

# SWESA NEWS

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## SUMMER POTLUCK

**SWESA** will host a Summer Potluck on Friday, June 27<sup>th</sup>, from 11:30 a.m. to 1:00 p.m., at Yellowbird East Community Centre (YECC). Bring a food item for three (3) to four (4) people, plus \$2.00 for coffee, tea, water, and dessert. Please contact Alex at [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com) or 587-987-3200 for more information or to register.

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On Tuesday, June 3<sup>rd</sup>, SWESA and the SouthWest Community Leagues hosted a Seniors Pancake Breakfast at Blue Quill Community Hall. The event was a huge success with about 200 guests enjoying good food, company, and entertainment. This is the 6<sup>th</sup> year that this event has been held and the second year SWESA has helped host. **THANK YOU** to our dedicated group of volunteers and supporters of this community gathering. A special thanks to Councillor Michael Walters for speaking to the group and for serving pancakes. Without everyone's help and cooperation, SWESA could not have managed such a successful event. We look forward to seeing everyone next year!!!

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**TRAC ROCK N' RUN:** On Sunday, June 1<sup>st</sup>, Team SWESA (with 13 members) participated in the 3KM Walk at Mother Mary Catholic High School. It was a beautiful day, and the group had a wonderful time. Congratulations to David Nichiporik and Ian Holmes who won the Silver Medal and Bronze Medal, respectively, in the Men's 3KM Walk.

**CONGRATULATIONS** also to Alex Santos who convocated on June 4<sup>th</sup> from the University of Alberta (B.A., Recreation, Sport and Tourism).

**With regret**, SWESA announces the resignation of Phil Brooks as President. SWESA's Board elected Carol Bigam, former Vice President, its new President; Phil will assume the role of Past President. Elnora Hibbert will remain as Secretary, while David Nichiporik and Mack Fysh were elected Acting Treasurer and Acting Vice President, respectively.

**NOTE: The Seniors Lounge at Terwillegar Community Recreation Centre will be closed during July and August.** The last Spring session will be Wednesday, June 25<sup>th</sup>. The Lounge will reopen September 8th.

**“Toonie Talks:” Respect for Older Adults:** Tuesday, June 17<sup>th</sup>, 10:00 to 11:00 a.m., YECC. How to recognize older adults in abusive situations.

**SWESA's Programs** at Yellowbird East Community Centre:

- **Coffee, Chat 'N Cards:** Tuesdays and Thursdays, 9:30 a.m. to 12:00 noon.
- **Gentle Yoga:** Mondays, 10:00 – 11:00 a.m. through July and August. Drop-in Fee: \$7.00 or \$35.00 for six sessions.
- **Challenge Your Brain, Play a Game:** Wednesdays from 9:30 a.m. to 12:00 noon, will introduce participants to games like Mah Jongg, Dominoes, Canasta, etc....
- **Art Group:** Fridays, 9:30 a.m. to 12:00 noon. An informal drop-in program for artists wanting to share studio space with like minded individuals. Participants bring their own art supplies (no oil paints, or strong scents). There is no instructor.

**REMEMBER: SWESA IS LOOKING FOR BOARD AND COMMITTEE MEMBERS.** Volunteer opportunities are also available. Expression of Interest Forms are on our website (see below) or call 587-987-3200.

**SWESA Centre: Yellowbird East Community Centre**

**10710 - 19 Avenue NW**

**SWESA phone: 587-987-3200**

**SWESA E-mail: [swedmontseniors@gmail.com](mailto:swedmontseniors@gmail.com)**

**SWESA website: [www.swedmontseniors.ca](http://www.swedmontseniors.ca)**