



SouthWest Edmonton  
Seniors Association

# NEWS

## STILL TIME

You still have time to join Team SWESA at the TRAC Rock n' Run! The event takes place on June 1<sup>st</sup> at Mother Margaret Mary Catholic High School. Our team will meet at 8:30 a.m. for the 3KM walk that starts at 9:00 a.m. Come and get some exercise while enjoying the outdoors with a great group of SWESA members. For registration forms and waivers, please contact Alex at [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com) or 587-987-3200. This event is **FREE** for SWESA members. Deadline for registration is Thursday, May 29<sup>th</sup>. Please note that new registrants are no longer guaranteed a race T-shirt.

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On May 14<sup>th</sup>, approximately two dozen individuals attended SWESA's **Build Your Own Sandwich Bar** at Yellowbird East Community Centre (YECC). A **BIG THANK YOU** to our volunteers for making this event such a success. Thank you to Grace, Bob, Yvonne, and Jerry for your hard work as well as Shahin and Shahin for helping with cleanup afterwards.

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On April 8<sup>th</sup>, City of Edmonton staff members (including Kevin Arnott, Lyall Brenneis, Earl Bubis, Ingrid Hoogenboom, Annett Kamenz, Diana O'Donoghue, Laura Shewchuk and Rob Smyth) were each presented with a Community Services Diversity and Inclusion Award for their work with SWESA. The awards celebrate City staff demonstrating exemplary work in the areas of customer service, innovation and respectful workplace.

### UPCOMING EVENTS:

**MORE HAPPY BIRTHDAYS CELEBRATION & SHOWCASE:** Tuesday, May 27<sup>th</sup>, City Room, Edmonton City Hall, 10:00 to 11:00 a.m., displays and information. Formal program will be from 11:00 – 11:30 a.m. See how Age Friendly Edmonton partners are helping to build a City that values, respects and actively supports the well-being of seniors.

**PLEASE NOTE: Coffee Chat n' Cards** will not be held on Tuesday, June 3<sup>rd</sup>, at YECC. **INSTEAD** please join us for a **FREE SENIORS PANCAKE BREAKFAST:** Tuesday, June 3<sup>rd</sup>, 9:00 – 11:00 a.m. The SouthWest Community Leagues are hosting the event (sausage, pancakes, juice and coffee) at Blue Quill Community Centre, 11304 – 25 Avenue.

**CREATIVE AGE FESTIVAL:** Creative Age Edmonton celebrates the power of the arts to transform older adults, enabling them to express their identity, concerns and aspirations – all the while increasing their sense of well-being, quality of life and connection with the community. Dates: June 3<sup>rd</sup> to 8<sup>th</sup>, 2014. The Festival Guild, listing activities, dates and times can be found on SWESA's website, [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca).

**WILLS AND ESTATES: A FREE** workshop covering making a valid will, responsibilities of an executor, powers of attorney, personal directives, and more will be presented by Edmonton Community Legal Centre, Thursday, June 5<sup>th</sup>, 7:00 p.m. at Riverbend Library, 460 Riverbend Square NW.

**GENTLE YOGA:** Six Mondays, from May 26<sup>th</sup> to June 30<sup>th</sup>, 10:00 – 11:00 a.m., at YECC, 10710 -19 Ave. NW. Cost: \$35.00 for SWESA members; \$7.00 drop-in fee, *per* session. Participants need a yoga mat and blanket. Activities can be done from a chair if you are unable to sit on the floor.

**“Toonie Talks:”**

- **Respect for Older Adults:** Wednesday, May 28<sup>th</sup>, 1:00 to 2:00 p.m., at Terwillegar Community Recreation Centre. How to recognize older adults in abusive situations. Preregistration is required.
- **Respect for Older Adults:** Tuesday, June 17<sup>th</sup>, 10:00 to 11:00 a.m., YECC.

**SWESA Centre: Yellowbird East Community Centre**  
10710 - 19 Avenue NW  
SWESA phone: 587-987-3200  
SWESA E-mail: [swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)  
SWESA website: [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)