



SouthWest Edmonton
Seniors Association

NEWS

THANK YOU, VOLUNTEERS

As you know, April 12th to 18th is National Volunteer Week. We want to remind you how important volunteering is for a non-profit association, such as SWESA. Moreover, we extend special thanks to everyone who has given their time and energy to help SWESA accomplish everything it has this past year. SWESA looks forward to your continued support. If you would like to help us in providing programs and activities for older adults in SouthWest Edmonton, please contact SWESA at 587-987-3200 or swedmontonseniors@gmail.ca to explore further volunteer opportunities.

WEDNESDAY, APRIL 22nd, 2015, is the date for **SWESA'S ANNUAL GENERAL MEETING** at Yellowbird East Community Centre (YECC), 10710 – 19 Avenue NW, Edmonton, Alberta. Registration and refreshments: 6:30 p.m.; Meeting: 7:00 p.m. **Guests: Michael Walters, Councillor, Ward 10, and Bryan Anderson, Councillor, Ward 9.** Business includes electing new Board members, Bylaw amendment, receipt of Financial Statement, and adoption of proposed budget. ***DON'T FORGET: only SWESA members are eligible to vote!!***

SWESA's ***Gentle Yoga Fitness Course*** at YECC, Mondays, 10:00 to 11:00 a.m., has space for more participants. Although beginning yoga as an older adult can be intimidating, starting a gentle practice for beginners is an excellent way to stay active and lower stress levels. Other benefits for people over 50 years include healthy bones, more flexibility, and anxiety relief. Call 587-987-3200 for further information.

DON'T FORGET: SWESA is starting another Book Club on April 20th, 9:30 to 11:00 a.m., YECC. The Club will meet every third Monday of the month.

IMPORTANT DATES TO REMEMBER:

- ***April 30th: Navigating the Library:*** at Riverbend Library, 1:30 to 3:00 p.m. What the library has to offer seniors. From movies to music to home delivery, discover the wealth of resources and services at your fingertips.

- **May 27th:** Popovich Theatre will perform **Comedy and Rock Around the Clock** featuring 40's, 50's, and 60's music, YECC. Dinner at 6:00 p.m.; show from 7:00 to 8:00 p.m.. Total cost: \$30.00, members; \$45.00, non-members. Preregistration required.
- **September 2nd:** Bus trip to The Rosebud Theatre Summer **Opera House** featuring **The Wizard of Oz**. Highway coach bus will depart from YECC at 7:30 a.m. for a delicious 11:00 a.m. lunch and the 1:00 p.m. show. Cost: \$95.00, members; \$115.00, non-members. Preregistration required; limited space.

“TOONIE TALKS:” Cost: \$2.00 *per session per member*; \$4.00, *per non-member*. Registration is requested.

- **Slowing Down the Aging Brain:** Friday, April 17th, 10:30 a.m. to 12:00 noon, YECC. Learn about the cognitive, emotional, physical, and social benefits of recreational therapies/practices for seniors and tips to improve your quality of life. Also aging in place, slowing down cognitive decline, and wellness as a way of life.
- **Introduction to Skype:** Monday, April 20th, 1:30 to 3:00 p.m., Terwillegar Community Recreation Centre (TCRC). A review of what Skype is, what you need for it to work, some basic navigation tips, and answering your questions.
- **Introduction to Ipad:** Thursday, April 23rd. 10:30 a.m. to 12:00 noon, YECC. What the ipad has to offer, including basic features and how to find apps you'll love.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors Group** on Tuesday, April 21st, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Speaker: Rocy Ward, Native Counselling Services, on **Indian Residential Schools**. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
10710 - 19 Avenue NW
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SWESA E-mail: swedmontseniors@gmail.com
SWESA website: www.swedmontseniors.ca