



SouthWest Edmonton
Seniors Association

NEWS

SENIORS WEEK: JUNE 1-7

Join SouthWest Edmonton seniors in celebrating **SENIORS WEEK** on Tuesday, June 2nd, at Blue Quill Community Centre, 11304 – 25 Avenue. **SWESA**, together with Southwest Community Leagues, invites you to a free **SENIORS PANCAKE BREAKFAST** of pancakes, sausages, juice, coffee, and good fellowship from 9:00 to 11:00 a.m. Phone 587-987-3200 or contact carolbigam@gmail.com or further information.

Are you interested in writing? On Wednesday, May 20th, 9:30 a.m. to 12:00 noon, at Yellowbird East Community Centre (YECC), Audrey Seehagen will talk about **Creative Writing** and the process of getting started. The class will discuss writing prompts, take time to write, move into story development, and end with a discussion of editing and revision. Cost: \$10.00, members; \$15.00, non-members. Registration is required.

DON'T FORGET: Better Choices Better Health: Chronic Disease Self-Management Workshop starts Friday, May 22nd, 9:30 a.m. to 12:00 noon at YECC and continues for six Fridays. Do you or someone you care about have an ongoing chronic health problem – diabetes, high blood pressure, cancer, asthma, anxiety, depression, arthritis, pain, or weight challenge? This workshop will help you cope with the demands of your illness. Topics include: medication management, dealing with emotions, problem-solving, goal setting, getting better sleep, how to handle fatigue, and more. Cost: \$12.00, members; \$16.00, non-members. Registration is required.

Just a few tickets left for the **May 27th** Popovich Theatre performance of **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. Don't miss the chance to attend SWESA's first dinner theatre presentation!!

Volunteers are needed for the **SENIORS PANCAKE BREAKFAST** on Tuesday, June 2nd, 9:00 to 11:00 a.m.. If you can help setup, serve, or cleanup, please contact carolbigam@gmail.com or phone 587-987-3200.

IMPORTANT DATE TO REMEMBER:

- **June 9th:** A visit from Councillor Knack. Ward 1 Councillor Andrew Knack will visit **SWESA** to discuss the City of Edmonton's growth as part of the Seniors Initiative. Council Knack will answer your questions re seniors issues. Ward 10 Councillor Michael Walters is also expected to attend. Light snack and refreshments will be served. No charge.

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

- **Skin Cancer:** Thursday, May 21st, 11:00 a.m. to 12:00 noon, YECC. Learn how monthly checks will ensure you know your skin and recognize changes that happen over time. Discover the difference between a healthy mole and one that might be melanoma, the most deadly form of skin cancer.
- **Go Go Gadgets:** Monday, May 25th, 1:30 to 3:00 p.m., Terwillegar Community Recreation Centre (TCRC). This is an interactive session about gadgets in partnership with Edmonton Public Library (EPL). Technology experts will teach you how to use your eReader, tablet, iPad, mobile phone, laptop, or other "gizmos." Remember to bring your gadget and your questions!!!
- **Go Go Gadgets:** Thursday, May 28th, 10:30 a.m. to 12:00 noon, YECC. See previous listing.
- **Library + Tablet = Amazing Things:** Thursday, June 4th, 10:30 a.m. to 12:00 noon, YECC. In partnership with EPL, this session provides an introduction to *Tablets* and all the wonderful aspects of them. Learn the basics and see what EPL resources you can access for free.

SWESA Centre: Yellowbird East Community Centre
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SWESA website: www.swedmontseniors.ca