

# North West Edmonton Seniors Centre Insider News - April 2024

12963 - 120 Street NW  
Edmonton, Alberta  
T5E 5N8

Ph: 780-451-1925  
Monday to Friday  
8:00 - 4:00

Visit us on Facebook : <https://www.facebook.com/NWESsevents> or our Website: [www.nwess.ca](http://www.nwess.ca)

## INSIDE THIS ISSUE

President's Message	Page 3
Save The Date	Page 4
News	Page 5 - 10
Sponsorship/Jokes	Page 11
Information	Page 12 - 13
Upcoming Events	Page 14 - 15
Coloring	Page 17
Program Schedule	Page 18

## IMPORTANT DATES SEE INSIDE FOR MORE INFO

- April 5<sup>th</sup>**  
Birthday Party - 1:30
- April 7<sup>th</sup>**  
Pancake Breakfast - 10:00
- April 8<sup>th</sup>**  
Board Meeting - 10:30
- April 9<sup>th</sup>**  
Foot Clinic - 9:00  
EPL-Puerto Rico - 9:45
- April 11<sup>th</sup>**  
Tax Clinic - 10-3
- April 12<sup>th</sup>**  
Invitational Floor Curling
- April 13<sup>th</sup>**  
Saturday Afternoon Crib - 12:30
- April 15**  
Creative Cards - 1:00
- April 19**  
Volunteer Appreciation - 12:00  
Games Night—5:30
- April 29**  
River Cree - 10:30

Supported By:



## BOARD MEMBERS

President	Frank Zrim
Vice President	Sandy Bilawchuk
Treasurer	Linda Frank
Secretary	Vina Locke
Director	Shelley Tupper
Director	Ursula Webber
Director	Dale Conrad
Director	Kerry Diotte
Director	Marj Bowes

## COMMITTEES

Building	Carrol Richert, Vina Locke, Sandy Bilawchuk
Building Main	Al Hoffman
By-Law & Policy	Vina Locke, Sandy Bilawchuk Ursula Webber
Communications	Frank Zrim, Shelley Tupper, Kerry Diotte
Finance/Fundraising	Frank Zrim, Linda Frank, Carrol Richert, Kerry Diotte
Membership	Frank Zrim, Dale Conrad, Kerry Diotte
Nominating	Carrol Richert, Linda Frank, Vina Locke & Sandy Bilawchuk

## STAFF

	Hours
Administration - Patty Royea <a href="mailto:admin@nwess.ca">admin@nwess.ca</a>	8:00 - 4:00
Reception - Susan Kakeesim <a href="mailto:info@nwess.ca">info@nwess.ca</a>	9:00 - 3:00
Kitchen - Samantha Richards	9:00 - 3:00
Custodian - Natalie	8:00 - 4:00

## LIFE MEMBER GUIDELINES

### *Qualifications for a Lifetime Membership:*

- Be an active member for 15 years or more
- Be 70 years of age or older
- Have contributed exceptional service to the North West Edmonton Seniors Society
- Be nominated by a fellow member. They must submit a letter of recommendation outlining the exceptional service they have given to the North West Edmonton Seniors Society.

**2 Life Memberships are selected yearly.  
Nominations will be accepted on or before January  
31<sup>st</sup> each year.**

## Liaisons

Bingo	Delores Heck
Birthday Party	Ursula Webber
Bocce	Vicky & Mike Dolynny
Canasta	Liz Tarnowski
Creative Cards	Valerie Granoien
Cribbage	Florence Meronowich
Cribbage Eve	Ed Biedrava
Drama Club	Joyce Ruptash
Euchre	Linda Frank
Fit For Your Life	Ursula Webber
Floor Curling	Vacant
Floor Shuffleboard	Vicky & Mike Dolynny
Fun & Fitness	Vina Locke
Games Night	Linda Biedrava
Jam Session	Betty Simpson
Jammers	Dave Chabillon Al McKort
Pancake Breakfast	Delores Heck & Jim Paris
Pickleball	Judy & Dale Conrad
Quilting	Sonia Barton
Rag Bag Crafters	May Brooks
Sat Aft Cribbage	Linda Biedrava
Shuffleboard	Al Hoffman
Televised Events	Jim Paris
Whist	Florence Meronowich
Wool Crafters	Linda Biedrava
Yoga	Gil Gagne

## MEMBERSHIPS

The cost of a NWESS membership is  
\$35.00 for the calendar year -  
January 1<sup>st</sup> to December 31<sup>st</sup>, 2024

All persons under the age of 55 may join as  
an associate member and does not have  
voting rights.

**Sign up today at the office!**

**President's Message**

April is here, signaling the start of full bloom of spring and bringing a refreshing energy that makes us want to cherish every budding tree and bright blue sky! It's a month of Earth's Awakening, new beginnings, and the joyful promise of warmth.

April, will start off with our fabulous birthday party (April 5<sup>th</sup>) featuring an array of Easter Bonnets worn by members that will be judged on color and design. I have heard that the judge may be acceptable to gifts of kindness in return for favorable judging results. We will also be enjoying our monthly popular Pancake Breakfast (April 7<sup>th</sup>), Invitational Floor Curling (April 12<sup>th</sup>) and Cribbage Tournament (April 13<sup>th</sup>). Last but not least, April will be highlighted with our annual Volunteer Appreciation (April 19<sup>th</sup>) luncheon. NWESS is blessed with the strong support from our volunteers and staff to provide our programs and events that provide many benefits to our members and visitors

I would like to extend my congratulations to those that were instrumental in organizing our successful programs and events during March. The spring Market was a tremendous success along with our Invitational Floor Curling Tournament and Cribbage Tournament. I encourage members to support and volunteer for upcoming events this year. We appreciate your help!

NWESS Executive and Board of Directors are actively involved in ongoing committees as well as new committees that have been initiated. I encourage members, that have an interest and experience in a committee's scope of direction, to reach out to myself.

Enjoy Spring!

Yours in service,

Frank Zrim  
President,  
NWESS



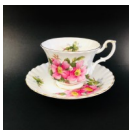
## SAVE THE DATE



**Friday, May 3<sup>rd</sup>**  
Birthday Party - 1:30



**Sunday, May 5<sup>th</sup>**  
Pancake Breakfast - 10:00



**Friday May 10<sup>th</sup>**  
Mother's Day Tea - Noon



**Saturday, May 11<sup>th</sup>**  
Cribbage -12:30



**Monday, May 13<sup>th</sup>**  
Board Meeting—9:30



**Monday, May 13<sup>th</sup>**  
Creative Cards



**Tuesday, May 14<sup>th</sup>**  
Foot Clinic - 9:00



**Tuesday May 14<sup>th</sup>**  
EPL- Puerto Rico - 9:45



**Friday, May 17<sup>th</sup>**  
Invitational Floor Curling—9:00



**Friday, May 17<sup>th</sup>**  
Games Night/Pot Luck - 5:30



**Monday, May 20<sup>th</sup>**  
Victoria Day - Office



**Monday, May 27<sup>th</sup>**  
River Cree - 10:30

## NEWS

### CODE OF CONDUCT

While attending the North West Edmonton Seniors Centre, the following will apply:

Everyone will be protective of the safety, well being, and goodwill of the members, visitors, staff and the Centre as a whole.

Everyone will refrain from participating in any action(s) that disrupts or disturbs the morale, efficiency, safety, or normal operations of the organization.

Everyone will conduct themselves in a respectful manner when dealing with staff, members, and visitors.

No verbal attacks will be tolerated.  
Racial discrimination will not be tolerated.  
No sexual harassment will be tolerated.  
No physical attacks will be tolerated.

Anyone witnessing violations of the above code should write a letter of complaint with, when possible, two witnesses.

Submit your letter to the President or Executive Director.

A letter of warning will be issued to the offender on the first offense. Failing to change said behaviour following the letter of warning could result in a suspension or a retraction of membership.

Approved by the Board  
October, 2015

### \*\*\*REMINDER\*\*\*

**Vehicle Registration  
Renewals For May**  
Last Names Starting With  
C (not CL) or N



## SPRING MARKET

On Saturday, March 16, 2024, we held our very first vendor market along with a fundraising bake sale. We would like to thank the following people:

- The organizing committee, without you the event would have never occurred.
- The volunteers, these dedicated individuals make things happen.
- Our bakers, without you our bake sale would have not been successful.
- Our staff at NWESS, for helping field the many inquiries about the market, printing the information posters, helping with the organization and to our cook for baking an assortment of squares for the bake sale.
- The Rag Bag Club, for providing us with reuseable bags and coffee cozies to sell.
- Northgate Safeway for sponsoring our concession.
- Lastly to our vendors, for choosing our event to market your products.

During the event, our president Frank sold 50/50 tickets. Carrie B was the lucky winner, and she took home \$137.50.

With over 150 people passing thru the doors and the baking table only having a handful of goods left at the end, the event was a great success. A **NET** profit of over \$1000.00 was raised for the center.





# SPRING MARKET 2024



***Saturday Afternoon Crib***

**March 9, 2024**

Door Prizes

- 1- Carrol Richert
- 2 - Therest Toman
- 3 - Cara Wetheral
- 4 - Annie Mycciweg
- 5 - Greg Brunt

- 1<sup>st</sup>- Florence Meronowich & Joyce Ruptash  
&  
Hazel Croft & Roger Skayman
- 2<sup>nd</sup> - Marie Sharp & Karen Walter
- 3<sup>rd</sup>- Roz Schilberg & Frances Purschke

- Skunk Pot - \$11.50- Ray & Janice Albredht
- 19 Pot - \$35.25 - Dave Dunsanth
- 50/50 - \$ 132.50 - Caroline Dueerron

Submitted By Linda Biedrava

See you all again April 13.

*Congratulations*



Jarvie - March 4<sup>th</sup> 3<sup>rd</sup> Place



Vegreville - March 6 - 1<sup>st</sup> Place



Westlock -March 19<sup>th</sup> -2<sup>nd</sup> Place



Dapp - March 23 - First Place



### March Floor Curling Invitational

NWESS held an invitational floor curling tournament on Friday, March 8, 2024. 20 teams attended the tournament. Various snacks were provided by NWESS members that curled in the event and a delicious lunch was prepared by our cook Samantha. Throughout the day 50/50 tickets were sold and the lucky winners taking home \$50 – half the pot were:

- Judi Marshall
- Shannon Bendfeld
- Gladys Woitas
- Gail Boss
- Cheryl Murray
- Verna Hines

Once all the games were played and the points were tabulated, the winners of the tournament were:

- 1<sup>st</sup> – Team Beamish from Jarvie
- 2<sup>nd</sup> – Team McBernie from Tofield
- 3<sup>rd</sup> – Team Androschuk from NWESS
- 4<sup>th</sup> – Team Murray from Strome

Many thanks to all who attended, organized, and contributed to the success of the tournament.





**Happy 95<sup>th</sup> Birthday to  
Emma Germain**



*Bon  
Appétit* 

OUR KITCHEN

is open from 9:30 to 3:00

Monday to Thursday

Stop in for some delicious homemade  
soup and a sandwich. Lunch is served  
from 11:30 to 1:30.

**WEDNESDAY'S SPECIALS - \$9.00**

April 3<sup>rd</sup> - Please Sign Up by March 28<sup>th</sup>

Baked Spaghetti, Ceaser Salad

And Garlic Toast

April 10<sup>th</sup> - Please Sign up by April 5<sup>th</sup>

Roast Beef, Mashed Potato and Veggie

April 17<sup>th</sup> - Please Sign up by April 12<sup>th</sup>

Broccoli & Cheddar Quiche

With Macaroni Salad

April 24<sup>th</sup> - Please Sign Up by April 19<sup>th</sup>

Shepherds Pie



**WINNERS**

March 7-Kally Mitchell - \$50.00

March 14 - Jim Paris - \$46.00

March 21 - Gil Gagne - \$39.50

March 28 - Elsie Bondarchuk - \$45.50

Pot is at:

\$1943.50

**Fitness For Everyone**

3 different fitness classes are offered at NWESS. They all are geared to seniors and focus on maintaining flexibility and individual fitness levels.

**YOGA** - Sessions usually span 3 months at a time. Classes are once per week: Monday mornings 9:00 to 10:30 am.

**Fit For Your Life** - Sessions usually span 2 months at a time. Classes are twice per week: Wednesday and Friday 9:30 to 10:30 am. Classes incorporate the use of light hand weights, small fitness balls and fitness bands or tubing as well as some cardio.

\*\*Please note: the cost for both Yoga and Fit For Your Life sessions are determined by the number of participants in each session.

\*\*If there is room available in a session, anyone can start mid session and the cost will be prorated by the number of classes remaining in that session.

**Fun & Fitness** - classes are held Tuesday mornings 11:00 to 12:00. These classes are held on a drop in basis. Cost for members are \$2.00 per class.

\*\*As with other activities at the centre, if you would like to try out a class or program but don't know if it would be a good fit, the first day is free.

For more information, please call 780-451-1925.

UPCOMING EVENTS

**HAPPY BIRTHDAY TO YOU - Friday, April 5th  
Entertainment - Easter Bonnet Parade**

Dorothy	Alde	Apr 2	Dixie	MacDonnell	Apr 30
Alberta	Bezuko	Apr 30	David	Maier	Apr 26
Ed	Biedrava	Apr 1	Wendy	Manchak	Apr 16
May	Brooks	Apr 21	Evelyn	McCulloch	Apr 2
Nadine	Fata	Apr 27	Anna	Mysliwicz	Apr 30
Lynn	Foster	Apr 9	Jim	Neudorf	Apr 30
Marg	Frigon	Apr 1	Denise	Ouellette	Apr 25
Francisco	Gaspar	Apr 16	Tina	Schuitema	Apr 17
Lillian	James	Apr 5	Kurt	Sejr	Apr 12
Trudy	Longoz	Apr 4	Marie	Sharp	Apr 12
Ruby	Lopetinsky	Apr 14	Connie	Shuya	Apr 11

# Sponcership



**A FAMILY RUN PHARMACY FOR  
OVER 40 YEARS**

**FREE Prescription Delivery**

**FULL Service Pharmacy**

## HOURS OF OPERATION

Mon - Fri: 8:30 am to 8:00 pm

Sat & Sun 9:00 am to 5:00 pm

13211 - 132 Street

Edmonton, Alberta

T5L 1R9

PH: 780.455.0555

Download the Dolar Drugs app from the App Store or Dolar Drugs from Google Play to easily refill prescriptions and much more.

If you have any questions for us, don't hesitate to call.

*Paid Advertisement*

## Jokes



**Dental Care for Seniors, Kids under 18 and people living with a disability is here!**



**Contact my office if you want to learn more:**

Blake Desjarlais, MP | Edmonton Griesbach  
10212 - 127th Avenue NW, Suite 102 Edmonton AB T5E 0B8

✉ blake.desjarlais@parl.gc.ca

☎ 780-495-3261



*Paid Advertisement*



UPCOMING EVENTS



Birthday Party  
Friday, April 5<sup>th</sup>  
1:30  
Entertainment:  
Bonnet Parade

Volunteer Appreciation Week  
April 14<sup>th</sup>–April 20<sup>th</sup>

a truly amazing  
**Volunteer**

IS SELFLESS, GENEROUS,  
HELPFUL, THOUGHTFUL, VALUABLE

also  
PATIENT, KIND & GIVING.

Tuesday, April 9<sup>th</sup>  
9:45 to 10:45  
Puerto Rico

epl.ca



Please sign up in the cafeteria or give us a call.



**FEET FIRST-**  
Monthly Foot Care

Angie is here on

Tuesday,  
April 9<sup>th</sup> @ 9:00.

Call the office or sign up in the cafeteria to book your appointment.

The cost is \$40.00 and please bring



# UPCOMING EVENTS

## NWESS Invitational Floor Curling

Friday, April 12<sup>th</sup>  
Come and check us out!



### ARE YOU READY TO SWING?



For the Recreational golfer - a day of fun!

- Join us on Wednesdays as your schedule allows.
- Like minded players for some friendly competition!
- Best Ball, teams will be made by drawing cards.



#### Proposed June Schedule

Date	Place	Holes
June 12	Calahoo	9
June 19	Smoky Lake	18
June 26	Athabasca	18

If interested please email Alberta at : [abez@telus.net](mailto:abez@telus.net)

Note - A group email will be created to communicate tee times.

Limit of 16 players, however this may change.



Mother's Day  
TEA

**May 10<sup>th</sup>, 2024**

**Tickets \$ 20.00**

Can be purchased at the  
Front desk by May 1<sup>st</sup>.

Doors open by 11:30

Lunch at noon

Entertainment—Inspirational  
Speaker

**We are closed May 20<sup>th</sup>  
for Victoria Day.**



# INFORMATION



I would like to send thanks to all the members at the centre for the lovely card.

I would also like to send out a special thanks to those who have come to visit.

A little touch of humanity goes along way

Dorren McGrath

Are you in need of a place to rent for that special occasion or family get-together? How about North West Edmonton Seniors Centre.

Just stop by the office and we will be happy to assist you.

---

Lost on what to get someone for their birthday or other special occasion? How about a NWESS Gift Certificate. We can customize it to suite your request. Ask the office for more details.

## FUN & FITNESS ALL YEAR LONG

Come on seniors sit or stand  
Use a weight or use a band  
Use a ball and stretch a bit  
To keep healthy and keep fit  
Fitness is what we all can do  
Come join in - it's good for you.  
Every Tuesday @ 11:00  
Only \$2.00 per session.  
**HOPE TO SEE YOU SOON!!!**



**Community  
Volunteer Income  
Tax Program**

**Drop off services only available  
until April 24<sup>th</sup>.**



# INFORMATION



THANK YOU ALL FOR  
EVERYTHING YOU DO

If you and or your family members would like to volunteer your time, please stop by the office and speak to us. We will be glad to give you any Information that you need.



## Dedicated Hearts

Dedicated hearts like yours  
Are not so easy to find.  
It takes a special person to be  
So generous and kind.  
To care so much for your fellow man  
Is a quality all too rare.  
Yet you give of your time and talents,  
For all in need to share.  
So thank you for being a volunteer,  
We're privileged to work with you.  
We want you to know how appreciated you are,  
Not just today, but the whole year through.

## What's New!

The look of our newsletter! We are trying to reduce duplicating information and reducing the size of the newsletter to help reduce the printing and paper costs. Over the next few months the look and information provided will be evolving.

Thank You.

You can check out our website as well as our Facebook page. Please follow, like and support us. [www.nwess.ca](http://www.nwess.ca)

## Jam Session every Wednesday from 1 - 3:30 PM

Come and dance the afternoon away with Betty, Evelyn, Morley, Terry, Lillian, Anne and the Players



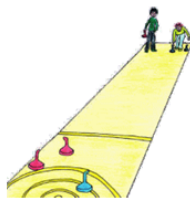
### FAMILY FUN NIGHT TUESDAY NIGHT FLOOR CURLING



WHO - EVERYONE IS WELCOME!  
WHAT - AN EVENING OF FUN FLOOR CURLING.  
WHERE - NWESS 12963 - 120 Street  
WHEN - TUESDAY - APRIL 30<sup>TH</sup> - 5:30 PM  
WHY - TO INTRODUCE NEW PEOPLE TO THE SPORT!

FUNDRAISING CONCESSION AVAILABLE  
HOG DOGS - \$2  
POP (Cola Regular and Diet) - \$1

SIGN UP SHEET IN THE CAFETERIA  
DEADLINE DATE - APRIL 25, 2024  
REGULAR FLOOR CURLING RATES APPLY



## Bocce

Bocce will start as soon as the Bocce field is free Of snow and temperatures are 5 and above. hope to see you there!











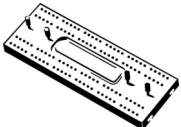



HELLO SPRING





# PROGRAM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Pancake Breakfast</b> 1st Sunday of Every Month 10:00 - Noon \$8.00</p> 	<p><b>Yoga</b> 9:00 - 10:30</p> <p><i>do yoga and enjoy life</i></p>	<p><b>Pickleball</b> 9:00 - 11:30</p> <p><b>Fun &amp; Fitness</b> 10:45 - 12:00</p>	<p><b>Fit For Life</b> 9:30 - 10:30</p> 	<p><b>Pickleball</b> 9:00 - 11:30</p> <p><b>Quilting</b> 10:00 - Noon</p>	<p><b>Fit For Life</b> 9:30 - 10:30 (Some early starts may be required.)</p> 	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Euchre</b> 1:00 - 3:00</p> <p><b>Floor Shuffleboard</b> 1:00 - 3:00</p>	<p><b>Bingo</b> 1:00 - 3:00</p> <p><b>Canasta</b> 1:00 - 3:00</p> 	<p><b>Jam Session</b> 1:00 - 3:30</p> <p><b>Whist</b> 1:00 - 3:00</p> <p><b>Wool Crafters</b> 1:00 - 3:00</p> <p><b>Bocce</b> 1:00 - 3:00 (Weather Permitting)</p>	<p><b>Cribbage</b> 1:00 - 3:00</p> <p><b>Floor Curling</b> 1:00 - 3:00</p> <p><b>Rag Bag Crafters</b> 1:00 - 3:00</p> <p><b>Drama Club</b> 3:30 (When Required)</p>	<p><b>Shuffleboard</b> 1:00 - 3:00</p> <p><b>Birthday Party</b> 1:30 - 3:30 1st Friday of Every Month Birthday Free Member - \$3 Non Mem - \$5</p>	<p><b>Cribbage</b> 2nd Saturday of Every Month 12:30 \$5.00</p> 
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Floor Curling -</b> 7:00 - 9:00</p>	<p><b>Cribbage</b> 7:00 - 9:00</p> 	<p><b>Pickleball</b> Starts 6:30</p> 	<p><b>Games Night &amp; Pot Luck</b> 5:30 3rd Friday of Every month With A Dish - \$2 Without - \$7</p>	
<p>*Drop In Fee* \$2.00 for Members \$5.00 for Non Members</p>						