



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs click [HERE](#).

Upcoming Programs

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

Please Note:



We have rolled out the spring/summer season with a bang. Thank you to all the volunteers and members who came in to get registration kicked off smoothly. The Italian Market trip is now filled as well as the Bonnie and Clyde night out and the Tulip Tea at the Edmonton Valley Zoo.

If you plan to attend the volunteer appreciation event, please do let us know by Monday, May 8. There is no cost for this event.

The May 24 luncheon registration is due May 19.

“Mix Music” Dance Class Michelle is back to offer an eight-week session until the end of June. We started last week, but there are still spots available for anyone who would like to get in an hour of exercise while having fun and enjoying great company.

Thank you to Master Gardener, Susan Parker for her succulents session at SWESA.



May 8-12, 2017

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

Stay Connected:

The Federal, Provincial and Territorial Ministers Responsible for Seniors Forum have developed the following resources to raise awareness and provide general information about caregiving, caregiver readiness, and balancing work and caregiving responsibilities:

Factsheet: Care Conversations - It's about you and the person you support

Factsheet: Care Options - Choosing the best plan for you and the person you care for

Brochure: Balancing Work and Caregiving - Tips for employed caregivers of family or friends

Brochure: Helping Employees Balance Work and Caregiving Responsibilities

Video: Caregiver Readiness

These resources are available electronically by going to "Caring for Caregivers" at www.seniors-housing.alberta.ca. To order copies of the publications, please email seniorsinformation@gov.ab.ca.

For more information about the forum, visit www.seniors.gc.ca.

Petrolia Seniors Group Celebrates 30th Anniversary

Join us for lunch as we celebrate the Petrolia Seniors Group. Originally formed as a result of a survey by Southminster/Steinhauer United Church and the feedback from Greenfield and surrounding neighbourhoods, the inaugural meeting took place in September 1987.

Paula Simons will be the guest speaker. Unfortunately attendance will need to be limited to 100, so please RSVP at your earliest convenience.

When: Tuesday, June 20 from 11:45 am – 2:00 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$15 For more information or to register, call Betty at 780-434-0711.

Door to Door Sales Survey

The City of Edmonton's Neighbourhood Empowerment Team is interested in hearing about the experiences Edmontonians who are 55+ have had with door-to-door sales in the city. Click [HERE](#) to access this short survey. Contact Connie Marciniuk at connie.marciniuk@edmonton.ca or 780-975-3921 if you have any questions or would like to provide additional feedback not captured in the survey.

Alberta Ballet

Here is important information for anyone who was interested in attending the free May 11 7:00 pm performance along with the squaredancers: This show is no longer running. DO NOT SHOW UP on May 11 at 7:00 pm. You may purchase a ticket for the May 12 and 13 Alberta Ballet evening performances [here](#).

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

The Blue Quill Community League is looking for someone who lives in Blue Quill, Blue Quill Estates, Sweetgrass, or Skyrattler to be their Seniors Rep. It would be someone who is involved with SWESA, and other southside seniors groups to be a liaison, and provide information between groups. The council meets at Blue Quill hall on the third Thursday of the month. Thank you to former rep, SWESA member Robert Price for his years of support.

May 8-12, 2017

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca