



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

Upcoming Programs

July 3	CLOSED for Canada Day		BOTH	
July 4	Mix Music Line Dancing	12:00 – 2:00	YECC	\$10.00
July 5	Merchant of Venice – Shakespeare Festival	8:00 – 10:30	Self-drive	\$25.00
July 6	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
July 7	Med Wise Alberta	1:00 – 3:00	YECC	FREE

Please Note:



We had a wonderful time at our Canada Day party. Thank you to all of the volunteers for the hard work and thank you to every one of our members for creating such a vibrant environment here at YECC.

Last call for Shakespeare Festival!

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.**

July 3 - 7, 2017

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca

Med Wise Alberta Med Wise is a program for seniors to learn about medications, practice skills, and to ask questions. You are welcome to join if you take one or more medications. This program is part of a research project. You will be asked to share your opinions about medications and Med Wise at this focus group.

When: Friday, July 7 from 1:00 pm – 3:00 pm

Location: YECC boardroom

Cost: FREE

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.**

Stay Connected:

6th Annual Blues on Whyte Block Party

For one rockin' weekend in July, part of Whyte Avenue is closed to traffic and open to music fans! Blues on Whyte will host a music festival (formerly known as Takin' it to the Streets) that includes ten bands that play across three stages. Over 50 vendors and six food trucks will line the streets for shopping and eating while you enjoy the live music and a free pancake breakfast at 10:00 am on Sunday, July 2.

The event is free to the public. The charge to get into the beer gardens is going to select local charities.

Volunteer:

Front Desk Volunteer or Volunteer Administrative Coordinator - starting in August

For more information, please contact Pat Quilley (pat@quilley.net) or Elnora Hibbert (ehibbert@shaw.ca). A copy of the proposed duties and responsibilities is available.

Taste of Edmonton (July 20-29) Volunteers Here's an opportunity for SWESA to raise

both funds and awareness. Volunteers will be provided with a t-shirt, Taste of Edmonton tickets, snacks, and beverages from our volunteer patio overlooking the event. General training will be by Events Edmonton. The event at Sir Winston Churchill Square offers food, fun, music, and a chance to meet new people. For more information, please contact programs@swedmontonseniors.ca.