



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

**Upcoming Programs**

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 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 22	Walking Group	11:00 – 12:00	YECC	\$5.00/season

**Please Note:**



**Line Dancing class** will be cancelled on June 27 with the make-up class being held on July 4 from 11:00 am – 12:00 pm.

**The Canada Day luncheon** is on June 28. Registration is due June 23

**Yoga for the Inflexible** registration is due June 19.

**The Canadian Multicultural Education Foundation** has opened 30 spots and a free bus for SWESA members to attend a Canada 150 celebration at the Jewish Seniors Centre. There will be cultural performances, activities and lunch. Click [here](#) for more information. These trips do fill quickly so please confirm your attendance as soon as possible at [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca).

**When:** Tuesday, June 27 from 10:00 am – 3:00 pm

**Councillor Knack** is returning to SWESA on Thursday, July 13 at 10:00 am. Please [RSVP](#) to this casual coffee meeting where you will have an opportunity to engage in conversations about your concerns and issues facing seniors in Edmonton.

**Seniors Home Supports Program** Many of you have had a chance to meet our coordinator, Barbara Newell, while she is in her office on Mondays and Wednesdays from 9:00 am – 2:00 pm and at every SWESA luncheon. For those of you who have not,

June 19 - 23, 2017

587-987-3200

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

we have added a SHSP button at the top of our bulletin to ensure that the services offered by this program are available to everyone.

### **Stay Connected:**

**The Alberta Seniors Communities & Housing Association (ASCHA)** is attempting to gather data from seniors and citizens across Alberta to assess what people understand about seniors housing. Let's face it, the terminology used is confusing, language is inconsistent, and getting the right information about seniors housing options and services can be difficult. What if seniors could inform associations, government and stakeholders about the language THEY prefer and use?

Here is your chance. Click to begin survey: <https://www.cvent.com/d/2vq4r1>



### **Father's Day BBQ and Horseshoe Tournament**

EASC invites you to this fun day. They will have horseshoe pits ready and chairs set up for the cheer squad! RSVP by June 12 to Stacey at [780-476-6595 ext. 2](tel:780-476-6595).

**When:** Tuesday, June 13 from 12:00 pm – 4:00 pm

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

### **Truth and Reconciliation Workshop**

Learn about the impact of Canadian residential schools on Indigenous people and the impact today. Aboriginal Elder Mah'kos Merrie will be leading the session. He'll be telling stories and answering your questions. Refreshments provided. RSVP in advance by calling [780-496-2997](tel:780-496-2997).

**When:** Friday, June 23 from 10:30 am – 1:30 pm

**Location:** Mill Woods Seniors Association (2610 Hewes Way, 2nd floor) Free



**Crib Tournament** It's time for Riverbend to extend the challenge to SWESA members - come for a little bit of friendly rivalry and fun and challenge our residents in a game of crib. Meet new friends, enjoy some refreshments and, of course, have some fun. All levels welcome. Free parking in front. RSVP to Jolyn at 780-391-3873.

**When:** Friday, June 23 at 2:00 pm

**Location:** Riverbend Retirement Residence (103 Rabbit Hill Court)



### **Edmonton International Jazz Festival**

This annual festival celebrates the diversity and history of jazz music. Skilled musicians from around the world heat up the city with performances at intimate clubs and other great venues.

**When:** Friday, June 23 – Sunday, July 2 Navigate [HERE](#).

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