



Spring/Summer 2017 Program Guide

May 2017 – August 2017

**Yellowbird East Community Centre – 10710 - 19 Avenue NW
Terwillegar Community Recreation Centre – 2051 Leger Road NW**

587-987-3200

**programs@swedmontonseniors.ca
swedmontonseniors.ca**

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SWESA – A Great Place to Be 55+

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest non-profit seniors' organization. SWESA currently is developing social, cultural and recreational programs and is a gathering place for individuals 55+ living in southwest Edmonton.

SWESA is growing every day. Run by a group of passionate volunteers, SWESA's mission is to provide opportunities for adults 55+ in southwest Edmonton to pursue healthy and satisfying lives through engagement in a variety of programs and through social connections.

Important Information

MEMBERSHIP:

- SWESA's \$30 annual membership fee enables you to participate in SWESA's programs at member rates. The membership year runs from January 1, 2017, to December 31, 2017.
- Valid membership from other seniors' centres may be recognized for participation in SWESA programs and special events at member rates.
- SWESA members will receive priority at registration. Non-SWESA members' names may be put on a waiting list at the time of registration and can be bumped to give priority to SWESA members.
- Your SWESA membership card entitles you to discounts at most city of Edmonton recreational facilities.

REGISTRATION:

- You can register for activities in person at our Yellowbird East Community Centre office. Registration for select classes or events may be taken over the phone or by email. Please contact 587-987-3200 or programs@swedmontonseniors.ca for registration inquiries.
- Payment is by cash or cheque; **registration is only confirmed upon payment.**
- Sign up early to avoid cancellation due to insufficient registration.

CANCELLATIONS AND REFUNDS:

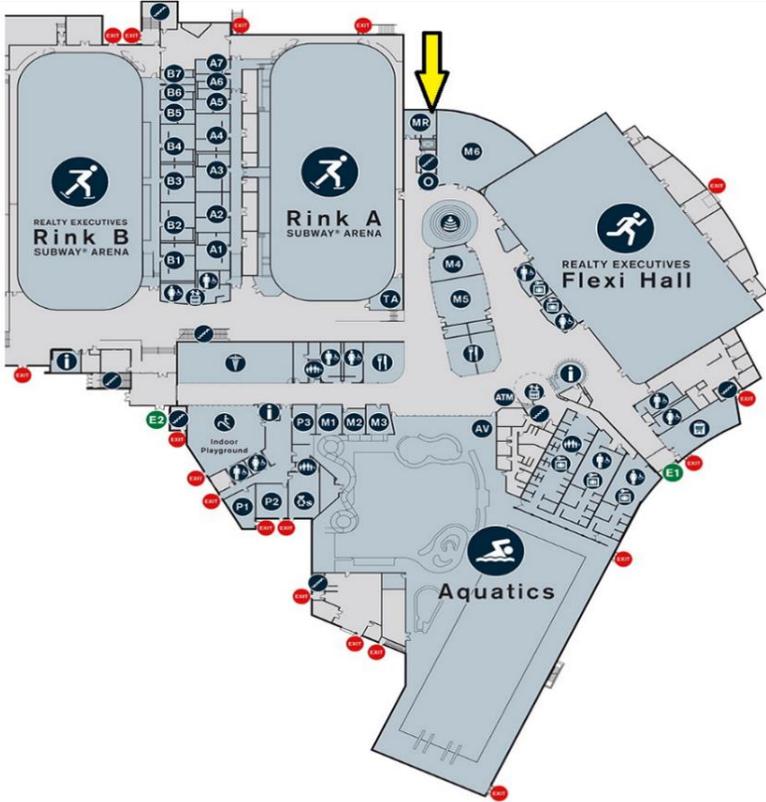
- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition. SWESA credit may be given in varying circumstances.

DISCLAIMERS/LIABILITY:

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association's Board of Directors, staff or volunteers.

LOCATION OF CLASSES:

- Our main site and office location is Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW. Most of our programming runs from this location. This location is open from Monday to Friday from 9:00 am – 3:00 pm (2:00 pm closure on Thursdays). Please see holiday listings below for closures.
- Our satellite location is the seniors' lounge in the Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW. Please see map below. This location is open Mondays and Wednesdays from 1:00 pm – 4:00 pm. Please see holiday listings below for closures.

 <p>The floor plan shows several areas: Rink B (Subway Arena), Rink A (Subway Arena), Flexi Hall, Aquatics, and an Indoor Playground. A yellow arrow points to a location between Rink A and Flexi Hall, near a set of stairs labeled 'M5'.</p>	<h3>CLOSURES</h3> <p>There will be no programming running at either location on</p> <ul style="list-style-type: none">• Monday, May 22 – Victoria Day• Monday, July 3 – Canada Day• Monday, August 7 – Heritage Day <p>The TCRC Lounge will be closed from June 28 - September 7.</p>
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City of Edmonton – Supports for Seniors

3-digit Phone Numbers

- 211 Senior Information/Referrals
- 311 City of Edmonton Information Line
- 411 Directory Assistance
- 511 Alberta Travel and Road Report information
- 611 Telephone Trouble
- 811 Health Link (includes dementia information)
- 911 Emergency

The Seniors Home Supports Program gives seniors referrals for vetted service providers. Seniors are not charged for referrals, but they will pay a fee to the service provider for completing the work. Six seniors organizations are working together to provide this coordinated system that serves all areas of Edmonton. Seniors contact the organization that serves their area of the city as shown [HERE](#).

Our coordinator can be reached at 780-860-2931 or hs@swedmontonseniors.ca.

The Edmonton Seniors Coordinating Council

ESCC is an umbrella organization that encourages coordinated actions of its members to continue to build an Age Friendly Edmonton and enhance the lives of all Edmonton seniors. Under the [“for seniors”](#) you will

- find recreational and wellness programs for adults 55+
- read about the latest news and events for seniors
- learn about ESCC member agencies and their services
- find your local seniors centre in Edmonton
- find useful information about a variety of seniors topics
- discover work and volunteer opportunities

Transportation – [LIFT](#), [Drive](#), [Happiness](#)

Mobility is about much more than simply getting from A to B. It's about dignity, freedom and being in control of your lifestyle. With Drive Happiness, seniors can remain active, mobile and fully engaged in their community. Are you 65 years and over? Do you have difficulty using public transportation services? Are you able to enter and exit a vehicle with limited assistance? Do you have an annual income under \$35,000 (if single) and \$60,000 (if a couple)? You may qualify for a ride. Exceptions may apply.

Call 780-424-5438 (LIFT) for further information.

SPRING/SUMMER 2017 PROGRAMMING

SOCIAL

Coffee and Chat

This is an informal, weekly drop-in program for people to meet for casual conversation and refreshments. Pour a cup of coffee or tea and get to know your SWESA family.

Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Mondays and Wednesdays from 1:00 pm – 4:00 pm

Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Tuesdays from 9:30 am – 12:00 pm

Cost: A \$1 - \$2 donation for refreshments is suggested. All are welcome to attend.

LUNCHEONS



Come and enjoy a good meal with great company. Each event will feature a new theme and menu item(s). **REGISTRATION AND PAYMENT ARE REQUIRED** by noon on the Friday before the luncheon.

The seniors' lounge at TCRC will be closed on luncheon dates.

When: Wednesdays, monthly from 12:00 pm – 2:00 pm

May 24, June 28, July 26, August 30

Location: Yellowbird East Community Centre

Cost: The cost varies depending on the menu items available; typical costs have ranged from \$15 - \$20.

We are always open to sharing our SWESA connection's talent! If you would like to speak or perform at one of our luncheons, please do let us know. Many hands make light work! If you are interested in being involved in the planning or decorating for our luncheons, please let the program coordinator know.

BOOK CLUB

SWESA's book club is a group that meets monthly to discuss the book that they have read and express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes and will be given out and collected at SWESA. Our members are an informal and friendly group who have dynamic personalities and interesting conversations.

When: Mondays, monthly from 9:30 am – 11:30 am

May 15, June 12, July 17, August 14

Location: Yellowbird East Community Centre

Cost: Member \$5/season registration fee; Non-member \$10/season registration fee
Individuals will be billed for late book returns.

GAMES

Come and learn to play a friendly game such as canasta, mahjong (a traditional Chinese tile game), or bridge. Both beginners and experienced players are welcome.

When:

Tuesdays, May 2 to August 29 from 12:30 pm – 3:00 pm – **canasta** (18 sessions)

Wednesdays, May 3 to August 30 from 9:30 am – 12:00 pm – **mahjong** (18 sessions)

Wednesdays, May 3 to August 30 from 12:30 pm – 3:00 pm – **bridge** (18 sessions)

Location: Yellowbird East Community Centre

Cost: Member \$2; Non-member \$4 per drop-in session

\$25 Early Bird Fee for the season if paid by May 5, 2017

Registration is not required.

THE ARTS

Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment.

There is no instructor for this program. No oil paints or strong scents are allowed due to SWESA's low-scent policy and participants' allergies.

When: Fridays, from 9:30 am – 12:00 pm

Season 1 - May 5 to June 30 (9 sessions)

Season 2 - July 7 to August 25 (8 sessions)

Location: Yellowbird East Community Centre

Cost: Member \$30; Non-member \$60/season or drop-in Member \$3; Non-member \$5

Early Bird Fee for May-August (17 sessions) Member \$45 **if paid by May 5, 2017**

Knitting and Stitching Group

Come and join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, hand sewing, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other. The group occasionally plans independent field trips.

When: Fridays, from 11:30 am – 3:00 pm

Season 1 - May 5 to June 30 (9 sessions)

Season 2 - July 7 to August 25 (8 sessions)

Location: Yellowbird East Community Centre

Cost: Member \$25; Non-member \$40/season or drop-in Member \$3; Non-member \$5

Early Bird Fee for May-August (17 sessions) Member \$40 **if paid by May 5, 2017**

Guitar Lessons – Instructor: Mike Footit

Shake the dust off of that old guitar that has been tucked in the closet. Now is the time to learn to play or brush up on your rusty skills. Join others in practicing common chords, classic songs and a few different styles. During his 40+ years as a musician, Mike Footit has fronted bands that opened for April Wine and Tom Cochrane and has played as a solo act, performing blues and roots music. Mike's love of guitar and teaching are combined in his offer to host this group of musicians.

When: Tuesdays, from 12:00 pm – 2:00 pm (May 9, May 23, June 6, June 20)

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$20 for the season **Registration is requested.**

HEALTH AND WELLNESS

Gentle Yoga

This class will introduce you to the holistic benefits of yoga. Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket to class. Our long-time instructor, Linda Vaudan, is certified in working with older adults and can work with you through any concern or chronic pain. This class is suitable for all fitness levels and abilities. Poses may be performed with a chair.

When: Mondays, from 10:00 am – 11:00 am

Season 1 - May 1 to June 26 (8 sessions) No class May 22.

Season 2 - July 10 to August 28 (7 sessions) No class August 7.

Location: Yellowbird East Community Centre

Cost: Member \$60; Non-member \$70 for each season; \$10 per drop-in class

"Mix Music" Line Dance Class!

Michelle Mitchell, a certified dance instructor and choreographer, has worked with Leduc seniors at Telford House and with the Oshawa, Ontario seniors' clubs for many years. She has taught a variety of dance class styles and creates dance fitness classes for all ages and abilities. SWESA is happy to welcome Michelle back to Yellowbird for this eight-week session following a successful introduction over our winter season. This class uses a variety of music, such as swing, tango, country, disco, Latin, etc. and dynamic fun routines to make an hour of exercise fly by! Here's a way to get moving, enjoy music and have fun!

When: Tuesdays, May 2 to June 20 from 12:00 pm – 1:00 pm (8 classes)

Location: Yellowbird East Community Centre

Cost: Member \$65; Non-member \$75; \$10 per drop-in class

Golden Years, Golden Gloves

Join SWESA for a total-body workout! This fitness class is designed to increase flexibility, balance, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training in a fun, supportive environment. No equipment is required.

When: Thursdays, from 10:00 am – 11:00 am

Season 1 - May 4 to June 29 (9 sessions)

Season 2 - July 6 to August 31 (9 sessions)

Location: Yellowbird East Community Centre

Cost: Member \$60; Non-member \$80 for each season; \$10 per drop-in class

SWESA Walking Group

Join SWESA volunteer Val Solomon as she leads this walking group for all abilities. Inexpensive with excellent health benefits, walking is a great way to stay fit and meet new people. We will venture out from Yellowbird Centre to explore the neighbouring parks, paths and trails.

When: Thursdays, May 4 to August 17 from 11:00 am – 12:00 pm
(times will vary and get earlier as the days heat up)

Location: Yellowbird East Community Centre

Cost: Member \$5; Non-member \$10 for the season

Yoga for the Inflexible – Instructor: Linda Vaudan

Have you always wanted to try yoga but felt that you would be unable to participate fully? Would you be more comfortable if you had a chance to meet and speak with our instructor? Linda Vaudan steps outside of her regular class to offer the opportunity to learn more about yoga and gain some confidence.

When: Wednesday, June 21 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$15 **Registration is required by June 7.**

Beautiful Bones: Yoga and Bone Density

More than two hundred million people suffer from osteoporosis or osteopenia worldwide. This a medical condition where the bones become brittle and fragile from loss of tissue, typically because of hormonal changes or vitamin deficiencies. Many post-menopausal women struggle with keeping active and fit. Linda Vaudan is back for this session that will include information on how to enjoy yoga even though you have bone density issues.

When: Wednesday, August 2 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$15 **Registration is required by July 19.**

TECHNOLOGY

Go Go Gadgets: Tech Help With Edmonton Public Library

Do you have a tablet, camera, laptop, phone or other tech device that you are struggling with? Bring it in and enjoy a relaxing atmosphere where you can ask questions, share and explore with library staff. We welcome your ideas for our future programs.

When/Location:

Terwillegar Community Rec Centre	Yellowbird East Community Centre
Monday, May 8 from 1:30 pm – 3:00 pm	May 30 from 10:30 am – 12:00 pm
Monday, June 5 from 1:30 pm – 3:00 pm	June 27 from 10:30 am – 12:00 pm
Monday, June 19 from 1:30 pm – 3:00 pm	

Cost: Member \$2; Non-member \$4 **Registration is requested.**

EPL's Canada 150 Digital Storytelling Project

With this project, we will inspire Edmonton's diverse communities to reflect on and preserve stories of the people, places and events that have shaped our country for the past 150 years.

With generous support from [Community Foundations of Canada](#), EPL has received funding to build digital storytelling kits. With the help of library staff, we will connect with one another and share our stories that will contribute to forming the foundation of a collection of Edmonton's stories that will be saved and shared for years to come.

For more details, visit: <http://www.epl.ca/canada150/>.

When: There are two three-week seasons offered.

Season 1 - Wednesdays, from 10:00 am to 11:30 am (July 12, July 19, July 26)

Season 2 - Thursdays, from 10:30 am – 12:00 pm (August 17, August 24, August 31)

Location: Yellowbird East Community Centre

Cost: Member \$5/season; Non-member \$10/season **Registration is required.**



TOONIE TALKS

All Toonie Talks are offered at a cost of **\$2 for members and \$5 for non-members**. Although registration is not required, we request that you let us know if you will be attending so that we can be prepared to accommodate everyone.

Carbon Capture and Storage: How It Works

Alberta's petroleum resources and Carbon Capture and Storage (CCS) form a serendipitous relationship. The Alberta Sedimentary Basin (ASB) is a huge resource for water, minerals and fossil fuels. Its thick layers of sedimentary rocks are the host of a dynamic mammoth plumbing system (hundreds of kilometres long and up to five kilometres thick). The fluids (water, oil and gas) of the ASB have been exploited on an intensive industrial scale since the 1940s. The production of this oil and gas offers an opportunity to store waste CO₂ emitted by other industries in depleted oil and gas reservoirs and saline aquifers. But is it safe? Are there ramifications? Learn from geologist, Dr. William D. Gunter, how CCS can provide a bridging solution for reducing GHG emissions to the atmosphere during the scale up of renewable forms of energy.

When: Wednesday, May 3 from 10:00 am – 11:30 am

Location: Yellowbird East Community Centre

Are Your Ducks in a Row?

Don't be caught unprepared. Statistics show that almost 70% of us are unprepared in one or more of these areas of planning. Don't be a statistic! Get the facts you need to know so that you and your family will not have to make these decisions under stress.

Presenter Marq Jeffrey will give you information regarding

- the importance of a sound plan for the contingencies of longevity, illness, and death
- how to save on funeral costs and avoid emotional overspending
- how to ensure that your wishes will be carried out
- how to spare your family unnecessary emotional burden in one of the worst days of their lives
- information regarding cremation and earth burial

When: Thursday, May 4 from 10:00 am – 11:30 am

Location: Yellowbird East Community Centre

Understanding Continuing Care

This education session provides a high-level review of the programs/services offered within continuing care: home care, supportive living, facility living, transition services and palliative/end of life care. We will discuss eligibility, intake and assessment, and how to find more information. This presentation is appropriate for the general public including senior groups, caregivers, healthcare and community organizations. We will allow time to answer your questions.

When: Thursday, May 11 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

The Scoop on SCOPE

Colon cancer is the second deadliest cancer and one of the most preventable cancers. If detected at its earliest stage, the chance of survival is over 90%. The SCOPE Program is the Edmonton zone arm of the Provincial Alberta Colorectal Cancer Screening Program and is affiliated with the Screening for Life Program. Join an educator from AHS to learn more about colon health, prevention, screening and treatment.

When: Friday, May 12 from 1:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

LGBTQ and You

Join a presenter from the Edmonton Pride Centre as we explore LGBTQ terminology and definitions. We will be challenging myths and stereotypes and discussing the differences among biological sex, gender identity, gender expression, sexual orientation and sexual behavior. Gain some insight as to how you can better support friends, family and all members of sexual and gender minorities.

When: Wednesday, May 17 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Connecting to Nature

There is a strong positive relationship between contact with nature and physical and mental health. The Canadian Parks and Wilderness Society joins us to share more about the importance and benefits of connecting to nature and some ideas about how to get close right here in Edmonton, the largest expanse of urban parkland in North America.

When: Monday, June 5 from 11:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Semiannual Global Financial Market Review and Forward Outlook

Join Wei Woo as we discuss the latest updates on political, economic and market developments in the world that currently are affecting your retirement savings and investment strategies now and into the future. We will also look at what to expect for the second half of the year.

When: Thursday, June 8 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

World Elder Abuse Awareness Day – Presenter: Catholic Social Services

WEAAD is recognized annually on June 15. Preventing and reducing elder abuse starts with knowledge. Older adults are likely to depend on others for help as health and mobility become issues. These caregivers may have access to homes and assets and may abuse their responsibilities. In this session, you will learn more about how to recognize abuse, prevent it from happening to you and where to go for assistance should you or a peer need help.

When: Monday, June 12 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Personal Emergency Preparedness and Community Resiliency Presentation

In a disaster, emergency responders and their partner agencies are there to help those in need. By looking after yourself and family, you allow responders to help those who require immediate assistance. Topics covered include

- major risks in the Edmonton area
- Edmonton event history
- Office of Emergency Management
- Emergency Operations Centre
- Emergency Support Response Team
- Edmonton's emergency guide
- insurance
- chemical release/shelter-in-place
- evacuation
- emergency/evacuation kits
- where to get more information

When: Thursday, June 15 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

ALS 101

ALS is also known as Amyotrophic Lateral Sclerosis, Lou Gehrig's disease, or motor neuron disease. More than 200,000 people around the world are living with this disease. SWESA would like to engage our community in raising awareness. This session will provide information on the disease and the supports and services available locally.

When: Monday, June 19 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Can You Hear Me?

Registered audiologist Ruhee Kassam will teach you how hearing works, who develops hearing loss and when to get your hearing checked. We will also discuss the benefits of early intervention and the newest technology available on the market.

When: Monday, July 10 from 1:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

Pet Therapy Society

The Pet Therapy Society of Northern Alberta was created to provide the benefits of the human-animal bond that is well documented in medical, psychological and social literature. At all stages throughout our lives, animal companionship can stimulate sensitivity and learning. Interaction with companion animals can involve values, morals, modes of behaviour, attitudes, self-examination, and even the establishment of new or improved skills. Join us as we meet with a volunteer handler and a new furry friend.

When: Thursday, August 3 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Medication Management and Safety – Pharmacist: Joanne Mah

Are you having a hard time keeping track of multiple medications and confusing instructions about when and how to take them? Join your local Rexall pharmacist for tips and options available to track, organize and store your prescriptions. There will be time to ask about common interactions and how you can ensure that you are receiving all the benefits.

When: Friday, August 11 from 10:30 am – 11:30 am

Location: Yellowbird East Community Centre

Get Smart about Antibiotics – Pharmacist: Brian Chan

Antibiotics have been around for decades and for the most part, patients know very little about their mechanism of action. Attendees will gain knowledge beyond just the name and shape of the medication and how to determine if antibiotics should be used in certain conditions. We will address treatment options for common infections and discuss how to distinguish between viral and bacterial infections. We will learn about antibiotic resistance, the contributors and options for those having some resistant bacteria.

When: Monday, August 14 from 1:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Senior Fraud Prevention

While all Canadians need to be alert and aware when it comes to fraudulent scams and schemes, seniors are the most targeted by mass marketing fraud operations. Join EPS Detective Linda Herczeg as she shares safety tips to avoid becoming a victim.

When: Wednesday, August 16 from 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre

How to Create a Healthy Sleep Hygiene With Essential Oils

Pamella Heikel, SWESA's Spring Forest Qigong teacher, is also a certified meditation instructor, reiki practitioner, certified health coach with the Health Coach Institute, and an essential oil advocate and educator. In this two-hour class, she will talk about sleep, how to build a sleep routine, and tools and tips for a successful rest including essential oils. Join in on the discussion about what your challenges are and some solutions that you can try. Leave this workshop with a list of tips and samples of essential oils.

When: Tuesday, August 22 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

SPECIAL EVENTS

Bus Trip to the Tulip Garden Tea

Be a part of Canada's year-long birthday celebration by visiting the Edmonton Valley Zoo's "Canada 150 Tulip bed" and listen to performances from the children of 100 Voices Preschool and enjoy engaging animal encounters. We will finish with complimentary tea, cold drinks and baked goods before returning to YECC. The bus will leave YECC at 12:00 pm and return at 4:00 pm.

When: Tuesday, May 9 from 12:00 pm – 4:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$30; Non-member \$35 **Registration is required by May 1.**

SWESA Volunteer Appreciation Tea

Each year, volunteers contribute almost 5000 volunteer hours at SWESA. If this were translated into wages, volunteers have saved SWESA over \$75,000. With sincere appreciation for your friendship and goodwill, we ask those of you who have contributed, to join us.

Snacks and refreshments will be served. There is no cost for this event.

When: Wednesday, May 10 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre **Registration is required by May 5.**

Bonnie and Clyde LIVE at the ATB Financial Arts Barns

The infamous, depression-era bank robbers Bonnie and Clyde were considered ruthless murderers. *Bonnie and Clyde-the Two-Person, Six-Gun* musical examines the highly sensationalized pair from the angle of their love affair. Taking advantage of the many myths blended with historical facts, this pure fun, two-person rip-roarin' musical takes you on a wild ride of romance, suspense and old-fashioned shoot-outs that tells the story of the infamous duo that led a nationwide crime spree from 1932-1934.

When: Wednesday, May 17 from 7:30 pm – 9:30 pm

Location: PCL Studio, ATB Financial Arts Barns (10330 - 84 Avenue)

Cost: Member \$25; Non-member \$25 **Registration is required by May 5.**

Handmade Cards for All Occasions With Nancy Rae

Discover how easy it can be to make your own greeting cards from pressed flowers. Even individuals with limited artistic experience will gain some knowledge about composition and color theory and create two or three cards to take home. All supplies will be provided.

When: Monday, May 29 from 12:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$15 **Registration is required by May 15.**

Seniors' Pancake Breakfast

In celebration of Seniors' Week, your friends from the southwest community leagues and SWESA invite you to join us for pancakes, sausages, juice, and coffee.

When: Tuesday, June 6 from 9:00 am – 11:00 am

Location: Blue Quill Community Centre (11304 - 25 Avenue)

Cost: FREE Registration is not required.

Think Locally – Genealogy with John Althouse

John Althouse was born in Canora, Saskatchewan in 1946 and lived the first ten years of his life there. He is a graduate of the University of Alberta and worked as a school teacher in the Edmonton Catholic School District for nearly thirty-five years. He has been the author and editor of several publications related to education. He has always had a strong interest in heritage and history. He has written articles on genealogical themes for *Relatively Speaking* and is currently the acting editor of *Clandigger*, the newsletter of the Edmonton branch of the Alberta Genealogical Society.

When: Wednesday, June 7 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$15 **Registration is required by May 24.**

SWESA Hosts the Community Tent at the SouthWest Edmonton Farmers' Market

The Southwest Edmonton Farmers' Market is a vibrant, seasonal gathering place that operates in the parking lot of the Terwillegar Community Recreation Centre. It is a not-for-profit organization, run by a group of dedicated volunteers, that brings the community together and provides a valuable market for local farmers, food producers and artisans and supports the Edmonton Food Bank.

SWESA has been given an exciting opportunity to host the community tent for two dates this summer. The 2017 market season starts May 17 and runs every Wednesday from 4:00 pm – 7:30 pm until October 4, rain or shine.

When: Wednesday, June 14 and Wednesday, August 23 from 4:00 pm – 7:30 pm

Location: Terwillegar Community Recreation Centre (2051 Leger Road)

Cost: FREE

SWESA Visits the Italian Centre Shop

European charm, delicious food and a generous family heritage make the Italian Centre Shops special. Join us for a tour of the southside location of the local store best-known for their famous European deli that is brimming with cheeses, meats and antipasti.

The tour starts at 10:00 am and includes information about the store, history of the family who started it all, and a few samples at the deli.

We will then be directed to the cafe where you are able to purchase your own lunch from the seasonal menu.

When: Thursday, June 22 from 10:00 am – 12:00 pm

Location: The Italian Centre Shop (5028 - 104 A Street)

Cost: Member \$5; Non-member \$5 **Registration is required by June 15.**

The Freewill Shakespeare Festival – *The Merchant of Venice*

The Heritage Amphitheatre is western Canada's largest outdoor amphitheatre. The distinctive white canopy offers excellent acoustics and an open view of the park. Though classified as a comedy in the First Folio and sharing certain aspects with Shakespeare's other romantic comedies, the play is perhaps most remembered for its dramatic scenes and is best known for Shylock and the famous "Hath not a Jew eyes?" speech. Also notable is Portia's speech about "the quality of mercy".

This is a self-drive event. Snacks and drinks are available for purchase.

When: Wednesday, July 5 from 8:00 pm – 10:30 pm

Location: William Hawrelak Park (9930 Groat Road)

Cost: Member \$25; Non-member \$30 **Registration is required by June 21.**

What's Cooking at the PC Cooking School?

Whether you're a novice or a gourmet cook, the PC team will entertain you as they tempt your palates with delectable, but easy-to-prepare recipes you can use to motivate yourself to cook at home or to impress your friends and family. You will prepare and enjoy eating homemade pasta, Caesar salad (from scratch) and garlic butter buns.

When: Thursday, July 13 from 11:00 am – 1:00 pm

Location: Whitemud Superstore (2nd floor, 4410 - 17 Street)

Cost: Member \$15; Non-member \$17 **Registration is required by July 3.**

Private Streetcar Charter With the Edmonton Radial Railway Society

The Edmonton Radial Railway Society began in 1980 with a single streetcar and has grown to be one of the largest heritage transit organizations in Canada. We all have witnessed these historical vessels making their way through old Strathcona and now is your chance to experience a trip across the High Level Bridge.

The ERRS museum will be open for you to browse prior to boarding. The car will leave at 7:00 pm sharp so please arrive with plenty of time to explore.

We are happy to welcome members of the Strathcona Place 55+ Centre.

When: Wednesday, July 19 from 6:00 pm – 8:00 pm

Location: 8379 - 103 Street (north side of the Strathcona Farmers' Market building)

Pay parking is available on both sides of 103 Street.

Free meter street parking is available after 6:00 pm.

Cost: Member \$15; Non-member \$20 **Registration is required by July 5.**

Bus Trip to the River Cree

Join SWESA for another day of fun at the River Cree Resort and Casino. Lunch options are available for free, as well as a \$5 playing voucher. The bus will leave YECC at 10:00 am and return at approximately 3:00 pm.

When: Monday, July 24 from 10:00 am – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$5; Non-member \$5 **Early registration is strongly suggested.**

Hot Fudge Sundae Day

On National Hot Fudge Sundae Day, we celebrate an ice cream dessert that combines hot and cold and is loved by most. This tasty treat, which has been served to many since hot fudge was introduced in 1906, is celebrated annually on July 25.

When: Tuesday, July 25 from 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$8; Non-member \$10 **Registration is required by July 11.**

Bus Trip to the [Edmonton Aboriginal Seniors Centre](#)

The EASC is the only Aboriginal seniors centre in Canada governed by a self-elected board of directors. It is a major resource for Aboriginal seniors in our city, providing a meeting and gathering place for programs and activities that enhance the quality of life and promote healthy, active lifestyles.

SWESA has been invited to join the arts and crafts group. We will have the opportunity to meet new friends who will guide us through a traditional craft before we enjoy a lunch of soup and bannock. The bus will depart from YECC at 9:30 am and return at 1:30 pm

When: Friday, August 4 from 9:30 am – 1:30 pm

Location: Edmonton Aboriginal Seniors Centre (Cottage E, 10107 - 134 Avenue)

Cost: Member \$20; Non-member \$30 **Registration is required by July 21.**

Nacho Friday

Back by popular demand! Come on down to our YECC location to enjoy this classic snack with many different toppings.

When: Friday, August 25 from 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$8; Non-member \$10 **Registration is required by August 18.**

Ikebana: Japanese Flower Arranging

This class had such wonderful feedback that we are offering it again!

Ikebana is the Japanese art of flower arrangement. It is a disciplined art form in which the arrangement is a living thing where nature and humanity are brought together. It is steeped in the philosophy of developing a closeness with nature.

Ikebana is creative expression within certain rules of construction. Its materials are living branches, leaves, grasses, and blossoms. Its heart is the beauty resulting from color combinations, natural shapes, graceful lines, and the meaning latent in the total form of the arrangement.

When: Monday, August 28 from 11:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$15; Non-member \$20 **Registration is required by August 14.**

Book Shoppe

Do you like to read? If so, come visit our book shoppe in the coffee room at Yellowbird East Community Centre. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming at SWESA. We also accept book donations.

Volunteers

Volunteers are an important and integral part of our organization – without our volunteers we wouldn't be where we are today! There are many ways you can contribute your time and talents. Volunteer roles include special event and committee volunteers, program volunteers, personal phone callers, and many more. If you are interested in volunteering or would like more information about volunteer opportunities, contact us at 587-987-3200 or swesa.volunteers@gmail.com.

Stay Tuned!

As we work to develop more programming, we may be introducing new classes and events that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the Seniors' Lounge at the Terwillegar Community Recreation Centre, and/or on SWESA's website at swedmontonseniors.ca. New programs also may be featured in issues of SWESA's weekly email.

Contact Information

If you have any questions or would like more information about programming, please contact our program coordinator at 587-987-3200 or programs@swedmontonseniors.ca. Our mailing address is 88008 Rabbit Hill PO, Edmonton, AB T6R 0M5.

Special Programs/Events

Date	Program	Time	Location	Cost
May 2	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
May 3	Carbon Capture	10:00 – 11:30	YECC	\$2.00
May 4	Are Your Ducks in a Row?	10:00 – 11:30	YECC	\$2.00
May 8	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
May 9	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
May 9	Guitar Lessons	12:00 – 2:00	YECC	\$10.00/s
May 9	Bus Trip to Tulip Garden Tea	12:00 – 4:00	YECC	\$30.00
May 10	Volunteer Tea	12:00 – 2:00	YECC	FREE
May 11	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
May 11	Understanding Continuing Care	10:00 – 11:00	YECC	\$2.00
May 12	The Scoop on SCOPE	1:30 – 3:00	YECC	\$2.00
May 15	Book Club	9:30 – 11:30	YECC	\$5.00/s
May 16	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
May 17	LGBTQ and You	9:30 – 11:30	YECC	\$2.00
May 17	Bonnie and Clyde Musical	7:30 – 9:30	Self-drive	\$25.00
May 18	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
May 22	CLOSED for Victoria Day		BOTH	
May 23	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
May 23	Guitar Lessons	12:00 – 2:00	YECC	\$10.00/s
May 24	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
May 25	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
May 29	Handmade Cards	12:00 – 3:00	YECC	\$10.00
May 30	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
May 30	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
June 1	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
June 5	Connecting to Nature	11:00 – 12:00	YECC	\$2.00
June 5	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
June 6	Pancake Breakfast	9:00 – 11:00	Self-drive	FREE
June 6	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
June 6	Guitar Lessons	12:00 – 2:00	YECC	\$10.00/s
June 7	Genealogy	1:00 – 3:00	YECC	\$10.00
June 8	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
June 8	Semiannual Global Review	10:00 – 12:00	YECC	\$2.00
June 12	Book Club	9:30 – 11:30	YECC	\$5.00/s
June 12	Elder Abuse Information	1:00 – 2:00	YECC	\$2.00
June 13	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
June 14	SWESA Tent at Farmers' Market	4:00 – 7:30	TCRC	FREE
June 15	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
June 15	Emergency Preparedness	10:00 – 12:00	YECC	\$2.00
June 19	ALS 101	1:00 – 2:00	YECC	\$2.00
June 19	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
June 20	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
June 20	Guitar Lessons	12:00 – 2:00	YECC	\$10.00/s

June 21	Yoga for the Inflexible	1:00 – 2:30	YECC	\$10.00
June 22	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
June 22	Italian Centre Shop	10:00 – 12:00	Self-drive	\$5.00
June 27	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
June 28	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
June 29	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
July 3	CLOSED for Canada Day		BOTH	
July 5	<i>Merchant of Venice</i> Musical	8:00 – 10:30	Self-drive	\$25.00
July 6	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
July 10	Can You Hear Me?	1:30 – 2:30	YECC	\$2.00
July 12	Digital Storytelling	10:00 – 11:30	YECC	\$5.00/s
July 13	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
July 13	What's Cooking with PC?	11:00 – 1:00	Self-drive	\$15.00
July 17	Book Club	9:30 – 11:30	YECC	\$5.00/s
July 19	Digital Storytelling	10:00 – 11:30	YECC	\$5.00/s
July 19	Streetcar Ride	6:00 – 8:00	Self-drive	\$15.00
July 20	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
July 24	Bus Trip to River Cree	10:00 – 3:00	YECC	\$5.00
July 25	Hot Fudge Sundae Day	12:30 – 2:00	YECC	\$8.00
July 26	Digital Storytelling	10:00 – 11:30	YECC	\$5.00/s
July 26	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
July 27	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 2	Beautiful Bones	1:00 – 2:30	YECC	\$10.00
August 3	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 3	Pet Therapy Society	10:00 – 12:00	YECC	\$2.00
August 4	Bus Edmonton Aboriginal Seniors	10:00 – 1:00	YECC	\$20.00
August 7	CLOSED for Heritage Day		BOTH	
August 10	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 11	Medication Management	10:30 – 11:30	YECC	\$2.00
August 14	Book Club	9:30 – 11:30	YECC	\$5.00/s
August 14	Get Smart about Antibiotics	1:30 – 3:00	YECC	\$2.00
August 16	Senior Fraud Prevention	12:30 – 2:00	YECC	\$2.00
August 17	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 17	Digital Storytelling	10:30 – 12:00	YECC	\$5.00/s
August 22	Healthy Sleep Hygiene	12:00 – 2:00	YECC	\$2.00
August 23	SWESA Tent at Farmers' Market	4:00 – 7:30	TCRC	FREE
August 24	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 24	Digital Storytelling	10:30 – 12:00	YECC	\$5.00/s
August 25	Nacho Friday	12:30 – 2:00	YECC	\$8.00
August 28	Ikebana	11:00 – 12:00	YECC	\$15.00
August 30	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
August 31	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
August 31	Digital Storytelling	10:30 – 12:00	YECC	\$5.00/s