

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

THANK YOU, THANK YOU, THANK YOU
The Board and Staff of North Edmonton Seniors Association want to thank you again for your support and understanding during this difficult time. We are happy to report that very few members asked to have their memberships refunded and that so many of you feel, as we do, that together we will overcome the current problems. We can assure you that your continued support helps us to deal with all of the groups involved in getting our facility back to normal. There is strength in numbers. The cooperation that we have received from all of our members, the cheerful willing assistance of our volunteers and the understanding attitude shown by everyone is definitely helping to move things forward in a timely manner. We promise to share information with you as quickly as it becomes available and although it sometimes seems as though nothing is happening, there is steady progress. We plan to post updates on the notice boards at the sites where classes are held to keep you as well informed as we can. Please feel free to ask questions and to share your ideas with us.

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Join us for Laughter, Learning & Living!

NORTHGATE SENIORS RECREATION CENTRE FACILITY UPDATE – APRIL 2011

Although we still have limited information about the roof collapse, we are assured that things are moving along and progress is being made. A Project Coordinator has been appointed to be our on-going liaison for all building-related information, so we are readily able to get answers to most questions.

- Insurance concerns will not hold up the rebuilding of the facility. The City of Edmonton is committed to ensuring that what existed before will be rebuilt.
- North Edmonton Seniors Association (NESA) will be involved in all ongoing discussions as we rebuild. If opportunity exists and NESA wishes to do so, they **may** be able to put some of their building funds towards improvements or enhancements now, rather than waiting for the next phase in their master plan.
- NESA's Building Committee is updating the Needs Assessment that was created in 2001 for the original Master Plan. This Needs Assessment provides the basis or rationale for what is planned.
- NESA membership will be kept apprised as plans proceed. Where feasible, and if time allows, open house sessions to provide input or to review plans will be hosted.
- Composite lists of inventory of the building are being completed by the staff. These lists show what equipment and furnishings were in the building, what program supplies and club equipment was there, and what individual members had in various parts of the building. This is a monumental task but will assist in retrievals, in insurance claims and in determining how things will be stored during the construction phase.
- No retrieval date is yet set. Once dates are determined, individuals who have given us their inventory will be contacted directly with instructions regarding pick-up.
- The building continues to be kept under 24 hour security, and items left in the building are secure. Items are beginning to be gathered and cleaned as required.
- The focus of the contractor for this month is clean up of mould and storage of building contents.
- Many members have been going to the Northgate site looking for more information or hoping to be able to enter the building. Their inquiries and requests are slowing down the work of the contractor on-site. Northgate is a construction site and the contractor cannot and will not allow access to any persons or bring out any items requested by them except through the proper channels. If you have questions or requests, please direct them to the NESA office and we will do our best to assist you.
- We still await news about which parts of the building are sound and which parts will be demolished.

ASSOCIATION NEWS

BOARD NEWS

- The Board would like to thank all the members and staff of NESAs for their support during this period of change that we are all going through. The Board members have been very busy with meetings. These meetings are enabling the Board and the members we represent to have input into the future of NESAs.
- The Saint Patrick's Day Party was well attended, over 300 members came and enjoyed the scones and other treats. Thank you to all the volunteers, staff and especially to Edna and Richard for all their hard work in making this event a success.
- Thank you to the Pins and Needles Club for the \$2,000.00 donation for the Leaf Building Fund from their sales in 2010.
- Thank you to Ron Rowswell for the \$259.00 cheque from the sale of books.

ANNUAL GENERAL MEETING

North Edmonton Seniors Association Annual General Meeting will be held at the Clareview Recreation Centre, 3804 - 139 Avenue, on Thursday May 19th at 1:30 pm. All members are encouraged to attend this important AGM.

Please note that the following Notice of Motion will be made at the 2011 Annual General Meeting:

- 1) Moved that the regulation that Directors retire from the Board after four consecutive years be suspended for one year.
- 2) Moved that subject to the agreement of the individual Directors involved, the terms of these Directors be extended for a period of one year.

Rationale:

The events of this year have created an unprecedented situation. The experience which these individuals have in planning for the future of NESAs and in dealing with various groups who we need to work with at this time is invaluable. To replace them at this time would quite probably delay the process of getting our facility operational again. The Board has invested a significant amount of time in dealing with the issues that we face and in negotiations to move forward. The experience brought to the process by our most experienced members has been crucial in this process.

Passage of these two motions would allow enough time to complete the process which has been forced on us. Please note that both of these motions are to expire the day before the 2012 Annual General Meeting.

FROM THE PRESIDENT'S PEN

A big Thank You to all for coming out to our Scone Tea & Coffee Party. I think a close guess would be 300+, all of who were so happy to see one another. Everything went very well and a big Thank You to all who helped. What a great group of people you are!

Our Annual General Meeting is happening soon: May 19th, 1:30 pm at Clareview Recreation Centre. I know a motion was made for the current Board to stay on for one more year as is. I have decided not to stay on as President. I believe the new President will have an advantage to start now, while the planning, construction and all that goes with it is at the beginning - and not have to take over in the middle of it all. So we will be looking for new people to run.

This is a very important meeting as we all have a stake in what will be happening in the future for our Centre. You don't have to be a board member to voice your opinion. We want to hear yours.

I thank you all for all the support and encouragement I have received from all of you. I will be sitting as Past President.

The recipe for the scones that I promised you follows.

Edna Bohachyk, Chair of the Board

Empress Hotel Victoria BC Scones

5 cups sifted white flour
1 cup sugar
4 rounded tbsps baking powder

Mix together and add:
1 cup margarine

Mix as pie dough.

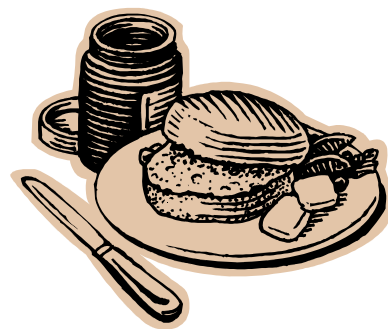
Add:
4 beaten eggs
1 cup buttermilk or:
1 cup milk with some sour cream or
1 tbs vinegar (to make 1 cup)

Mix together to make soft dough.

Press on counter to 1" thick - cut into 3" rounds.

Bake 375° F for 20-25 minutes

Should make 24 scones.



Musings from Maggie

Many participants have told us how happy they are to hear from us via our newsletters, brochures, and letters. We also hear from a significant number that they are upset that we've mass-mailed things to them.

We know that we'll never please everyone. But with our building gone and our work lives in disarray, the only effective method of getting info out to you is via the postal system. The previous system of members picking them up is not going to work just now. Not all members take programs or come to one of the program sites on a regular basis. We have no way to secure our information in our temporary facilities or of determining who has or hasn't picked up their copy. Just the coordination of this is very complex and takes up a lot of staff time.

So, for the foreseeable future, communications will be mailed. Please note that this expense is not coming out of the Association's coffers. It's being done through the city, and while the stamp indicates one price, the city actually gets a very good rate because of their volume of mailings.

Every time I go out to visit classes, I am asked question after question about what's happening and the re-building process. While the newsletter gives me an opportunity to give you an update, it only goes out once a month or so.

So, while we are operating out of so many different locations, I will be creating a **weekly update** that will be posted on the designated bulletin board at each of our major facilities – Clareview Recreation Centre, Central Lions, Londonderry Hall and McClure Church and at our offices at Glengarry.

If you don't get out to one of those sites on a regular basis and are curious about what's happening, call us at the office (**780.496.6969**), and we'll give you a verbal update.

While it is a bit difficult to find the Glengarry offices where we're currently hanging our hats, we're happy to see you drop by. (Address: **13315 - 89 St.** Just follow the blue and white Edmonton signs that say Community Services. Staff are here Monday to Friday between 9 am and 3 pm.

Maggie Nichol, Facility Manager

PROGRAM NEWS

Spring has finally sprung! Come and join the fun!

The Program Committee would like to take this opportunity to thank all of our instructors and participants for their patience and understanding during this past program season challenges. Even though we have been relocated to many different facilities we are striving to provide the best programming possible to our members.

Please check out our Spring/Summer Program & Activity Guide for a complete listing of this season's programs. Most programs will be starting the last week in April. Be sure to check your P&A Guide for the location of your program.

Don't forget to sign up for Summer programs! Check out the next page for a listing of our Summer Safaris. They are a great way to stay connected.



MATINEE MOVIE

Letters To Juliet

Friday, April 29 @ 1:30 pm

\$2/person for refreshments & popcorn

(Must pre-register)

Clareview Recreation Centre, 3804-139 Avenue

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.



MATINEE MOVIE

Despicable Me

Friday, May 27 @ 1:30 pm

\$2/person for refreshments & popcorn

(Must pre-register)

Clareview Recreation Centre, 3804-139 Avenue

When a criminal mastermind uses a trio of orphan girls as pawns for a grand scheme, he finds their love is profoundly changing him for the better.

This computer-animated comedy has been nominated for many awards.



2011 Summer Safaris

The following trips have been planned for your summer enjoyment!
Dates and locations are subject to change. A more detailed pamphlet
will be ready May 2nd. *Please call 780.496.6969 for more information.*

Thursday, July 7—Wainwright, Parks & POW Tour

Thursday, July 14—Footloose Caboose

Thursday, July 21—Prairie Gardens

Wednesday, July 27—Devonian Botanic Garden

Thursday, August 4—Popovich Patio Dinner Theatre

Thursday, August 11—Surprise Tour

Wednesday, August 17—The Scandinavian Trail

Thursday, August 25—The Wind Up

**To get all the Safari details,
after May 2nd please:**

- see our website @
www.nesa1.ca
- pick up a pamphlet @
Glengarry Community
Services, 13315-89 Street
- call 780.496.6969 and we
would be happy to mail a
pamphlet to you

REGISTRATION DAY:

Tuesday, May 24th
9 am—3 pm
@ Clareview Recreation Centre,
3804-139 Ave
***Please remember your
membership cards.**

****After May 24th please register @
the Glengarry Community Services
Office, 13315-89 Street***

SOCIAL EVENTS

**Bring a Toonie
and join us for
Tea & Treats!**

**Singing!
Handbells!
Door Prizes!**

**Wizards of Odds 'n Ends,
Pins & Needles
Quilt & Crafts Sale!**

**Garden Club
Plant Sale!**



Toonie Tea

Wed May 25th
1 - 3 pm

Clareview Recreation Centre
3804 - 139 Ave

**NESA Office
780.496.6969**

HEALTH & WELLNESS - For more info call 780.496.6969

CLINICS

CRANIOSACRAL THERAPY:

\$40.00/Session - Thursdays,
8:30 am - 4:30 pm
For an appointment, call:
Rhonda - 780.918.2465

DENTURE:

For appointments call the
Edmonton Denture Clinic - 780.455.5855

FOOTCARE:

\$35/Session - every Wed 12:30 - 3 pm.
2nd Wed of month - 9:30 am - 3 pm.
Starting Apr 27: New Location: Glengarry
Community Services site, 13315 - 89 St.
For appt call the VON office -
780.466.0293.

HEARING TEST:

New location: Central Lions Seniors
Recreation Centre, 11113 - 113 St
For appt call 780.496.7369

MANICURE/PEDICURE

For appt call Lisa - 780.446.4450

REFLEXOLOGY:

For appt call Julie - 780.468.2693

SWEDISH RELAXATION MASSAGE:

For appt call Lisa - 780.446.4450

Some interesting Programs:

COMPASS FOR THE CAREGIVER

Thurs April 28 - June 23 (8 wks)
(omit May 19)

1 - 3:30 pm

Fee \$25

Location:

Glengarry Community Services,
13315 - 89 St.

Facilitator: Sharlene Wyness

This program focuses specifically on the caregiver and addresses a number of crucial issues. Topics include: caregiver characteristics, the emotional journey, knowing your capacities, assertiveness, sharing the care, putting yourself first, caregiver burnout, navigating the system and planning for the journey ahead.

LIVE BETTER EVERYDAY

Thurs Apr 28 - June 2 (6 weeks)

1:30 - 3:30 pm

Fee: Free (Must pre-register)

Location:

Clareview Recreation Centre,
3804 - 139 Ave.

This Chronic Disease Self-Management Program is a fun & practical workshop which can help people with chronic conditions overcome daily challenges, and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health, and feel more positive about their lives. They are provided with information, strategies & techniques, so they will have the tools they need to help themselves. To register call 780.401.2665. To learn more please call Christina 780.735.1080



C.A.R.E. Report

"Co-ordinator of Assistance
in Recreation & Education"



PROGRAM UPDATES:

Knitting For The Needy:

We have been receiving many inquiries from our knitters as to where/how they can pick up more yarn and drop off their knitting and what is happening with the knitting that was left in the Centre. Thanks to Gladys and Ruth we have found a solution for the interim.

For starters we are still uncertain what the fate of the stored knitting is. We are hopeful that it can be retrieved in good condition and stored at another location until it is distributed in the Fall. As soon as we know more information it will be passed along.

The new drop off and pick up location is now at the Glengarry Community Services Building @ 13315—89 St where our offices are located. Items can be dropped off or picked up during regular office hours (8 am—4 pm). Thanks to Ruth Hughes for offering us space at her house for sorting and storing yarn and knitted items. This being said we are in desperate need of more **clean new yarn**. This can also be dropped off at our offices labeled "Knitting For The Needy". When dropping off your knitting be sure to put your **name** and **volunteer hours** on all the bags. Please call Gladys @ 780.476.5081 or Ruth @ 780.478.1051 with your volunteer hours. They will be happy to keep track for you.

Last but not least we are planning a "**Knitter's Get Together**" on **Friday, May 13 from 1—3 pm.** at McClure United Church @ 13708—74 St in the Lower Main Hall. All knitters will be receiving an invitation. This will be a great opportunity to drop off your knitting or to pick up more yarn. Please RSVP by Tuesday, May 10 to Gladys or Ruth at the above numbers. We look forward to seeing you all there!

Income Tax Services:

We would like to extend a special thank you to Brenda Doucet, Pauline Hahn and Dorothy Koesveld for providing this great service to our members again this year. Over **80 individuals** were helped this year so far! If you are still in need of help the volunteers will continue taking names until April 22. Please phone the office at 780.496.6969 to make an appointment.

Connections:

The spring Connections groups end dates have been adjusted from what is in the Spring Program & Activity Guide. The new dates are as follows: Mondays, **May 9—June 20** and Wednesdays, **May 11—June 22**. These groups are now meeting at the McClure United Church @ 13708 - 74 St. There is still space available in the Monday and Wednesday groups. These groups are for seniors seeking social interaction, laughter and fitness. We enjoy coffee time together, exercise and creative activities to stimulate the mind. It is a great way to meet new friends and have some fun. If you are interested or know of someone who might like to join this fun loving group please call Maureen or Carrie at 780.496.6969.



VOLUNTEER NEWS

VOLUNTEER OPPORTUNITIES

The Victorian Order of Nurses is in need of someone to assist with the **Foot Care Clinic** on Wednesdays, 2 – 3 times per month. Duties include contacting clients to confirm appointments & update records, preparing daily schedule for the nurse, and assisting with room set-up & clean-up. Training will be provided.

The Social Committee needs help with the following upcoming events:

- Spring "Toonie Tea" on the afternoon of May 25th
- Creative Age Festival 'Arts Café' on the afternoon of June 8th

Duties for both events include serving refreshments, assisting with setting up & taking down tables/chairs, decorating, etc.

If you're interested in helping out, please call Colleen at 780.496.6969 to learn more.

VOLUNTEER APPRECIATION

Our Volunteer Appreciation event will be held at some point in June. If you have contributed the required minimum hours for NESA in 2010, we hope you look forward to receiving your invitation once details are finalized.

RECORDING VOLUNTEER HOURS

The binder for recording your volunteer hours for 2011 is available at our Glengarry Site offices (13315 – 89 St.). 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!

"Volunteers don't necessarily have the time, but they have the heart."

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 -12:00 am |
| Canasta | Thu 12:30 - 3:30 pm |
| Carpet Bowling | To find a location, Call NESA office |
| Cribbage | Fri 1:00 - 3:00 pm |
| Duplicate Bridge | Thu 12:15 - 3:15 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 |
| Northgate Jammers | Tue 1:00 - 4:00 pm |
| 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 | |



| | |
|-----------------|---|
| Silversmithing | Call NESA office |
| Snooker | To find a location, 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 - 3:00 pm |



JUST FOR THE COMPANY

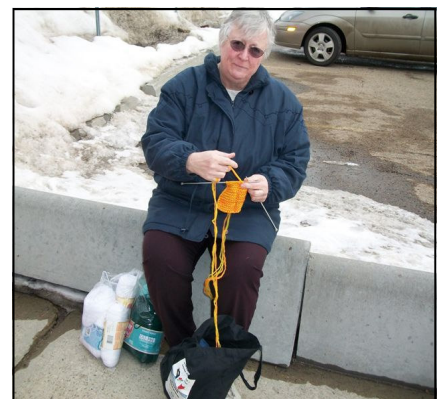
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| May 6 | Art Gallery \$18. Bus 10:00 am Meet Centre parking lot |
| May 25 | Mayfield "Spelling Bee" \$62. Bus 10:00 am Meet Centre parking lot |
| Jun 8 | Regular Meeting 10:30 am Clareview Rec Cen Followed by BBQ 11:30 am at Clareview \$7 |

Garden Club Plant Sale!

Wed May 25, 1 - 3 pm
at Clareview Recreation Centre
3804 - 139 Ave

*A wide variety of plants for sale!
Please bring any plants or
gardening books you wish to
donate to the Garden Club.*

The Wizards of Odds 'n Ends send a heartfelt thanks to everyone who responded so generously to our request for yarn and fabric so we can continue working to make items for sale for the Centre. We may not have a roof over our heads, but ... we will continue working ..
... no matter where
... no matter when!
Thank you.



OF INTEREST TO SENIORS

Creative Age Festival Program

June 7 - 13, 2011

Tuesday, June 7

Morning Festival Launch at City Hall

12:30 - 2:30pm Arts Café at SAGE

Wednesday, June 8

11 am - 12 noon Arts Café at Westend Seniors Centre

1:30 - 3:30 pm **Arts Café at Clareview Rec Centre *See Below**

6:30 - 8:30 pm Art Exhibit Open House at Strathcona Place Seniors Centre

Thursday, June 9

Daytime Smorgas-Art at SEESA

Friday, June 10

7:30 - 11 pm Cabaret/Dance at Central Lions Senior Centre

Friday - Sunday, June 10 - 12

All Day Fest (*Festival of Edmonton Seniors Theatre*) at U of A

Sunday, June 12

Afternoon Choral Fest

Monday, June 13

1:30 - 3:30 pm Closing Celebrations at MacEwan, Heart of the Robbins

For more information contact Cathy Harvey, Festival Coordinator,
cathyharvey@canaevents.com, 780.485.5955. Visit www.CAFestival.ca for updates.

Arts Café at Clareview Recreation Centre

(3804 - 139 Ave)

Hosted by NESAs

Wednesday, June 8

1:30 - 3:30 pm

NESA is delighted to once again host an Arts Café
as part of the Creative Age Festival.

Be sure to stop by for an afternoon of first-class entertainment and refreshments!

For more information please contact Marg Siebold at 780.496.6969.



We Need Teacups & Saucers!

The Social Committee needs nice teacups & saucers
to make beautiful centre pieces for our tables.

If you have any you wish to donate please bring them to the
Spring "Toonie Tea" on May 25, 1—3 pm
at Clareview Recreation Centre 3804—139 Ave.



Wednesday Dinners

Dinners will be held at
GLENGARRY COMMUNITY HALL
13375 - 89 ST. - 5:30 pm

Call 780.475.3600 for dinner reservations

Important Note:

Cut-off for reservations or to cancel a reservation is Monday prior to the Wednesday dinner

(under the circumstances, no exceptions)

Thank you

May 4 Meatloaf and trimmings \$14.

May 11 Ukrainian Night - Cabbage Rolls, Perogies, Ham, etc. \$16.

May 18 Roast Pork with Roasted Potatoes, and trimmings \$15.

May 25 Roast Beef
Birthday Dinner \$14.
Birthday Person \$13.
(Must bring invitation to get the discount)

EMMA Catering would like you all to know that starting May 2011 the prices of our Wednesday Nite Dinners will be increased slightly. We are sorry to have to do this, however, as you all know prices of groceries are up, up, up! We held onto the prices as long as we could. Thanks for your understanding and thanks to all of you so much for being our special customers!

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

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

The Choralaires

Present:



2011 Spring Variety Concert

To be held

Saturday,

April 30th, 2011

at 2:00 pm

**McClure United Church,
13708-74 Street.**

Refreshments to follow

Ticket price:

\$10.00/person.

Tickets may be purchased
from any

Choralaires member

or by phoning

780.475.7569.