



SouthWest Edmonton
Seniors Association

NEWS

NEW SWESA EXECUTIVE

SWESA is pleased to announce its Executive for 2015 – 2016: President, Carol Bigam; Vice President, Jack Gibbs, and Treasurer, Michel Lamoureux. Note that the position of Secretary is vacant. Anyone interested in sitting on the Board in this position, or in volunteering to take Board minutes, please contact Carol Bigam at carolbigam@gmail.com or call 587-987-3200.

SWESA is also excited to announce joining with one of Edmonton's most active Pickleball groups to support the fastest growing sport in North America. SWESA's Board officially ratified the SWESA Pickleball Committee at its May 29th meeting. Chaired by Ken Hurshowy, the seven member committee includes Linda Dane, Bruce Duncan, Doug Fogg, Michel Lamoureux, Ron Strank, and Doug Thompson. Objectives of the program include: developmental opportunities for players at all skill levels; ladder and tournament play; socializing and relationship building; and site selection, fundraising, and development for Edmonton's first outdoor facility large enough to support tournament play. Contact ken.hurshowy@shaw.ca for more information on South Edmonton Pickleball (both indoor and outdoor) and how you can get involved.

Join SWESA members for ***DON'T THROW OUT THE VAN GOGH*** on Wednesday, June 17th, 1:00 to 2:30 p.m., Yellowbird East Community Centre (YECC). Are you planning to move or are you just tired of the clutter and want to see it gone? Where do you start? How do you know what has monetary value and what does not? How do you sell your goods and how do you know how much to ask for them? All this and more will be covered. Cost: members, \$5.00; non-members, \$10.00. Registration requested. Instructor: Johanne Yakula, fromtimespast.com.

Creative Writing Class, Monday, June 8th, 9:30 a.m. to 12:00 noon, YECC. Attendees will develop a structure for memoir or journal writing and use writing prompts to write. There will be writing exercises and discussion

of the editing and revision processes. Cost: members, \$10.00; non-members, \$15.00. Registration required.

IMPORTANT DATES TO REMEMBER:

- **June 9th:** Tuesday, 9:30 to 11:30 a.m., YECC. A visit from Councillor Knack, Ward 1, who will answer your questions on various seniors issues. Light refreshments; no charge.
- **June 10th:** Wednesday, 11:00 a.m. to 12:00 noon, YECC. **Iced Tea Day:** learn recipes for different flavours of iced tea to beat the heat.
- **June 11th:** Thursday, 9:00 to 11:00 a.m., YECC. Breakfast (coffee, juice, scrambled eggs, French toast, and pancakes) catered by Cora Restaurant. Cost: members, \$8.00; non-members, \$12.00. 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 1:30 p.m. show. Cost: \$95.00, members; \$115.00, non-members. Preregistration required; limited space.

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

- **Blood Pressure Health:** Monday, June 15th, 1:30 to 3:00 p.m., Terwillegar Community Recreation Centre. Learn what to watch for and how to recognize the signs of high or low blood pressure.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors** Group on Tuesday, June 16th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. “Show and Tell” – **Featuring Life and Times in Early Alberta**. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
10710 - 19 Avenue NW
SWESA phone: 587-987-3200
SWESA E-mail: swedmontonseniors@gmail.com
SWESA website: www.swedmontonseniors.ca