



SouthWest Edmonton
Seniors Association

NEWS

AGM HIGHLIGHTS

SWESA thanks everyone who attended our Annual General Meeting (AGM) on Wednesday, May 22nd. Bryan Anderson, Councillor, Ward 9, was our guest speaker and commented positively regarding our high attendance for an AGM. Councillor Anderson brought greetings from the City and spent time answering questions from the audience. In addition:

- Carol Bigam, SWESA President, summarized SWESA's accomplishments since the last AGM.
- Kathy Trepanier, SWESA Volunteer, outlined our Business Planning Process, with the goals and actions identified to guide SWESA's future growth (refer to: www.swedmontonseniors.ca).
- SWESA's proposed **2015 Budget** was approved as presented by Michel Lamoureux, Treasurer, as was its **2014 Financial Statement**.
- SWESA's Bylaw 6.4.2. was amended to read: *"All accounts and records shall be audited yearly by an accountant, or by two members appointed by the Board for that purpose."*
- The following individuals were elected to their first two-year term on SWESA's Board of Directors: Shirley Adam, Ellen Frombach, Jack Gibbs, Michel Lamoureux, Elaine Parfitt, and Christine Powell. Carol Bigam, Barbara Olsen, and Joe Roberts were elected for their second two-year term. Mack Fysh and Past President Phil Brooks complete the Board.
- SWESA thanks Rutherford Retirement Residence for providing desserts and the City of Edmonton, Fred Horne (MLA, Edmonton-Rutherford), and Winspear Centre Edmonton for door prizes.

KUDOS to GLENN KISSICK who was awarded the **2015 TRAC** (Terwillegar Riverbend Advisory Council) **Community Spirit Award**. Glenn was a member of the initial Steering Committee to establish a non-profit society in southwest Edmonton that was focused on seniors programs – i.e., SWESA. Glenn's enthusiasm has also promoted the value of pickleball as a sport for seniors and a prospective SWESA program.

IMPORTANT DATES TO REMEMBER:

- **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.

- **Healthy Food Choices:** Tuesday, May 5th, 11:00 a.m. to 12:00 noon, YECC. Maintaining independence and control over life requires an active and healthy lifestyle, including exercise, healthy diet, and intellectual activities. This session will show how to make and stick to healthy options by making shopping choices to promote good food preparation ideas.
- **Hold the Salt!!:** Wednesday, May 13th, 9:30 a.m. to 12:00 noon, YECC. How much sodium are you consuming? What foods are high in salt? This session provides tips for shaking the sodium habit while going for maximum flavor.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors Group** on Tuesday, May 19th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Speaker: Anne Loewan – **"Pictures and People of Nepal."** Cost: \$15.00. Contact Nick at 780-435-1045 to register.

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