



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs click [HERE](#).

Upcoming Programs:

May 29	Handmade Cards	12:00 – 3:00	YECC	\$6.00
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

Please Note:

Once again, we would like to extend our sincerest THANKS to all of the volunteers who dedicated their time to helping us at our first-ever casino.

Shirley Adam, Shahin Akbary-Soofi, George and Linda Allen, Judy Baker, Carol Bigam, Phil and Kathy Brooks, Bill and Helen Chrapko, Selmer Hanson, Rick Herdner, Elnora Hibbert, Michael and Cheryl Karpow, Glen Kissick, Grace Koenig, Randy Kwong, Louise Lapore, Arlene Marvin, Kathy Morris, Emily Mueller, Leona Penner, Bob Power, Jim Quilley, Derek Quittenton, Sam and Susan Radke, Jo Royal, Fred Rumpel, Bea Sidhu, Judy Speight, Lawrence Tymko, Barbara Villanueva, and Sue Whittington

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.

The Scoop on SCOPE

Barbara Moisey, from the SCOPE program, was present at SWESA for this informative session. We had another great turnout and excellent questions. Barbara sent us this link that she hopes will help you find a family doctor. edmontonareadocs.ca is where you can search for a physician by gender, language spoken, location, etc.

May 29 – June 2, 2017

587-987-3200
programs@swedmontonseniors.ca
www.Swedmontonseniors.ca

Handmade Cards

Discover how simple it can be to create a last-minute sympathy, get well, birthday or graduation card. No experience required, all materials supplied. Bring your smiling face and an open mind! The cost of this program has been discounted as Nancy has secured the materials discounted. Now offering the session for \$6.00 per person. Monday, May 28 from 12:00 pm – 3:00 pm.

Canada Day Luncheon

Check out our Canada Day lunch poster [HERE](#). The registration deadline is Friday, June 23 at noon. We have also listed a call for volunteers to help make this special event a success.

Stay Connected:

There is a new website related to the PEGASIS social isolation project called Connecting Edmonton Seniors – www.connectingedmontonseniors.ca.

The goal of the website is to increase awareness of social isolation and of resources available in Edmonton to connect isolated or at-risk seniors.

Annual Yellowbird Community Garage Sale

It's time to get ready for the community-wide garage sale! Numerous homes will be hosting their own family garage sales over this weekend. The Yellowbird Community League will be doing the advertising and will place signs on the major streets directing traffic into the community.

When: Saturday, June 3 from 9:00 am – 3:00 pm

Location: Various homes throughout the Yellowbird Community

St. Basil's United Church Presents Dinner and a Family Night Out

The evening will include a delicious Ukrainian buffet and entertainment by Дармограй (Darmohrai) from Vinnitsa, Ukraine. The group recently has gained a high stage reputation not only in Ukraine but also on a national-wide scale in Moldavia, Moscow, Poland, Germany, and the Netherlands.

When: Friday, June 23 from 5:00 pm – 8:00 pm (dinner buffet from 5:00 pm – 7:00 pm)

Location: St. Basil's Cultural Centre (10819 - 71 Avenue)

Cost: Adults: \$20, Children 6-12 years: \$10, Children under 5: Free

For more information, call 780-434-4288 or email stbasilsculturalcentre@shaw.ca

Volunteering: Please contact programs@swedmontonseniors.ca or 587-987-3200 to volunteer.

Canada Day Lunch – We are seeking help in the following roles under the support and management of our luncheon committee:

BBQer: Help us man the grills from 10:30 am – 12:00 pm.

Kitchen preparation: Help us ensure that the fixings are ready and that all the food is put out hot and fresh. The required shift is from 10:30 am – 12:00 pm.

Kitchen cleanup: We need assistance to ensure that the kitchen is cleaned up and disinfected. All food and materials must be removed from the kitchen area from 1:30 pm – 3:00 pm.

Game leader (assistant): One of our fabulous SWESA members has games planned, but she does require someone to help her to coach our attendees through the fun from 1:30 pm – 3:30 pm.

Registration desk: Help us keep track of who attends our event from 11:00 am – 12:00 pm.

If any of these positions are of interest to you, please let us know by email [here](#).

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