



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

### Upcoming Programs

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	Walking Group	9:00 – 10:00	YECC	\$5.00/s
July 13	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00
July 13	Councillor Knack	10:00 – 11:00	YECC	FREE
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

### Please Note:



**The Strathcona Streetcar trip was advertised incorrectly on our monthly calendar. The trip is taking place Tuesday, July 18 from 6:00 pm – 8:00 pm. The museum will be open for one hour prior to our 7:00 pm departure on the train.**

**“Mix Music” Line Dancing** is all wrapped up. Stay tuned for September classes listed in our Fall 2017 Program Guide. Here is what some SWESA members had to say:

*“Great workout for brain and body and lots of fun. I’d take it again!”*

*“Learning something new keeps life interesting, especially as we grow older. Line dancing is great, you can have fun, meet new friends, get exercise, and dance along to great music without the need to bring a partner. Michelle is a fantastic instructor and keeps in mind the level of dance and movement of her clients.”*



**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.

July 10 - 14, 2017

587-987-3200

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

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

## **Stay Connected:**

**The City of Edmonton** made an [announcement](#) introducing a recently (July 4, 2017) expanded [Leisure Access Program](#), making it more accessible for more low-income Edmontonians. If you are already a member of the Leisure Access Program, then nothing has changed. However, if you didn't qualify before because you were over the previous income threshold, then you might qualify today. All applicants will automatically be considered for the [Ride Transit Program](#). Current Leisure Access Program card holders will be contacted directly regarding eligibility, but starting in August, interested applicants can use the same form to apply to the two programs.

### **Antique Car Show and Square Dance Demo**

Check out the antique cars, watch the dancing, and partake in the eating of a hotdog, treat and beverage.

**When:** Wednesday, July 12 from 1:00 pm – 4:00 pm

**Location:** South East Edmonton Seniors Association (9350 82 Street)

**Cost:** \$6 Call 780-468-1985 for more information.

### **Second Wind Conference**

Breeze into fall with Second Wind's "Expanding Horizons", a day of sessions and seminars chosen to entertain, educate and broaden perspectives. CBC's Peter Brown, producer of the comedy sketch show *The Irrelevant Show* and well-known to local listeners as the former host of *RadioActive*, will be the keynote speaker. Breakout sessions include (1) Cardio Salsa, (2) Stresses of Retirement, (3) Decluttering, (4) Technology: iPhones and iPads, (5) Sexy Seniors, and (6) Golf (Putting and Swings). An art show and sale featuring artwork by local artists will run concurrently with the conference and Wind down with Wine Down will be at the end of the day.

**When:** Thursday, September 7

**Location:** Chateau Louis Conference Centre

**Cost:** \$85 The price includes a continental breakfast, coffee breaks and a great lunch. Visit our website [secondwindconference.ca](http://secondwindconference.ca) or call Maurine Maslin at 780-418-8032.

## **Volunteer:**

**Front Desk Volunteer or Volunteer Administrative Coordinator** – starting in August  
For more information, contact Pat Quilley ([pat@quilley.net](mailto:pat@quilley.net)) or Elnora Hibbert ([ehibbert@shaw.ca](mailto:ehibbert@shaw.ca)) about this opportunity. 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 some funds and some awareness. Volunteers will be provided with t-shirts, Taste of Edmonton tickets, and snacks and beverages from our volunteer patio overlooking the event. General training will be provided by Events Edmonton. Come and enjoy food, music, and meeting new people.

Please contact [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) for more information.

July 10 - 14, 2017

587-987-3200

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

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