

## NORTH EDMONTON SENIORS NEWS

at  
**NORTHGATE LIONS SENIORS RECREATION CENTRE**  
 7524-139 Avenue, Edmonton, Alberta, T5C 3H7  
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### The NESAs Website

By the time you read this newsletter, the website at [www.nesa1.ca](http://www.nesa1.ca) will have been updated. Thanks to a skilled and talented volunteer our website is being transformed. We hope this will make it easier to use and encourage members and non-members to visit the site. On the site you can access newsletters and bulletins as they become available, have links to things of interest to members, see pictures of events in a timely manner and have access to the latest information available on the opening page.

As well, the new site will allow you to contact us more readily. If you have internet access, check us out. If not, visit your local library and ask for assistance in visiting us.

We welcome feedback on the new site. Enjoy!

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Next newsletter will be out  
mid January 2012.

Note: Cut-off for submissions  
will be Jan 5/2012.

## Join us for Laughter, Learning & Living!

## NORTHGATE SENIORS RECREATION CENTRE FACILITY UPDATE – OCTOBER 2011

Construction is moving along. Although the façade of the building looks the same, much is happening inside:

- Electrical and plumbing lines that were affected by the roof collapse have been re-routed and now utilities for the building are up and running.
- The Auditorium is boarded off from the rest of the building. Scaffolding runs around the perimeter and is covered with heavy tarps so work can continue even into winter.
- Auditorium, stage and Mezzanine trusses have been removed. The trusses over the Carpentry Shop will be removed and replaced at a later date.
- The damaged north wall is removed and will shortly be rebuilt.
- Construction of offices has commenced.
- Main floor washrooms – concrete has been broken out to realign plumbing. The new washrooms will be more senior/disabled friendly.
- A new elevator has been approved and planned in. It will be located in the main lobby and will include the option of opening onto stage level from a rear door.
- All building plans are drawn and approved.

Updated photos are posted at Clareview Recreation Centre, on the website and at the Glengarry office. A binder of photos is also circulated to the other program sites.



Crane at work



Trusses removed from Mezzanine

### **...From The President's Pen**

We are nearing the end of 2011 which has been a very trying one for our Association. Our members lost a common place for getting together for educational, health, recreational and social activities. Maggie and the staff have done an admirable job in relocating and reorganizing our activities in the various locations. Some of our members could not continue with some or all of their activities due to the lack of transportation or loss of programs because a suitable facility with the necessary equipment could not be secured. Zelka and her catering staff lost a place to serve us daily. To help retain them for our re-entry into our building next year, I urge more members to attend the Wednesday night suppers at the Glengarry Community Hall. Also a deep heart felt thank you goes to our volunteers whose continued work is crucial to our continued success.

If we are to continue to be the best seniors association in Edmonton, we need all of you to take out a 2012 membership and register in club and program activities. Working together we will overcome our present problems.

Please note that the Mayor, by his request, wants to meet NESAs members on Friday November 25<sup>th</sup>, 2011 from 10:00 -11:00 am at the Clareview Recreation Centre. The Board hopes to see as many of you there as possible, so please make an effort to attend.

In closing, on behalf of the board, I would like to wish our members and their families a holiday season filled with joy, happiness and good health.

Steve Shamchuk, President of the Board

### **...Maggie's Musings**

Environment Canada predicts a long, cold and snowy winter. As we move closer to winter, take precautions to safeguard yourself against falls:

- Take your time & be attentive – getting out of a vehicle, moving through slippery parking lots and on indoor floors which might be wet.
- Wear proper footwear – boots with rubbery, gripped soles give better traction. Even better, invest in a pair of “grips” which you put onto boots to give that extra bit of traction. I have used a pair of Yak Trax® ever since the winter I fell three times. Bring a change of footwear with you to the facility you visit.
- Get Fit – improves your balance, stability and agility and ensures muscles are capable of arresting a fall or overcoming injuries caused by falls. We run a lot of excellent fitness programs, visit other fitness centres or swimming pools or join a walking group. There's a huge one at Londonderry Mall that meets every weekday morning.

Don't be a falls statistic; watch your step!

You may have already experienced rooms that are either too cold or too warm in our borrowed community facilities. We have little control over heating (or lack thereof) in most. Where we become aware of problems we try to ensure it is resolved before the next time you meet. So don't forget to “layer” when coming to programs.

Maggie Nichol, Facility Manager

### **Mayor's Coffee Party**

Join Mayor Mandel for coffee at Clareview Recreation Centre, on Friday November 25, 10:00 – 11:00 am. He wants to hear from seniors about issues and tell us about budgets.

Coffee and refreshments provided

## What Does Membership Mean to You?

Although at the moment we are undergoing a huge challenge as we rebuild our facility, we will have it open again during the coming year. As we push toward re-opening we are trying hard to accommodate as many regular activities as possible. Membership in the North Edmonton Seniors Association may just be the best \$30 you spend this year. To you it means belonging to one of the largest and best seniors' organizations in the Province of Alberta. It means adding your voice to the voices of over 2,000 other seniors in north Edmonton to advocate for services for seniors. It means having a voice in YOUR organization to make decisions that affect the opportunities that the group can provide. It means having the opportunity to join clubs to pursue common interests with others. It means being able to choose from a wide range of courses at a discounted rate. It gives you access to a fitness facility designed especially for people in your age group. It gives you a place to drop in and find others to socialize with. It provides a place to meet friends for lunch and provides you with a variety of special events throughout the year. It puts you on the mailing list to receive newsletters and it shows the volunteers, staff, board members and the City and Provincial governments how much you care. Together we are a strong voice to speak for all of our needs. We will have our Centre open again in the second half of 2012. It will be updated and more functional than ever to meet our needs. Your support as a member is a very important part of making this happen.

## BRICK BY BRICK.....

..... the building continues to go back up. When we return to our 'home', it'll look much as it did prior to leaving – but much cleaner and spiffier. Will it be big enough for all of us? For awhile, yes, but our numbers continue to grow and we'll be pushing at the seams again in a few years.



Your Association, North Edmonton Seniors, continues to fundraise for our BIG yellow -phase renovation, scheduled for 2015. We'll begin our planning phase once we're back in the Centre in 2012, and will need to have all our monies in place prior to building.

Don't leave us a brick short. Your donations continue to be very important. If you're looking for income tax deductions, remember our Building Fund. 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 more information.

### Are You At Risk!

Tues, Nov. 22

1:30—3:00 pm

\$5 (Members & Non-Members)

McClure United Church

13708—74 Street



### Christmas Chocolates - Molds, Dipping & More

Wed, Dec 7

9 am - 12 pm

\$25 (\$55 Non-Members)

McClure United Church

13708 - 74 Street



### Good Old Fashioned Sing-a-long

Fri, Nov. 23 (Note date change)

1:00— 3:00 pm

\$2 (Includes refreshments)

McClure United Church

13708—74 Street



### Christmas Chocolates with Fillings

Wed, Dec 7

1 - 4 pm

\$25 (\$55 Non-Members)

McClure United Church

13708 - 74 Street

### What's Bugging You?

Tues, Dec. 6

1:30—3:00 pm

\$2 (Members & Non-Members)

McClure United Church

13708—74 Street

### Butterdome Craft Sale

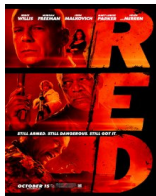
Fri, Dec. 9

10 am - 2 pm

\$21 (\$51 Non-Members)

Bus leaves from McClure United Church

13708—74 Street



### MATINEE MOVIE

## “RED”

“Retired Extremely Dangerous”

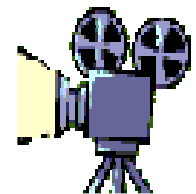
Tuesday, November 29

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

McClure United Church—13708—74 Street

*Starring Bruce Willis, Morgan Freeman, John Malkovich, Mary Louise Parker & Helen Mirren*

When his idyllic life is threatened by a high-tech assassin, former black-ops agent Frank Mosses reassembles his old team in a last ditch effort to survive. This Action Comedy is sure to keep you on the edge of your seats! Sign up today!



## PROGRAM NEWS



*Winter*



# Program Registration

**Tuesday, December 13th, 2011  
At Clareview Recreation Centre  
3804 - 139 Avenue  
9:00 am—3:00 pm**

**You may only register for yourself on Registration Day.**

***Cash & Cheques Only!!***

***\*Registration will continue at the Glengarry Office, 13315 - 89 St.  
after Dec 13th, from 9 am - 3 pm.***

***Note: Dec 14th & 15th, Glengarry Office open 9 am - 7 pm.***

**Also at this event: BAKE SALE. Pick up some delicious Xmas baking.  
CRAFT SALE. Beautiful Xmas crafts by the Wizards of Odds 'n Ends.**

**Clareview Rec. Centre is under construction.**

**Parking will be limited.**



*Please carpool if possible,  
allow extra time when arriving  
and be considerate when parking.*



**\*Bylaw will continue to enforce parking regulations along emergency  
access/no parking routes in the existing parking lot.**

*Thank-you!*

## FUNDRAISERS

# We're having a Bake, Book & Craft Sale!

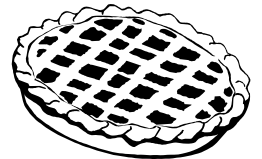


**Tuesday, December 13, 2011**  
**9 am - 3 pm**  
**At Clareview Recreation Centre**  
**3804-139 Ave**



**Come help support our Centre.**

Stock up on winter reads and enjoy some delicious home-made baked goods.



**We need your donation of delicious baked goods!**

Money raised will go towards helping us renovate our Centre.

Donations can be dropped off on

**Monday, December 12th @ 9007-130 Ave. between the hours of 9 am—5 pm.**

If you are unable to drop off on Monday you may also bring it by

**Clareview Recreation Centre @ 3804-139 Avenue**

**before 12 Noon on December 13th.**



Do your last-minute Christmas shopping from the assortment of wonderful gifts made by the **Wizards of Odds 'n Ends**. You won't believe our reasonable prices!



**Thank you for your support!**

## SOCIAL EVENTS

### Christmas Concert



Monday,  
December 5th

6:30 - 8 pm

*Silver Collection*  
*Donations to Seniors in Need*

Londonderry  
Community Hall  
14224 - 74 Street

A fun filled evening  
for the whole family  
as we celebrate  
Christmas.

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



Wednesday,  
January 25th

1 - 3 pm

\$2/person

McClure Church,  
13708-74 St.

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

Everyone is Scottish on Robbie  
Burns Day!

So wear your tartan & enjoy an  
afternoon of shortbread, tea &  
delightful prose of that brilliant  
Scotsman, Robbie Burns.

We Need Christmas Trees!

All our Christmas trees were destroyed in the flood at Northgate  
and we need two 6 to 7 foot artificial Christmas Trees.

If anyone has a Christmas Tree, in good condition, they would like to donate to  
NESAs, please contact the office at 780-496-6969.



# C.A.R.E. Report

## "Co-ordinator of Assistance in Recreation & Education"



### Knitting For The Needy

Our **Annual Knitting For The Needy Lunch** was held on **Wednesday, November 2**, from **11 am —1:00 pm** at Glengarry Community Hall. Once again representatives from the participating schools and organizations were able to pick up their knitting and share their stories. This lunch is always a great opportunity for our knitters to meet with other knitters, pick up some more yarn and just have fun socializing. **Gladys Lucas** and **Ruth Hughes** would like to extend a heartfelt **Thank You** to all the knitters who have contributed this year. Since the collapse of the roof on January 25, the knitters have worked tirelessly in preparation for this year. At that time we were not sure whether the knitting that was left in the Centre was ok. As it turned out we were able to retrieve all of it. Of course we were also faced with the challenge of finding a suitable spot to store and sort the knitting since access to the Centre was not an option. **Thanks to Ruth Hughes** who graciously offered her entire basement rent free for as long as we need it! Knitting and yarn can be dropped off and picked up at our Glengarry office during regular business hours. Be sure to include your name and number of hours in each bag.

### 9th Annual Seniors In Need Campaign

We would like to take this opportunity to thank the **Lions Club**, all the NESAs clubs and individuals who donated last year. Thanks to your generosity we were able to reach out to **520 Needy Seniors** in North Edmonton.

We would also like to extend a **Huge Thank You** to **Sharlene Wyness** and her helpers Brenda and Ed Doucet for all of their hard work last year. Sharlene will be coordinating the campaign again this year.

Please see the following gift list for suggestions from the committee. Due to lack of storage space we will be having a 3 day collection blitz starting at the Christmas Concert on Monday, December 6 at Londonderry Community Hall. On Tuesday, Wednesday and Thursday, December 7, 8 & 9 donations will be accepted at Glengarry Community Services office @ 13315—89 St. Office hours are 9 am—3 pm.

- **Cash Donations (will be used to purchase specific items)**
  - **Taxi Vouchers, Bus Tickets**
  - **Canned goods (soup, beans, fish, fruit)**
  - **Tea bags, instant coffee, hot chocolate**
    - **Cookies, crackers**
    - **DIABETIC candy or chocolate**
    - **Hairbrushes, combs**
    - **Toothbrushes, toothpaste**
      - **Fleecy Throws**
      - **Ladies and men's socks**



**Please leave all gifts unwrapped.**

Deadline for donations: **Friday, December 9**

For more information call: **Sharlene or Josie at 780.496.6969**

## VOLUNTEER NEWS

### RECORDING VOLUNTEER HOURS



Please remember to keep track of your volunteer hours & ensure that they get recorded in the binder in a timely fashion.

If you're unable to do that in person,  
you can call me at 780.496.4927  
or e-mail me at [colleen.emmott@edmonton.ca](mailto:colleen.emmott@edmonton.ca)  
to leave the details of your contribution.

Thanks for your help!

*Colleen*

### VOLUNTEER INFORMATION UPDATE – REMINDER

Since many of our records that were in the Centre were destroyed,  
we are asking all current volunteers  
to complete and submit new registration forms.

These forms are available at our office at Glengarry (13315 – 89 St.)  
or on our website at [www.nesa1.ca](http://www.nesa1.ca). Thanks for your cooperation

### VOLUNTEER OPPORTUNITIES

#### Program Registration

If you have 3 or 4 hours free on **Tues, Dec. 13** to help with Program Registration at the Clareview Recreation Centre, we'd love to hear from you. Please call the office at 780.496.6969 and leave your name & number. We'll get back to you with all the details!

#### Roadside Sign Maintenance

We're looking for someone who is physically fit, enjoys the great outdoors, & is willing to help a few hours (of your choosing) 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.

*Thank you to **Ed Doucet** who has been doing this job for the past decade!!*

### **HELP US GO GREEN!**

View the NESAs Newsletter on-line. Go to [www.nesa1.ca](http://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 8-11, Wed 9-12, Fri 9 - 2
Calligraphy	Thu 9:00 am -12 noon
Canasta	Thu 1 - 4 pm
Carpet Bowling	Tue 10:30 am - 12 noon Thu 10:30 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. 2012 NESA memberships go on sale Nov 15, 2011.**

## JUST FOR THE COMPANY

Nov 28	Footloose Festival Place Bus 6:30 pm \$27.
Dec 14	10:30 am Meeting & Registration 11:30 am Christmas Luncheon Glengarry Hall
Dec 29	Wizard of Oz, Festival Place Bus 6:30 pm \$40.
Jan 3	Beauty & The Beast Jubilee Auditorium Bus 7:00 pm \$67.

## TRAVEL CLUB

Nov 24, 2011 - Shop Til You Drop (Great Falls)  
 Dec 7, 2011 - 10:45 Meeting, Glengarry Hall,  
 Christmas Luncheon to follow  
 Jan 4, 2012 - Romania, Cambodia, Vietnam &  
 River Boat Cruising in France:  
 Presentation by Janet Maloney  
 Jan 23, 2012 - Cuba Tour  
 Mar 14, 2012 - The Old South and Florida Tour

**GOLF CLUB** To join in 2012, attend the AGM  
 Mar 23/2012, 1 to 3 pm at Clareview Rec Cen.  
 We are selling Golf Pass book and Edm First Class  
 card at reduced prices. Great stocking stuffers.  
 Questions? Call Len 780.473.8950

## CARPET BOWLING CLUB

Carpet Bowling League play for 2011/2012 is well underway at Clareview Rec Centre. The Carpet Bowlers express sincere thanks to NESA for purchasing new equipment to replace what we lost when the roof collapsed, to enable us to once again Carpet Bowl this Winter.  
 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: Take this page and hang it 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.

Diners, please note:

No personal liquor or pop can be brought in.

**November**

Nov 2 Meatloaf & Trimmings \$14.

Nov 9 Sweet & Sour Ribs \$15.

Nov 16 Pasta Night. A variety of Pasta, w/Caesar Salad & Garlic Toast \$15.

Nov 23 Chicken Night \$15.

Nov 30 Roast Beef Birthday Dinner  
Birthday Person \$13./Guests \$14.

**December**

All December Dinners,  
starting on Dec 7th and ending  
on Dec 21st will be

**Emma's famous Turkey Dinners  
\$16.**

We will change the salads and  
desserts each week, so you will  
get a variety!

**DATES TO REMEMBER**

**2011**

- Nov 15 2012 NESAs Memberships go on sale at Glengarry Office, 13315-89 St, Mon-Fri 9 am-3 pm
- Nov 25 Mayor's Coffee Party Clareview Rec Centre 10 -11 am
- Dec 5 Christmas Concert, 6:30 - 8 pm Londonderry Hall, 14224-74 St (2012 Memberships on sale prior to Concert)
- Dec 9 Northgate & Central Art Show Central Lions, 12 noon - 4 pm
- Dec 13 Winter Program Registration Clareview Rec Centre, 9 am-3 pm
- Dec 13 Bake, Book Sale & Craft Sale Clareview Rec Centre, 9 am-3 pm
- Dec 31 EMMA's New Years Eve celebration, Glengarry Hall For info call 780.475.3600

**Glengarry Office Holiday Hours:**

Closed from 12 noon Fri Dec 23rd until 9 am Tues Jan 3rd.

**2012**

- Jan 25 Robbie Burns Tea & 1st Anniversary of the Northgate Centre Collapse McClure Church, 1-3 pm
- Apr 6 Northgate Lions Bingo