

Try something NEW this year!

Computer & Cameras

CREATE YOUR OWN COOKBOOK

Thu, Mar 10 & 17, (2 wks)

1 - 4 pm

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



ARCHIVING PHOTOS

Mon, Mar 14 & 21, (2 wks)

1 - 4 pm

Fee: \$48 (\$78 Non-Members)

Fitness & Sports

FITNESS CENTRE CIRCUIT TRAINING

Wed, Feb 23—Mar 30 (6 wks) OR

Mon, Feb 28 - Apr 4 (6 wks)

3—4 pm

Fee: \$48 (\$78 Non-Members)

GOLF LESSONS

Golf Fundamentals

Thur, Feb 3—Feb 24 (4 wks) OR

Thur, Mar 3—Mar 24 (4 wks), 4—5 pm

(Bring 7 Iron, Fairway Wood or hybrid)

Fee: \$100 (\$130 Non-Members)

Short Game Success

Sat. Mar 19 OR Sat. Apr 9, 10—12 Noon

(Bring all clubs)

Fee: \$60 (\$90 Non-Members)



Crafts & Hobbies

FURNITURE REFINISHING

Thu, Mar 3 - Apr 7, (6 wks)

6:30 - 9:30 pm

Fee: \$108 (\$138 Non-Members)

LAPIDARY

Tue, Mar 1 & 8, (2 wks)

9 - 12 noon

Fee: \$25 (\$50 Non-Members)

Drawing & Painting

COLOURED PENCILS - Intermediate

Tue, Mar 8 - Mar 29, (6 wks)

1 - 4 pm

Fee: \$50 (\$80 Non-Members)



DRAWING PORTRAITS FROM LIFE

Tue, Mar 1 - Apr 5, (6 wks)

6:30 - 9:30 pm

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

OILS & ACRYLICS

Tue, Feb 22 - Mar 29, (6 wks)

1 - 4 pm

Fee: \$74 (\$104 Non-Members)

General Interest

HOW TO REPAIR - Plumbing

Mon, Jan 31

12:30 - 3:30 pm

Fee: \$30 (\$60 Non-Members)



HOW TO REPAIR— Electrical I

Mon, Feb 14

12:30—3:30 pm

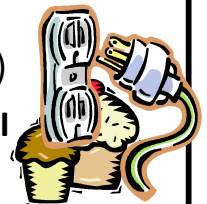
Fee: \$30 (\$60 Non-Members)

HOW TO REPAIR—Electrical II

Mon, Feb 28

12:30—3:30 pm

Fee: \$30 (\$60 Non-Members)



Health & Wellness

CONFLICT CONVERSATIONS

Tues, Feb 15 & 22, Mar 1, 8 & 15 (5wks)

10 am—12 Noon

Fee: \$45 (\$75 Non-Members or \$10 each

More info page 23 of Brochure

PROGRAM NEWS

"Toonie Talks" for February!

Health Information Privacy & You - Tue, Feb 1, 1:30-2:30 Fee: \$2

Pain Clinic—Wed, Feb 16, 1:30-3:00 Fee: \$2

Wills & Estates—Thur, Feb 24 Fee: \$2



One Day Workshops

Intro to Natural Medicine—Wed, Feb 9, 1:15-2:45 Fee: \$5

TAT For Weight Loss! - Wed, Feb 23, 1:30-3:00 Fee: \$15

Matinee Movie

Letters To Juliet

Tuesday, Feb 22 @ 2:00pm

\$2/person for refreshments & popcorn
(Must pre-register)



An American girl on vacation in Italy finds an unanswered "letter to Juliet" - one of thousands of missives left at the fictional lover's Verona courtyard, which are typically answered by the "secretaries of Juliet" - and she goes on a quest to find the lovers referenced in the letter.

OH NO!! You cancelled the program!

Excellent programs are sometimes cancelled when everyone waits to the last minute to register. Decisions about class cancellations because of low enrollment are made one week prior to class start dates. Please help in making sure classes run by signing up early. ~ Thanks!

FITNESS CENTRE 780.944.7442

FREE ORIENTATIONS

The **Orientation** involves:

- Gathering information on any medical conditions and fitness goals
- Brief introduction to equipment & information on safety
- Rules and regulations for the Fitness Centre & Locker Room

Note: *The Orientation is REQUIRED before using the Fitness Centre!*



Ivor James - Member of the Month



What motivates you to attend the Fitness Centre?

My motivation is my health. Try to lose a couple of pounds.

What is your favorite exercise?

Treadmill would be my favourite but I do like the stationary bike and the elliptical is becoming one of my favourites.

Do you have a regular routine that you follow?

I come in and do 20 mins plus cool down on treadmill and then move onto the Keiser strength training equipment and end off with the bike and elliptical for another 15 mins or so.

What advice would you have for others who are thinking of joining the Fitness Centre? *I would encourage anyone to come in and give it a try. A great way to stay active and meet some great people. The best side effect has been a significant decrease in my blood pressure - the doc has even noticed!!! Along with the pounds I have lost and managed to keep off during the holiday season.*

PRICE LIST

Drop-in Fee	\$ 3.50
10 Visit Pass	\$30.00
Monthly Pass	\$35.00
Annual/Yearly	\$325.00

Personal Training Packages available
(call or stop in for details)

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



HOURS OF OPERATION

JANUARY - JUNE 2011

DAY

Monday - Thursday:	9 am - 3 pm
Friday:	9 am - 2 pm

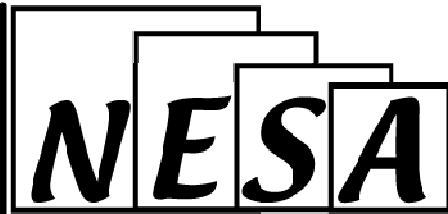
EVENING

Wednesday	5 - 8 pm
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FITNESS CENTRE CIRCUIT TRAINING CLASSES.

Move through a variety of exercises set up in a circuit style. Learn about all the equipment and the proper techniques of using it, along with some different exercises you can add to your own work-outs. Whether you are a beginner or a "gym rat", this is a great class to get new ideas and keep motivated.

Sign up now! Wednesdays Feb 23 - Mar 30, 3-4 pm or Mondays Feb 28 - Apr 4, 3-4 pm.



The North Edmonton Seniors Association continues to fund-raise and assist the City of Edmonton with capital projects and purchases for the Centre. NESAs, with the assistance of the Northgate Lions Club, has raised over \$2.5 million towards many additions and renovations at the Centre and the purchase of equipment and furnishings such as kitchen equipment, Fitness Centre equipment, round tables and the outdoor Fitness Stations in Cherrydale Park.

NESAs continues to raise funds for the next phase of our expansion project, a 6,500 sq. ft. two storey addition on the east side of the Centre containing a large multi-purpose meeting room, special needs classroom, storage and 3 additional classrooms. Construction is projected to start in 2014 at a cost of \$2.5 million.

We need your help! All our members and friends have an opportunity to make a tax deductible contribution to our Capital Fund Campaign. Help our Centre to grow and improve.

By the end of 2010 we had collected \$65,187.00 in our "Buy a Leaf" program. A special thank you to our most recent donors:

** Brenda & Ed Doucet ** Gordon & Lynne Jeffrey ** Eleanor Ball
** Mary Anne Murphy ** Ernest & Alma Toma ** Kathleen King
** Northgate Jammers ** Just for the Company

Don't 'Leaf' us Short - Help Our Centre Grow!

Complete your form and drop it off at the front desk or mail to:
North Edmonton Seniors Association
(7524—139 Avenue, Edmonton, AB T5C 3H7)
Phone Number: 780.496.6969

Please issue and mail a charitable receipt in the following name(s):

Name of person(s) donating: _____

Name on the Leaf: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ Phone #: _____

Amount Pledged: _____ \$100 (Green) _____ \$250 (Yellow) _____ \$500 (Orange)
 _____ \$1000 (Red) _____ over \$2500 (Platinum)



C.A.R.E. Report

"Co-ordinator of Assistance
in Recreation & Education"



PROGRAM UPDATES:

Seniors In Need 2010:



Our 8th Annual Seniors In Need Campaign wrapped up on Friday, December 17. As you can see from the pictures above 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, AUPE Local 47, Alberta Health Services Employees @124 Street Plaza, the Ruby Rascals Red Hat group, NESA Clubs (Pins & Needles, Snooker, Washi-Chigiri-e), and to all the NESA members and staff who supported this year's campaign. With your generous donations we made Christmas for **535** seniors a very merry one. Sharlene Wyness would like to thank Brenda Doucet and Grace Swekla for helping with the sorting and packaging of the gifts. A huge thank you also goes out to the volunteer elves from Alberta Health Services, NESA Members Brenda & Ed Doucet, Marie & Alex Tauber and Louise Vanderson-Brouwer who helped deliver the gifts in time for Christmas. We will again be sponsoring a special lunch at Operation Friendship Seniors Society in mid February.

Connections:

We are pleased to announce that we have again received funding from the **Edmonton Community Adult Learning Association!** This funding enables us to continue to offer the Connections Program which runs on Monday and Wednesday mornings and is starting its eighth year. 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 has any questions or would like to check out this great program, please call Maureen or Carrie at 780.496.6969.

Income Tax Services:

Thanks to three great volunteers (Brenda Doucet, Dorothy Koesveld and Pauline Hahn) we will be providing this FREE service to our members starting in March. Please feel free to put your name on the list by calling in or stopping by the front office. If you have had your taxes done in the past by a specific volunteer and would like to request their help again, be sure to let the front office volunteers know when you sign up. You will be contacted by one of the volunteers at which time it will be determined if you are eligible to receive the service and an appointment will be made.

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 do I get started exercising?

Start slowly and build up gradually.

Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for 5 or 10 minutes without getting overly tired. If you can't carry on a conversation while exercising you are probably pushing too hard. As your stamina improves, increase the amount of time you exercise by 1 to 5 minutes per session. Aim for at least 30 minutes of exercise most days of the week.

Break things up if you have to.

You don't have to do all your exercise at one time. Shorter but more frequent sessions have aerobic benefits also. Ten minutes of exercise three times a day may fit into your schedule better than a single 30 minute session.

Be creative.

Maybe your work out routine includes various activities such as walking, biking or golfing. But don't stop there. Take a weekend hike, or spend an evening ballroom dancing.

Listen to your body.

If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard.

Be flexible.

If you're not feeling good, give yourself permission to take a day or two off

CLUB NEWS

NESA CLUB INFORMATION

**For Club coord/contact info,
check at Front Desk**

Art	Mon 9 -12 & 1 - 4
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 Quilting	Fri 9:00 am - 12 noon
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	Fri 9:00 am - 4:00 pm
Woodworking	

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.

NOTES TO CLUB LEADERS

~ Please make sure all your members receive a copy of the Club Rules and Expectations.
~ It is your responsibility to inform club members of starting dates prior to the beginning of each season and of any changes that might occur throughout the season.

REMINDER

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

GOLF CLUB

The Golf Club is now selling:
The 2011 Golf Pass Book at \$45.00.
The Edmonton First Class Card at \$40.00.
They make great gifts for golfers
Call **Len: 780.473.8950**

To join for the year 2011,
please mark your calendars
to attend the AGM
on March 25th, 2011, 1 - 3 pm
in the auditorium.



CLUB NEWS

JUST FOR THE COMPANY

- Wed Feb 3 **Lunch at Capital Pizza**
74 St / 144 Ave
Meet at 11:30
- Wed Feb 9 **Regular Meeting** 10:00 am
- Thu Feb 17 **Barber of Barrhead**
Arts Barn
\$24. Bus 6 pm
- Tue Feb 22 **River Cree Casino**
\$7. Bus 9 am
- Wed Mar 16 **39 Steps - Mayfield**
\$60. Bus 10 am
- Wed Mar 30 **Echoes of Ireland**
Festival Place
\$37. Bus 6:30 pm

THE TRAVEL CLUB

**INVITES NEW MEMBERS TO JOIN FOR
TRAVEL EXPERIENCES
THROUGHOUT THE WORLD**

2011 TOURS::

Panama Land and Cruise
Experience

SOLD OUT!

May 2011 - Deadwood South Dakota

Nov 1-16 - River Boat Cruise Amsterdam to
Budapest

Next meeting:
February 2nd, 2011 - 10:30 am

WEAVING CLUB

We have some very eager weavers and projects on the looms. We would welcome anyone interested in learning to weave. We can teach you. Just come and join us any Tuesday, 10:00 am to 4:00 pm.

You can make rugs,
T-towels, place mats,
table runners, clothing,
scarves, etc.



GARDEN CLUB

Come and join us in 2011 for great gardening/plant tips.

Next Meeting: Wed 16 Feb, 10 am

Guest Speaker:
Cory Christopher
First Choice Tree Nursery

CARPET BOWLING CLUB

Interested in Carpet Bowling??
Here's your chance to join this fun-loving group! We still have a few teams that are short of players.

There is always someone available to assist newcomers, so come join us.

Drop in: Tues 10:45 am - Noon
League Play: Thurs 10:30 - Noon.



Any questions?
Call the President,
Ed Doucet @ 780.475.2412

VOLUNTEER OPPORTUNITIES

RECORDING VOLUNTEER HOURS

REMINDER! The 2010 Volunteer Binders have been removed and hours tallied. Any hours not recorded for 2010 must be submitted to Josie. The new 2011 Volunteer Binders are now available. Any 2011 hours that were recorded in the 2010 binders have been transferred to the new 2011 binders. Volunteer hours are tallied on a monthly basis, so please be sure to submit them by the 7th of each month. Your cooperation is greatly appreciated.

LOOKING FOR VOLUNTEERS

The **Social Committee** is looking for new members. We need creative, enthusiastic, energetic individuals who are willing to help plan and implement special events at the Centre.

Anyone interested, please contact **Josie @ 780.496.6969.**

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.
Fitness Centre	Lori M.	Phoning Committee	Marg Parks
Nevadas	Stella Kiriak Edith McKeen	Fundraising - Coords vols for all	Josie 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	Josie	Casino	Gord Jeffrey
		Registration	Josie Marg S.

Ramblings
By Linda Glover

***Dear God, my prayer for 2011 is for a thin body and a fat bank account.
Please don't mix them up like you did last year. Amen!***

Everyone is talking about the weather, the snow, the horrible, horrible weather. Roads have been closed. Classes have been cancelled. Buses have been running 40 minutes late, and if you need a tow truck you could expect to wait 30 hours.

We were very fortunate to have a wonderful young man next door who cleaned our front walk and driveway with his snow blower. There are definitely benefits to being seniors. In this older neighbourhood, there are no longer many young families so it was a pleasure when a young couple with two delightful little children moved in. We love to see them running around in the summer time and accidentally throwing their ball over the fence so we can throw it back.

Remember those days when we had to go to work no matter what the weather and road conditions were. I worked at the Canadian Forces Base in Lancaster Park for 26 years and hardly missed a day, but now I hesitate to go out. My friend Jackie says it is not because we are sissies, but now we have a choice.

I am finding this is a good time to sort out drawers in an attempt to dispose of items that I have not used for many a month, or even many a year. The Cerebral Palsy Association called and are picking up on Tuesday so that gave me inspiration. The next item on my to-do list (I don't normally make lists.) was to clean out my overflowing filing cabinet. I spent most of today sorting invoices, bringing my Excel spreadsheet banking up-to-date and shredding a huge bag full of stuff. I seem to end up with more mess around the house than before I started, so the next step is clearing it up and vacuuming up those little pieces of shredded paper that escaped from the shredder while transferring them to the garbage bag.

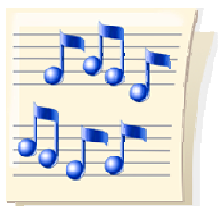
Friends and acquaintances keep filling up my inbox with e-mails of all sorts, some inspirational, some funny, and actually, once in awhile, a personal note. The mailman trudges through the snow with the occasional interesting piece of mail and a huge pile of flyers. Facebook amuses me too, especially the musings of my young cousins, and the game Word Twist can be addictive. It is also interesting to sit down and read Christmas letters from friends and relatives that we never really had time to read before Christmas. Letters from some more active friends are a good four pages. I actually read a whole book in one day—*The Memory Quilt* by T.D. Jakes, an excellent read. We put on some CDs of Christmas music and had time to really enjoy it. Since I didn't get all my cards out, only getting up to "D" in my address book, I have been telephoning people all across the country to have a chat.

It is a good time to put a roast in the oven. It tastes good to have roast beef and Yorkshire pudding after using up all that left over turkey in a number of ways for a number of days. Most of the baking and chocolates which kept calling out "eat me" are gone. The treadmill has helped to ease my guilty conscience even though twenty minutes workout only burns about 100 calories—just one chocolate.

I took my family to see *White Christmas* at Festival Place on Boxing Day. I know that a busload of *Just for the Company* members went to it on December 29th. I hope you all enjoyed it -an amazing musical, great singers, actors, dancers and backdrops. The players are all volunteers, but are very professional. One of the songs says, "Count Your Blessings". We can all do that when we think about things like having a warm house, books and newspapers to read, television, internet, music to play, food in the fridge, hot water in the tank for a warm bath using some of our Christmas gifts of bath products, and a telephone to keep us in touch with friends, even when we don't get to see them.

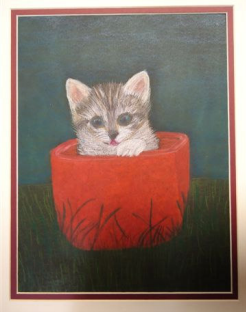
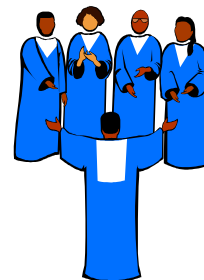
Soon the Centre will be buzzing again with classes, clubs, dinners and dances. See You there!

OF INTEREST TO SENIORS



Mark your calendar & watch for further details:

Choralaires Spring Variety Concert
to be held
Saturday evening,
April 30th



Artwork In the Cafeteria

On display until end February:
Coloured Pencil Art
by the students of
Suzanne Lamoureux



PARKING AT NORTHGATE SENIORS CENTRE

Parking space, even with the added stalls, 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! Just take a look at the distance you are from the car beside you, and if you have left too much space, please move over a bit. 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!



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

TAKE STEPS TO REDUCE RISKS AND CONTINUE LIVING INDEPENDENTLY

Living independently is important to all of us. We carefully choose the neighbourhood, the building, even which “side of the tracks” we live on. But, we might also be thinking about how long we want to live in our homes. As we get older, our vision, strength, and balance change, and this can influence our ability to see at night, get up and down from a chair or toilet, and walk up and down stairs. We also have a higher chance of slipping, tripping, and falling.

Features

To live independently and avoid unexpected falls, consider your access to a fitness centre, workout room, or swimming pool. These make it easier to stay physically active and we know that physical activity improves health at any age. Physical activity improves our balance and prevents a slip or trip before it happens. It keeps our heart, lungs, bones, and muscles healthy and strong. If you have not been active, it is never too late to start.

A recommended feature in a home is bars you can hold onto while getting in and out of the tub or shower. Some people use them beside the toilet too. You can access them through the Alberta Aids to Daily Living program, or you can buy ones that have styles and colours to fit your décor. Have them installed so the screws are secure in the wood 2 x 4s, not just the wall. Having a new toilet with a higher seat height can also make it easier to get on and off.

Prevention

Stairs should always include handrails, even if there is just one step. Two handrails are a great idea. Light switches at the top and bottom are also recommended. If the lights are motion sensitive, they eliminate the need to turn them on and off. In fact, motion sensitive lights are a good idea in entrance ways, bathrooms, and storage rooms. Whether you are staying in your own home or looking for a new place, these are items that can help prevent a slip or trip. If you can prevent slips, trips and falls, you can prevent the injuries that can come with them. This will help you stay independent.

For more information, contact Rosalie Freund-Heritage, Falls Prevention Consultant, Glenrose Rehabilitation Hospital, at 780-735-8812 or rosalie.freund@albertahealthservices.ca.

'ICE' (In Case of Emergency) – Put it on your cell phone

We all carry our cell phones with names & numbers stored in memory but nobody, other than ourselves, knows which of these numbers belong to our closest family or friends. If we were to be involved in an accident or were taken ill, the people attending us would have our cell phone but wouldn't know who to call. There may be hundreds of numbers stored but which one is the contact person in case of an emergency?

All you need to do is store the number of a contact person or persons who should be contacted in an emergency under the name 'ICE' (In Case Of Emergency). For more than one contact name simply enter ICE1, ICE2 etc. A great idea that will make a difference!

OF INTEREST TO SENIORS

Taken from Edmonton Police Service January 2011 North Division Newsletter.

Thieves target shoppers in parking lots

The Edmonton Police Service is reminding citizens to please remember to secure their vehicles while shopping or warming their vehicles. During the last few months, the EPS has received reports of thieves stealing purses, or even vehicles, while shoppers unload groceries from their carts or while returning a shopping cart. In all instances the shoppers left their vehicles unlocked and/or running to warm up.

EPS advises: "It's best to keep your vehicle locked at all times and keep your purse with you, even for those few seconds that you go to return a shopping cart." "In one incident, the female shopper didn't even realize her purse was stolen from the vehicle while she was putting groceries into the trunk of her vehicle."

The EPS encourages the public to report all crimes to the non-emergency complaint line, at 780-423-4567.

There is certainly a "Lesson to be Learned" from this:

The light turned yellow, just in front of him. He did the right thing, stopping at the crosswalk, even though he could have beaten the red light by accelerating through the intersection.

The tailgating woman was furious and honked her horn, screaming in frustration, as she missed her chance to get through the intersection, dropping her cell phone and makeup. As she was still in mid-rant, she heard a tap on her window and looked up into the face of a very serious police officer. The officer ordered her to exit her car with her hands up. He took her to the police station where she was searched, fingerprinted, photographed, and placed in a holding cell.

After a couple of hours, a policeman approached the cell and opened the door. She was escorted back to the booking desk where the arresting officer was waiting with her personal effects. He said, "I'm very sorry for this mistake. You see, I pulled up behind your car while you were blowing your horn, flipping off the guy in front of you and cussing a blue streak at him. I noticed the 'What Would Jesus Do' bumper sticker, the 'Choose Life' license plate holder, the 'Follow Me to Sunday-School' bumper sticker, and the chrome-plated Christian fish emblem on the trunk, so naturally... I assumed you had stolen the car."



"A smile is a passport that will take you anywhere you want to go"

QUIZ

ANSWERS TO CHRISTMAS NAMES QUIZ

	Question	Answer
1.	Who said "God Bless us every one!"?	<i>Tiny Tim</i>
2.	Who said "Hither page and stand by me"?	<i>(Good) King Wenceslas</i>
3.	What was the name of Tiny Tims's Father?	<i>Bob Cratchit</i>
4.	What was the name of the Grinch's dog?	<i>Max</i>
5.	What was the name of Scrooge's business partner?	<i>Jacob Marley</i>
6.	Who had a corncob pipe & a button nose?	<i>Frosty the Snowman</i>
7.	Who had a shiny nose that glowed?	<i>Rudolph</i>
8.	"In the meadow we can build a snowman, then we can pretend he is _____"?	<i>Parson Brown</i>
9.	What was the first name of the wife in "The Gift of the Magi"?	<i>Della</i>
10.	What was the name of the little girl whom the Grinch fooled?	<i>Cindy-Lou Who</i>
11.	Who is said to leave frosty crystal patterns on windows on cold mornings?	<i>Jack Frost</i>
12.	Who is a fairy in the "The Kingdom of the Sweets"?	<i>The Sugar Plum Fairy</i>
13.	What are the names of Santa's Reindeer?	<i>Blitzen, Comet, Cupid, Dancer, Dasher, Donner, Prancer, Rudolph and Vixen</i>
14.	What is the name of the angel in "It's a Wonderful Life"?	<i>Clarence</i>
15.	Whose favourite phrase is "Bah, humbug"?	<i>Ebenezer Scrooge</i>

There were 21 entries for this quiz. Eleanor Ball, Dennis Barker, Amelia Hihn, Shirley Howell, Shirley Hrynyk, Shirley Jones, Anne Kephart, Joanne Kochan, Susan Martin, Donna Peter, St Albert Srs, Anne Sawka, Carol Sievers, Joseph Smith, Anne Snider, Anne Stipdonk, Dora Tucker had all answers correct. Amelia Hihn - pick up your prize at the front desk, you were the winner of the draw.

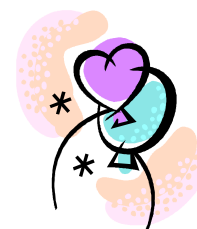
QUIZ

“YOU FIGURE IT OUT” QUIZ

	Question	Answer
1.	How many face cards are in a deck of 52 cards?	
2.	Bill and Bob together have \$50. Bill has four times as much as Bob. How much money does Bill have?	
3.	$30 - 8 = A + A$. What is A?	
4.	What number is the next in the series: 4, 5, 7, 11, 19, _____	
5.	How many straight lines are on a cube?	
6.	How many zeros are in the number one million one hundred?	
7.	The sum of two numbers is 84, and the larger is twice the smaller. What are the numbers?	
8.	What is the smallest number divisible by both 7 and 15?	
9.	I have six coins but can't make change for a nickel, a dime, a quarter, a half-dollar or a dollar. What are the six coins?	
10.	What is the first number that is written using the letter “a”?	
11.	You paid \$24 with a 20 percent discount. What was the original price?	
12.	A chess tournament begins with 50 players. A player is eliminated as soon as he loses a game. After how many games will there be a winner?	
13.	Total all the numbers from 1 to 10.	
14.	What number must be added to both 100 and to 20 so that the sums are in the ratio 3:1?	
15.	What is five divided by one-half?	



Entries to be received by February 10th.



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 registration call 780.496.6969, or see the website @ www.nesa1.ca.

SURNAME:		Please make cheques 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: _____		
VOLUNTEER	YES NO	
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."