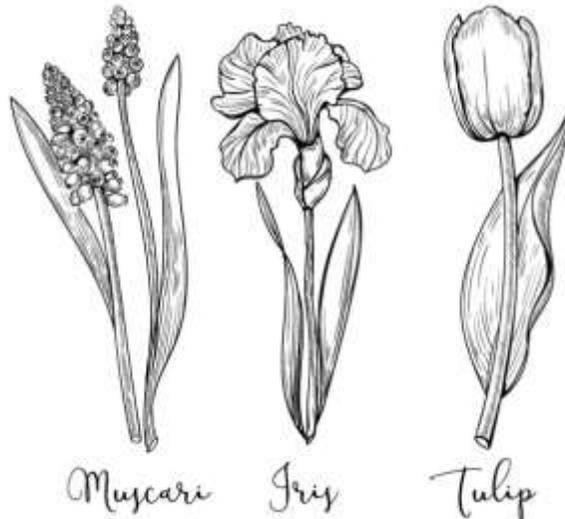




# Spring/Summer 2018 Program Guide

**May 2018 – August 2018**



**Yellowbird East Community Centre – 10710 - 19 Avenue NW  
Terwillegar Community Recreation Centre – 2051 Leger Road NW  
William Lutsky YMCA – 1975 - 111 Street NW**

**587-987-3200**

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

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

## **Table of Contents**

<b>Mailing Address</b>	.....	<b>Page 2</b>
<b>A Great Place to Be 55+</b>	.....	<b>Page 3</b>
<b>Important Information</b>		
<b>Membership</b>	.....	<b>Page 3</b>
<b>Registration</b>	.....	<b>Page 3</b>
<b>Cancellations/Refunds</b>	.....	<b>Page 4</b>
<b>Disclaimer/Liability</b>	.....	<b>Page 4</b>
<b>Locations of Classes</b>	.....	<b>Page 4</b>
<b>Holidays/Centre Closures</b>	.....	<b>Page 4</b>
<b>Seniors Home Supports Program</b>	.....	<b>Page 5</b>
<b>Supports for Seniors</b>	.....	<b>Page 6</b>
<b>Spring/Summer Programs</b>		
<b>Social</b>	.....	<b>Page 7</b>
<b>Luncheons</b>	.....	<b>Page 7</b>
<b>Book Club</b>	.....	<b>Page 8</b>
<b>Games</b>	.....	<b>Page 8</b>
<b>Technology</b>	.....	<b>Page 9</b>
<b>The Arts</b>	.....	<b>Page 10</b>
<b>Health and Wellness</b>	.....	<b>Pages 11-14</b>
<b>Toonie Talks</b>	.....	<b>Pages 14-19</b>
<b>Special Interests</b>	.....	<b>Pages 19-21</b>
<b>Special Events</b>	.....	<b>Pages 21-25</b>
<b>Program Registration Form</b>	.....	<b>Page 25</b>
<b>Book Shoppe</b>	.....	<b>Page 26</b>
<b>Volunteers</b>	.....	<b>Page 26</b>
<b>Stay Tuned!</b>	.....	<b>Page 26</b>
<b>Contact Information</b>	.....	<b>Page 26</b>
<b>Schedules of Programs/Events</b>	.....	<b>Pages 27-29</b>

### **Mailing Address**

SWESA

Box 88008 Rabbit Hill PO  
Edmonton, AB T6R 0M5

## **A Great Place to Be 55+**

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest non-profit district seniors organization. SWESA offers social, cultural and recreational programs at a number of locations that are gathering places for individuals 55+ living in southwest Edmonton.

SWESA is growing every day and is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization, in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services.

SWESA's vision is that we are a progressive organization creating a vibrant, welcoming age-friendly community. We ascribe to the core values of collaboration, respect, inclusion, accountability and innovation.

## **Important Information**

### **Membership**

- SWESA's \$30 annual membership fee enables you to participate in SWESA's programs at member rates. The membership year runs from January 1, 2018 to December 31, 2018.
- Valid membership from other seniors centres may be recognized for participation in SWESA programs and special events at member rates.
- SWESA members will receive priority at registration. Non-SWESA members' names may be put on a waiting list at the time of registration and can be bumped to give priority to SWESA members.
- Your SWESA membership card entitles you to discounts at most city of Edmonton recreational facilities.

### **Registration**

- You can register for activities in person at our Yellowbird East Community Centre office.
- Registration for select classes or events may be taken over the phone or by email. Please contact 587-987-3200 or [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) for registration inquiries.
- Payment is by cash or cheque; **registration is only confirmed upon payment.**
- Sign up early to avoid cancellation due to insufficient registration.

## Cancellations/Refunds

- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition. SWESA credit may be given in varying circumstances.

## Disclaimer/Liability

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association's Board of Directors, staff or volunteers.

## Locations of Classes

Yellowbird East Community Centre, 10710 - 19 Avenue NW

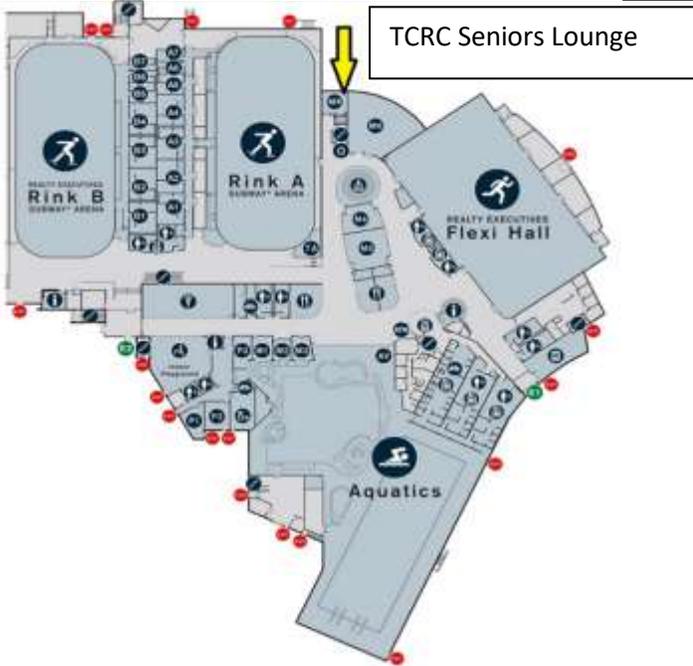
Hours: Monday to Friday from 9:00 am – 3:00 pm (2:00 pm closure on Thursdays)

Terwillegar Community Recreation Centre, 2051 Leger Road NW

Hours: Mondays and Wednesdays from 1:00 pm – 4:00 pm

William Lutsky YMCA, 1975 - 111 Street NW

Hours: Mondays and Thursdays from 1:15 pm – 3:00 pm

 <p>TCRC Seniors Lounge</p>	<h3>Holidays/Centre Closures</h3> <p>There will be no programming running at any of the locations on</p> <ul style="list-style-type: none"><li>Monday, May 21 – Victoria Day</li><li>Monday, July 2 – Canada Day</li><li>Monday, August 6 – Heritage Day</li></ul> <p>Our TCRC programs will be suspended for the summer from June 26 to September 5.</p> <p>The YMCA programs will be suspended for the summer from June 20 to September 10.</p>
--	---

## Seniors Home Supports Program (SHSP)

**The Seniors Home Supports Program** gives seniors referrals for vetted service providers. Seniors are not charged for referrals, but they will pay a fee to the service provider for completing the work. Six seniors organizations are working together to provide this coordinated system that serves all areas of Edmonton.

In 2018, The Seniors Home Supports Program district agencies agreed to broaden the scope of the program in response to requested referrals outside of the four original categories of services (snow removal, yard help, housekeeping, and minor home repairs).

The new scope of the [Seniors Home Supports Program](#) is

- **Home Repairs and Maintenance:** minor repairs, electrical, plumbing, painting, furnace, appliance repairs, handyman, roofing/eavestrough, deck and railing repairs, window cleaning (not major renovations)
- **Personal Services:** hair care, foot care, personal care, homemaking, companionship
- **Yard Help:** mow lawns and do spring/fall clean-up, including tree removal, trimming, etc. and gate, sidewalk and concrete repairs
- **Housekeeping:** vacuum, wash floors, clean bathrooms, do laundry, dust, clean fridge, oven
- **Moving Help:** organizing, junk removal, downsizing
- **Snow Removal:** remove snow and put down anti-slip material to cover icy spots

Meeting the needs of low-income seniors has also been identified as an area of focus. A pilot subsidy program is being developed to help seniors pay for snow removal in the fall of 2018 and the winter of 2019. Assessment criteria, subsidy amount limits, application processes and allocation methods for the program will be developed.

At SWESA, Barbara Newell is our dedicated SHSP Coordinator. Barb is often in the community meeting with service providers and seniors. You can usually find her at YECC most Mondays and Wednesdays.

We welcome you to contact Barbara at 780-860-2931 or email [hs@swedmontonseniors.ca](mailto:hs@swedmontonseniors.ca) to learn more or to attend her free information sessions as listed in the Toonie Talks section of this program guide.

## **Supports for Seniors (City of Edmonton)**

### **3-digit Phone Numbers**

- 211 Senior Information/Referrals
- 311 City of Edmonton Information Line
- 411 Directory Assistance
- 511 Alberta Travel and Road Report Information
- 611 Telephone Trouble
- 811 Health Link (includes dementia information)
- 911 Emergency

### **The Edmonton Seniors Coordinating Council**

ESCC is an umbrella organization that encourages coordinated actions of its members to continue to build an Age Friendly Edmonton and enhance the lives of all Edmonton seniors. Under [“for seniors”](#) you will

- find recreational and wellness programs for adults 55+
- read about the latest news and events for seniors
- learn about ESCC member agencies and their services
- find your local seniors centre in Edmonton
- find useful information about a variety of seniors topics
- discover work and volunteer opportunities

### **Transportation – [Drive Happiness](#)**

Mobility is about much more than simply getting from A to B. It’s about dignity, freedom and being in control of your lifestyle. With Drive Happiness, seniors can remain active, mobile and fully engaged in their community. Are you 65 years and over? Do you have difficulty using public transportation services? Are you able to enter and exit a vehicle with limited assistance? Do you have an annual income under \$35,000 (if single) or \$60,000 (if a couple)? You may qualify for a ride. Exceptions may apply.

Call 780-424-5438 for further information.

### **[Government of Alberta Information for Seniors](#)**

The Government of Alberta provides several programs and services to support seniors in Alberta. This information is also helpful for caregivers and those Albertans who will be requiring these services in the near future. Call this toll-free number: 1-877-644-9992.

### **[Alberta Seniors Advocate](#)**

Alberta’s Seniors Advocate, Dr. Sheree Kwong See, and her staff members assist in dealing with concerns about government programs and services including housing, income and health benefit support programs, health and home care services, and continuing care. Albertans wishing to learn more can call 780-644-0682.

## Spring/Summer Programs

### Social

#### Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow members in an informal, casual setting and an enjoyable way to stay in touch for longtime members. Join us for interesting conversation and a monthly birthday celebration. Stay for a short time or stay all morning! Coffee, tea and refreshments are always available. **Cost:** A \$1-\$2 donation for refreshments is suggested.

#### Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Tuesdays from 9:30 am – 12:00 pm

#### Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Mondays and Wednesdays from 1:00 pm – 4:00 pm

**The seniors lounge at TCRC will be closed from June 26 to September 5.**

### Luncheons



Come and enjoy a good meal with great company. Each event will feature a new theme and menu item(s). Registration and payment are due by noon on the Friday before the luncheon. **The seniors lounge at TCRC will be closed on luncheon dates.**

**When:** Wednesdays, monthly from 12:00 pm – 2:00 pm

May 30, June 20

**Location:** Yellowbird East Community Centre

**Cost:** \$15

We are always open to sharing our SWESA connection's talent! If you would like to speak or perform at one of our luncheons, please do let us know. Many hands make light work! If you are interested in being involved in the planning of or decorating for our luncheons, please email [volunteers@swedmontonseniors.ca](mailto:volunteers@swedmontonseniors.ca).



## Book Club



SWESA's book club meets monthly to discuss the book that members have read and express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes and will be given out and collected at SWESA. Our members are an informal and friendly group who have dynamic personalities, varying backgrounds, and interesting conversations.

**When:** Mondays, monthly from 9:30 am – 11:30 am

May 7, June 4, July 9, August 13

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5/season registration fee

Individuals will be billed for late book returns.



## Games

Come and learn to play a friendly game in a casual and warm setting. Both beginners and experienced players are welcome. At any given time, there are beginners and skilled players joining in.

There are other openings for our social room so please feel free to let us know if you would like to start another game get-together. If you are interested in booking time and space to organize a card group with SWESA, please contact the program coordinator.

**Cribbage** Mondays from 12:30 pm – 3:00 pm and Thursdays from 9:30 am – 11:30 am

**Hand and Foot Canasta** Tuesdays from 12:30 pm – 3:00 pm

**American Mahjong** Wednesdays from 9:30 am – 12:00 pm

**Contract Bridge** Wednesdays from 12:30 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$2 per drop-in session

## Technology

### Tech Help With Edmonton Public Library

Keeping up with technology can be difficult for anyone. It seems that we are able to get the hang of one device just in time for a newer version to be released. Edmonton Public Library staff can help you learn how to operate your tablet, camera, laptop, phone or other tech device. They can also schedule free one-on-one sessions at their locations for any library member. Find your location [here](#).

### **When/Location**

<b>Terwillegar Community Rec Centre</b>	<b>Yellowbird East Community Centre</b>
Monday, May 14 from 1:30 pm – 3:00 pm General Tech Help	Tuesday, May 29 from 10:30 am – 12:30 pm General Tech Help
Monday, June 11 from 1:30 pm – 3:00 pm General Tech Help	Tuesday, June 26 from 10:30 am – 12:30 pm Information About Photo Management
	Tuesday, July 31 from 12:30 pm – 2:00 pm General Tech Help
	Tuesday, August 28 from 12:30 pm – 2:00 pm Information About Video Chat

**Cost:** Member \$2 **Registration is requested.**

### Volunteering

Volunteering at EPL is a life-enriching, rewarding experience.

We need volunteers for diverse tasks from interacting with the public to working behind the scenes. Call [780-496-7000](tel:780-496-7000) or visit [www.epl.ca/volunteer](http://www.epl.ca/volunteer) to become involved.

### Events and Programs

EPL is a place of lifelong learning and entertainment.

From book sales, interactive movies and gala evenings, EPL events are always an experience. To learn more about what's going on in your neighbourhood, visit <https://epl.bibliocommons.com/events> or call [780-496-7000](tel:780-496-7000).



## The Arts

### Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment. There is no instructor for this program. No oil paints or strong scents are allowed due to SWESA's low-scent policy and participants' allergies.

**When:** Fridays, from 9:30 am – 12:00 pm

Session 1 – May 4 to June 29

Session 2 – July 6 to August 31

**Location:** Yellowbird East Community Centre

**Cost:** \$30 for both sessions or \$2 drop-in fee

### Knitting and Stitching Group

Come and join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, hand sewing, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other. The group occasionally plans independent field trips.

**When:** Fridays, from 11:30 am – 3:00 pm

Session 1 – May 4 to June 29

Session 2 – July 6 to August 31

**Location:** Yellowbird East Community Centre

**Cost:** \$25 for both sessions or \$2 drop-in fee

### Watercolor for Beginners

Willie Wong has been teaching pencil, watercolor, acrylic, and oil painting for 20 years to students of all ages and all skill levels; he excels at inspiring beginner artists with his easy-to-learn watercolor basics. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish.

**When:** Tuesdays, June 5 to June 26, from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$65 for four classes You may choose to purchase supplies, using a supply list provided by the instructor, or pay an additional \$40 (for all four classes) and the instructor will provide all materials. **Registration is required by May 22.**

## **Health and Wellness**

### **Golden Years, Golden Gloves**

Join SWESA for a total-body workout! This fitness class is designed to increase flexibility, balance, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training in a fun, upbeat and supportive environment. No equipment is required.

**When:** Thursdays, from 10:00 am – 11:00 am

Session 1 (9 classes) – May 3 to June 28

Session 2 (9 classes) – July 5 to August 30

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session or \$100 for both sessions (18 classes) or \$10 drop-in fee

### **SWESA Walking Group**

Join SWESA volunteer Val Solomon as she leads this walking group for all abilities. Inexpensive with excellent health benefits, walking is a great way to stay fit and meet new people. We will venture out from Yellowbird Centre to explore the neighbouring parks, paths and trails.

**When:** Thursdays, May 3 to August 30, from 10:30 am – 11:30 am

(times will vary and get earlier as the days heat up)

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5/season

### **"Mix Music" Line Dance Class!**

Michelle Mitchell is back! Our certified dance instructor and choreographer has worked with Leduc seniors at Telford House and the Oshawa, Ontario seniors clubs for many years. She has taught a variety of dance class styles and creates dance fitness classes for all ages and abilities. This class uses a variety of music, such as swing, tango, country, disco, Latin, etc. and dynamic fun routines to make an hour of exercise fly by!

**When:** Thursdays, from 12:00 pm – 1:00 pm

Session 1 (5 classes) – May 3 to May 31

Session 2 (5 classes) – June 14 to July 12

Session 3 (5 classes) – August 2 to August 30

No classes June 7, July 19 and July 26

**Location:** Yellowbird East Community Centre

**Cost:** Member \$40/session or \$10 drop-in fee

### **Stretch, Strengthen and Rejuvenate Yoga**

Explore stretching and strengthening your body in a variety of standing and on-the-floor yoga poses while nurturing your relaxed awareness. The practice of yoga is another word for rejuvenation!

This class will start with the foundations of yoga and gradually progress and build on them. Some of the benefits can include: improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being, and increased enjoyment of being in a body.

**When:** Thursdays, from 1:00 pm – 2:00 pm

Session 1 (9 classes) – May 3 to June 28

Session 2 (9 classes) – July 5 to August 30

**Location:** Yellowbird East Community Centre

**Cost:** Member \$70/session or \$140 for both sessions (18 classes) or \$10 drop-in fee

### **Floor Curling**

Floor curling is a highly social sport that can be enjoyed for a lifetime by all ages and abilities. This game promotes sportsmanship and camaraderie and is an inexpensive and less dangerous alternative to many other sports. Join us for this program where indoor floor curling equipment is used to provide a true curling experience without ice!

**When:** Thursdays, from 1:15 pm – 3:00 pm

(8 classes) – May 3 to June 21

**Location:** William Lutsky YMCA (1975 - 111 Street)

**Cost:** \$3 drop-in fee or purchase a prorated drop-in card from the YMCA

**Registration is requested at the YMCA.**

### **Gentle Yoga**

This class will introduce you to the holistic benefits of yoga. Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket to class. Our long-time instructor Linda Vaudan is certified in working with older adults and can work with you through any concern or chronic pain. This class is suitable for all fitness levels and abilities. Poses may be performed with a chair.

**When:** Mondays, from 9:45 am – 11:00 am

Session 1 (7 classes) – May 7 to June 25 (SWESA closed May 21)

Session 2 (7 classes) – July 9 to August 27 (SWESA closed August 6)

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55/session or \$100 for both sessions (14 classes) or \$10 drop-in fee

### **Pickleball**

Pickleball is becoming wildly popular these days and court wait times are increasing. Together, SWESA and the YMCA hope to accommodate more court time for active players to participate in this tennis, ping pong, and badminton hybrid racquet game. Come and learn about pickleball or take advantage of this new court time.

**When:** Mondays, from 1:30 pm – 3:00 pm

(7 classes) – May 7 to June 25 (YMCA closed May 21)

**Location:** William Lutsky YMCA (1975 - 111 Street)

**Cost:** \$3 drop-in fee or purchase a prorated drop-in card from the YMCA

**Registration is requested at the YMCA.**

### **Navigating the Rivers**

Navigating the Rivers is a series of two-hour classes with the Edmonton Healing Centre for Grief and Loss. In a small group with a skilled bereavement facilitator, participants share their experience, learn how to acknowledge and reconcile with their own grief, and learn techniques to continue being supported in a group setting.

**When:** Tuesdays, May 8 to June 19, from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Optional donation at the end of the workshop

**Registration is required at SWESA.**

Roads to Healing is a prerequisite session to this series. You can find more information about this under the Toonie Talks section in this guide.

### **Essentrics for Seniors**

Release tight muscles, rebalance joints and restore your body.

This is an age-reversing workout that will restore movement in your joints, increase flexibility and strength in your muscles, relieve pain, improve balance and stimulate your cells to increase energy and vibrancy.

Lori Griffith is a certified essentrics instructor and lifelong fitness enthusiast. She discovered the Aging Backwards movement when searching for programs for her parents and has been dedicated to bringing this program to the seniors of southwest Edmonton for the last four years. She enjoys getting to know her students and helping them become and stay more active, independent and healthy.

**When:** Fridays, from 1:00 pm – 1:45 pm

Session 1 (6 classes) – May 18 to June 22

Session 2 (6 classes) – June 29 to August 3

Session 3 (6 classes) – August 10 to September 14

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55/session or \$100 for two sessions (12 classes) or \$10 drop-in fee

### **Thinking About Your Future? Plan Now to Age in Place**

Joan Brady will lead these sessions using the resources provided by the federal/provincial/territorial Ministers responsible for seniors. We will explore how to help you remain in your home. We will address the supports you will need, your finances, home safety, and how to stay connected to your community.

**When:** Thursdays, May 31 to June 21, from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$15 for all four classes **Registration is required by May 17.**

### **Toonie Talks**

All Toonie Talks are offered at a cost of \$2. Although registration is not required, we request that you let us know if you will be attending so that we can be prepared to accommodate everyone and offer the best experience possible.

### **Investing in a Socially Responsible and Ethical Way**

Wei Woo joins us to share more about the fastest-growing investment trend for both millennials and seniors — responsible and environmental investing. This approach targets environmental, social, and ethical corporate governance into investment selections, in order to generate sustainable, long-term returns. Investors are concerned when a company participates in questionable activities and supports unethical operations. People want to feel good about the companies they invest in, while still generating decent returns.

**When:** Tuesday, May 1 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Roads to Healing**

Roads to Healing is a two-hour presentation that gives an overview of how grief is experienced and introduces ideas about how to deal with one's own experience. It is offered in various Edmonton-area venues throughout the year. Although there is no charge for this program, donations to the Edmonton Healing Centre for Grief and Loss are gratefully accepted. For those who wish to delve deeper, Roads to Healing serves as an introduction to Navigating the Rivers.

**When:** Tuesday, May 1 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

This is a prerequisite session to the Navigating the Rivers of Grief series found under the Health and Wellness section in this guide. You may just attend this session.

### **Knock it Off: We're Not Buying It**

This campaign, created by the city of Edmonton, aims to prevent residents from being taken advantage of by high-pressure door-to-door sales. Join us to expand your knowledge about what you can do to protect yourself, who to contact if you have concerns and how to help your friends and family.

**When:** Friday, May 4 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Rob, Master Electrician**

Rob is registered with the Seniors Home Support Program and is in collaboration with SWESA in helping seniors feel safe and confident living longer in their homes.

Our SHSP coordinator Barbara will join Rob in explaining why it's so important to understand and monitor potential risks. [You can RSVP here.](#)

**When:** Monday, May 7 from 1:00 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

### **Dear Lacia**

A truly unique, intelligent and frank expression of certainty in the eternal nature of life and what we can expect just beyond death. An empowering and reflective discussion of a reality we all must face and the possibility of doing so without a doubt and a fear.

“Dear Lacia” is presented by Stephen Leskiw — educator, coach, author, motivator and addictions counsellor — who shares the letter of certainty he wrote to his sister when she was diagnosed with terminal cancer. This session is a powerful affirmation of the purpose, meaning and value of one's life. A one-of-a-kind antidote for the anxiety and depression often associated with the aging process.

**When:** Wednesday, May 9 from 9:30 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **Coffee and Conversation With Councillor Cartmell**

Recently elected in October 2017, Tim has a long and respected history in the community and was president of the Terwillegar Riverbend Advisory Council (TRAC). He has had several other local leadership roles with the Riverbend Community League, the TRAC Transportation Committee and the Lillian Osborne Community Theatre initiative, amongst others.

We were fortunate to have Tim join us this winter when members had the opportunity to hear more about the planned Terwillegar Corridor project and were given the opportunity to ask questions. We were left wanting more of his time, so we invited him to return. He has accepted our invitation and will be joining us for this free informal meetup to discuss all things about Ward 9.

**When:** Wednesday, May 9 from 2:30 pm – 4:00 pm

**Location:** Terwillegar Community Recreation Centre

### **Called to be an End of Life Doula**

The word doula (pronounced “doo-la”) is a Greek word meaning “woman servant or caregiver”. More often, it refers to someone who offers emotional and physical support to a woman and her partner before, during and after childbirth. Recently, there has been an emerging demand for support through declining health and independence from people other than pregnant mothers. Join Beverley Shiels, a certified End of Life Doula, as she talks about its emerging role and the support, resources, education and friendship that she offers individuals and families.

**When:** Monday, May 14 from 10:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Habitat for Humanity Edmonton**

With one in every 10 families in the Edmonton area in need of affordable home ownership, the need has never been greater. Habitat is a key player in moving families into an affordable living situation in which they can thrive. Habitat has been serving Edmontonians since 1991 and has since helped more than 500 local families achieve safe and affordable home ownership. Join us to learn more about Habitat’s history, current builds, programs, and volunteer opportunities.

**When:** Friday, May 18 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **How to Navigate Concerns in Long Term Care**

Many of us have a family member or a friend who is getting ready or is already living in a long-term care facility. Among the stress of being separated due to declining health, it is important that we all understand how to advocate and express our concerns in a proactive and productive manner. This session aims to help to alleviate further stress and inform you on how to establish partnerships, share your concerns, have them heard and identify solutions when receiving care or services within an Alberta Health Services owned or contracted provider site.

Pam Brown is the Acting Director of the Patient Relations Department for Alberta Health Services, Edmonton Zone. She will be joined by Cynthia Johnson, Director Palliative End of Life Care and Community Programs.

**When:** Thursday, May 24 from 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

### **Wellspring Edmonton**

Wellspring Edmonton is a warm and welcoming place that offers a variety of supportive programs, at no cost, for cancer patients, their families and caregivers. Located in southwest Edmonton on the South Campus of the University of Alberta, we are part of a network of Wellspring centres in Canada that provide emotional, restorative and educational support programs and services to anyone affected by cancer. Martin Dugas, CEO of Wellspring Edmonton, will be sharing a look back at the first year of the

centre and giving us a rundown of all the programs, services and volunteer opportunities available.

**When:** Friday, June 1 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **IBS/Colitis Education Session**

Irritable bowel syndrome (IBS) is a common condition of the digestive system. It can cause bouts of abdominal cramps, bloating, diarrhea and constipation. In the past, IBS was called colitis, mucous colitis, spastic colon (spasms), nervous colon, and spastic bowel. Up to 20% of the population reports gut issues on a regular basis. Unknown to most people, skin and lung issues can be caused by poor gut health. At alpineHEALTH, about 25% of our practice is dedicated to those suffering from digestive issues. Come meet Dr. Michael Schaplowsky and learn how to improve your gut health.

**When:** Wednesday, June 6 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **Semi-Annual 2018 Global Financial Market Review and Outlook**

Join Wei Woo as he educates us about the latest political, economic, and global market developments that are affecting your retirement savings and investment strategies. We will review what has occurred and will consider the outlook for the remainder of 2018.

**When:** Tuesday, June 12 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Understanding Travel Insurance**

Whether you are traveling out of province or out of country, travel insurance coverage will give you the peace of mind and security to avoid unforeseen expenses. It is important to know that not all coverage is the same; there is no “one size fits all” approach. Join presenter Erin Pearase from Travel Guardian Insurance and take this opportunity to ask your questions.

**When:** Wednesday, June 13 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **World Blood Donor Day**

Every June 14, countries around the world celebrate World Blood Donor Day. The event serves to thank voluntary, unpaid blood donors for their life-saving gifts of blood and to raise awareness of the need for regular blood donations. SWESA will host Robyn Henwood, Territory Manager with Canadian Blood Services, as she shares more information about the need for blood, who can donate, and some of the recent changes to donor criteria. SWESA has planned a donor clinic from the YECC location on June 28. If you are considering donating but have questions, here is your opportunity.

**When:** Thursday, June 14 from 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

### **Naturally Sweet: Sugar Myths Debunked**

Sugar has been known to carry a negative reputation these days, but are all sugars created equal? We welcome Debbie Wong, a registered dietitian and owner of Quality of Life Nutrition Consulting, to tell us how to reduce the intake of added sugar and how to benefit from the proper use of natural sugar in our diets.

**When:** Monday, June 18 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Philosophy of Health**

Dr. Karn Kang has always been heavily involved in sports and enjoys living an active lifestyle. Because of this, he went on to pursue his Bachelor of Human Kinetics and then completed his Doctor of Chiropractic degree. Dr. Kang enjoys the level of results his work produces and is passionate in helping his patients return to normal function, so they can regain the freedom of being able to do things that matter most to them.

Topics of this session will include

- What is health?
- Why do we have poor posture, and how does it relate to health?
- Do no symptoms mean you are healthy?

**When:** Wednesday, July 4 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Home Supports**

There is no place like home but as one ages, it can be more difficult and dangerous to climb ladders to change light bulbs, empty gutters and replace batteries in fire detectors. The city of Edmonton funds the Seniors Home Supports Program to enable residents to keep their homes safe and comfortable as these routine chores can become more dangerous. Join SWESA's Seniors Home Supports Program (SHSP) Coordinator Barbara Newell for a free Toonie Talk where she will explain the process of vetting service providers to make sure that customers get safe, qualified service people to complete these tasks and more.

**When:** Monday, July 16 from 1:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

### **Income From a Reverse Mortgage**

Your home may be a substantial asset that can easily be put to work elsewhere in your retirement plans. A CHIP Home Income Plan could enable you to convert a portion of your home equity into tax-free money while still living in your own home. SWESA welcomes Madhu Chadha, Mortgage Specialist with Dominion Lending, to explain more about how this program could benefit you.

**When:** Wednesday, July 18 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **Advance Care Planning**

Karen Gunn, former ICU nurse and owner of A Long Kiss Goodnight, will help you to start to think about, talk about and document wishes for health care if you become incapable of consenting to or refusing treatment or other care. You may never need your advance care plan - but if you do, you'll be glad that it's there and that you have had these conversations to make sure that your voice is heard when you cannot speak for yourself. To encourage you to continue this work and to be prepared, Karen will help to walk us through the Green Sleeve. The Green Sleeve is a plastic pocket that holds your advance care planning forms. Think of it like a medical passport. It holds important legal forms that go with you through the healthcare system. In an emergency, Alberta Health Services medical providers can access it and know your healthcare wishes.

**When:** Monday, July 23 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Special Interests**

#### **Cinema Cronies**

Relax and enjoy a movie, some popcorn and some companionship in the boardroom. Regular attendees will have the ability to choose from multiple movie options.

**When:** 12:00 pm – 2:00 pm

May 3; June 8 and 27; July 23; August 14

**Location:** Yellowbird East Community Centre

**Cost:** \$5 includes movie and snacks

#### **Travel Interest Group**

Are you interested in travelling to new locations and experiencing new tastes and cultures? Join Fred Greaves from Expedia CruiseShipCenters to explore adventures to all parts of the world and cross a few things off your bucket list. We'll look at single and group travel for all sorts of vacations from sunny resorts to exotic cruises, from glaciers to jungles. Join us to look at the amazing adventures available throughout the world and how you can experience them.

**When:** 12:00 pm – 2:00 pm

May 17, June 15, August 17

**Location:** Yellowbird East Community Centre

**Cost:** Free

### **The Importance of Women in the Sciences With Dr. Margaret-Ann Armour**

The University of Alberta Speakers' Bureau strives to connect academic resources with community audiences to facilitate a high-level conversation and provide one avenue on the road to lifelong learning. SWESA is delighted to welcome Dr. Margaret-Ann Armour. Born in Scotland and educated at Edinburgh University (BSc, MSc), and the University of Alberta (PhD), Margaret-Ann Armour joined the Chemistry Department at the University of Alberta in 1979, and from 1989 to 2005, was Assistant Chair of the Department. Since 2005, she has been Associate Dean of Science, Diversity.

The University of Alberta was one of the leaders in the field when WISEST (Women in Scholarship, Engineering, Science and Technology) was formed over 30 years ago.

Dr. Armour was one of the founding members and chair of the group.

Why are there still so few women in areas such as mathematics, physics, computing science and engineering? Join us to learn more about the work that WISEST is doing to empower women in these fields.

**When:** Tuesday, May 22 from 1:00 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$2

### **Spring Scarves and Other Summer Accessories**

Shelby Varughese, Certified Image Consultant and owner of [All Set Style and Image Consulting](#), makes her first appearance at SWESA this spring to help you utilize scarves and accessories that you already own, but struggle with how to wear. Her goal is to help each of you gain more confidence in wearing your accessories as a way of self-expression, knowing what looks good on you, and feeling comfortable in the pieces you wear – regardless of what fashion dictates.

**When:** Monday, May 28 from 10:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$10 **Registration is required by May 18.**

### **Farmers' Market Finds: Summer Salads**

For the last seven years, Friederike has been working as a personal chef for longtime customers of her previous endeavors at the Strathcona Farmers' Market and Refresh Organic Bistro. Chef Frederike will showcase that seasonal, sustainable organic food is fundamental to good health and natural vitality. Impress your guests with these glamorous, seasonal meals.

She will share some recipes for healthy Farmers' Market salads

- Heirloom Tomato Salad with Red Onion, Dill and Feta
- Greek-Style Tuna Salad
- Thai Grilled Steak Salad

- Collard Green Salad with Strawberries & Tahini Dressing
- BLT Salad with Bacon Vinaigrette

**When:** Tuesday, July 10 from 11:00 am – 1:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$25 **Registration is required by June 26.**

## Special Events

### **Bus Trip to the Rosebud Theatre for the Play *Driving Miss Daisy***

Daisy, a cantankerous old widow of wealth, is reluctant to accept help from anyone, especially the new chauffeur hired by her son. Her treatment of her new driver is aloof and dismissive. But Hoke is patient, and incident by incident, prejudices and stereotypes are revealed and shattered. Over the course of 25 years, the most unlikely of friendships changes both of their minds and their hearts. The film received Academy Awards for Best Picture and Best Adapted Screenplay.

**When:** Thursday, May 10 from 7:00 am – 8:00 pm

Buffet lunch 11:00 am – 12:00 pm, show at 1:30 pm

Stops in Red Deer (both ways) planned for snacks at your own cost

**Location:** Yellowbird East Community Centre

**Cost:** Member \$95; Non-member \$120 Includes lunch, performance and transportation

**Registration is required by April 19.**

### **SWESA Hosts the Community Tent at the SouthWest Edmonton Farmers' Market**

The Southwest Edmonton Farmers' Market is a vibrant, seasonal gathering place that operates in the parking lot of the Terwillegar Community Recreation Centre. It is a not-for-profit organization, run by a group of dedicated volunteers, who bring the community together and provide a valuable market for local farmers, food producers and artisans. The market opens May 16 and runs Wednesdays from 4:00 pm – 7:30 pm until fall.

**When:** (TBA)

**Location:** Terwillegar Community Recreation Centre (2051 Leger Road)

**Cost:** Free

### **SWESA Volunteer Appreciation Tea**

In 2017 alone, volunteers contributed over 7000 hours! If this were translated into wages, this has saved SWESA over \$105,000. With sincere appreciation for your friendship and goodwill, we ask those of you who have donated your time and talents to join us for a light lunch; let's celebrate SWESA's progress.

**When:** Wednesday, May 16 from 11:00 am – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is required by May 5.**

**[Day at the Movies: Book Club](#)**

Diane (Diane Keaton) is recently widowed after 40 years of marriage, Vivian (Jane Fonda) enjoys her men with no strings attached, Sharon (Candice Bergen) is still working through her decades-old divorce, and Carol's (Mary Steenburgen) marriage is in a slump after 35 years. The lives of these four lifelong friends are turned upside down after reading the infamous *50 Shades of Grey*, catapulting them into a series of outrageous life choices. SWESA members will meet at the movie theatre to share an afternoon of laughs.

**When:** Friday, May 25 (TBA)

**Location:** Cineplex South Common (1525 - 99 Street)

**Cost:** \$13.95 for seniors (65+) Purchase your own ticket and snacks.

**Registration is required by May 11.**

### **Seniors' Week: Blue Quill Pancake Breakfast**

In celebration of Seniors' Week, your friends from the Southwest community leagues and SWESA invite you to join us for a seniors pancake breakfast. Sausages, pancakes, juice and coffee will be provided.

**When:** Tuesday, June 5 from 9:00 am – 11:00 am

**Location:** Blue Quill Community Centre (11304 - 25 Avenue)

**Cost:** Free

Please contact Carol at [carolbigam@gmail.com](mailto:carolbigam@gmail.com) if you would like to volunteer or the program coordinator at 587-987-3200 if you require additional information.



### **Spring Fling**

SWESA is growing in membership. We have a demand for more programming, and we are working towards a seniors centre of the future in southwest Edmonton. To support all of this, we have planned our first annual signature fundraising event. The Spring Fling of 2018 is themed 'Under the Tuscan Sun'. Guests will be welcomed with a sampling of sparkling Italian wines and waters, followed by a fashion show and a classic Tuscan dinner complete with wines, beer(s), Italian beverages and a gelato bar. Our Italian-themed evening will include opera singing, a silent auction, dancing, door prizes and possibly a quick ride in a tethered hot air balloon.

**When:** Saturday, June 9 from 4:00 pm – 11:00 pm

**Location:** Southminster-Steinhauer United Church ([10740 - 19 Avenue](#))

**Tickets:** \$45 per person (\$360 per table)

### **Bus Trip to the River Cree**

It's time for another day of fun at the River Cree Resort and Casino. Lunch options are available for free, as well as a \$5 playing voucher.

**When:** Friday, June 15 from 10:00 am – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5; Non-member \$5 **Registration is required by June 4.**

### **Bus Trip to Blood Donor Clinic**

Did you know that 100% of Canadians rely on less than 4% of the population for blood? Have you always wanted to donate but have never gotten around to making it happen? We are making it easier by providing you with the physical means to get to the clinic and the emotional support and distraction of attending with friends from SWESA. Unsure if you can donate? Attend the World Donor Day information session listed in the Toonie Talks section of this program guide.

**When:** Thursday, June 28 from 10:00 am – 12:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is required by June 18.**

### **The Freewill Shakespeare Festival – The Comedy of Errors**

The Heritage Amphitheatre is western Canada's largest outdoor amphitheater. The distinctive white canopy offers excellent acoustics and an open view of the park. The *Comedy of Errors* is one of William Shakespeare's early plays. It is his shortest and one of his most farcical comedies, with a major part of the humour coming from slapstick and mistaken identity, in addition to puns and word play. The *Comedy of Errors* tells the story of two sets of identical twins who were accidentally separated at birth and takes us through a series of wild mishaps.

**When:** Thursday, July 5 from 8:00 pm – 10:30 pm

**Location:** William Hawrelak Park (9930 Groat Road)

**Cost:** Member \$25; Non-member \$30 This is a self-drive event.

**Registration is required by June 21.**

### **Bus Trip to Premium Outlet Collection Edmonton International Airport**

Venture out to the only fully enclosed 428,000 ft<sup>2</sup> outlet shopping centre in the Edmonton area. The new centre features up to 100 fashion brands and outlet stores, all in a comfortable shopping experience year-round. The centre also includes an experiential market: SHARE, which will bring together local producers, artisans and a local specialty coffee shop fostering a sense of the Edmonton community. Pack your own lunch or purchase a meal from one of the many food vendors on site.

**When:** Wednesday, July 11 from 10:00 am – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$15 **Registration is required by June 27.**

### **Potluck Patio Party**

The warm weather doesn't last too long in Alberta; we all try to enjoy the outdoors as much as possible. What better way than to combine friends and food? This casual get-together will offer fun activities and opportunities to socialize with fellow members. Please let us know what food item you will be bringing to share.

**When:** Tuesday, July 17 from 11:30 am – 1:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is required by July 3.**

### **Stop and Smell the Rosés**

Chardonnay, Merlot, white, red, dry, Chilean, or wine from California — it's enough to make your head spin! Enjoy this evening experience at the tasting room at Vines. Expand your knowledge to select the perfect wine for every occasion. Learn about the major red and white grape varieties, with a focus on popular wines. Explore food pairing and cellaring and understand wine quality and how to navigate the selections in a wine store. This class will include a practical tasting of seven wines and snacks of cheese and bread. Please drink responsibly.

**When:** Friday, July 20 from 7:00 pm – 9:00 pm

**Location:** Vines-Riverbend Wine Merchants (2331 Rabbit Hill Road)

**Cost:** \$45 **Registration is required by July 6.**

### **4<sup>th</sup> Annual Hot Fudge Sundae Day**

Sundae on a Wednesday? We are celebrating with a hot and cold well-loved ice cream dessert. This tasty treat, which has been served to many since hot fudge was introduced in 1906, is celebrated nationally on July 25.

**When:** Wednesday, July 25 from 1:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$8; Non-member \$10 **Registration is required by July 11.**

### **Bus Trip to Birchwood Meadows: A U-Pick Flower Farm**

The day will begin with a morning bus ride through the rural countryside to the beautiful family-run gardens. We will take in the sights and smells on our tour of the property during the peak of sunflower and dahlia season. There will be time to visit the gift shop and succulents greenhouse before we refresh with cucumber water and a snack. Guests will choose their own 15-stem bouquet to take home. Afterwards, we will slip out of the sun and end this country escape with a sit-down farmhouse meal at The Station Restaurant and Bakery in Morinville.

**When:** Wednesday, August 15 from 10:00 am – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$75 Includes entry to gardens, snack, small bouquet and lunch

**Registration is required by July 31.**



## **Book Shoppe**

Do you like to read? If so, visit our book shoppe in the coffee room at Yellowbird East Community Centre. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming at SWESA. We also accept book donations.

## **Volunteers**

Volunteers are an important and integral part of our organization – without them we wouldn't be where we are today! There are many ways you can contribute your time and talents. Roles include special event and committee work, program hosts, personal phone callers, and many more. If you are interested in volunteering or would like more information about opportunities, contact us at 587-987-3200 or [swesa.volunteers@gmail.com](mailto:swesa.volunteers@gmail.com).

## **Stay Tuned!**

As we work to develop more programming, we may be introducing new classes and events that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the Seniors Lounge at the Terwillegar Community Recreation Centre, and/or on SWESA's website at [swedmoutonseniors.ca](http://swedmoutonseniors.ca) under the SWESA News link.

New programs also may be featured in issues of SWESA's weekly bulletin.

## **Contact Information**

If you have any questions or would like more information about programming, please contact our program coordinator at 587-987-3200 or [programs@swedmoutonseniors.ca](mailto:programs@swedmoutonseniors.ca). Our mailing address is Box 88008 Rabbit Hill PO, Edmonton, AB T6R 0M5.

## Schedules of Programs/Events

Yellowbird East Community Centre (10710 - 9 Avenue NW) = YECC  
 Terwillegar Community Recreation Centre (2051 Leger Road NW) = TCRC  
 William Lutsky YMCA (1975 - 111 Street NW) = YMCA

### Weekly Ongoing Programs

Date	Program	Time	Location	Cost
Monday	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Tuesday	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Wednesday	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Wednesday	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday	Golden Gloves	10 am – 11 am	YECC	\$10.00
Thursday	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
Thursday	Stretch and Strengthen	1 pm – 2 pm	YECC	\$10.00
Thursday	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Friday	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

### Special Programs/Events

Date	Program	Time	Location	Cost
<b>May</b>				
May 1	Ethical Investing	10:00 – 12:00	YECC	\$2.00
May 1	Roads to Healing	1:00 – 3:00	YECC	\$2.00
May 3	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
May 3	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
May 4	We’re Not Buying It	10:00 – 12:00	YECC	\$2.00
May 7	Book Club	9:30 – 11:30	YECC	\$5/season
May 7	Rob, Master Electrician	1:00 – 2:30	YECC	\$2.00
May 8	Navigating the Rivers	1:00 – 3:00	YECC	Donation
May 9	Dear Lacia	9:30 – 11:00	YECC	\$2.00
May 9	Councillor Cartmell	2:30 – 4:00	TCRC	Free
May 10	Bus Trip to Rosebud Theatre	7:00 am – 8:00 pm	YECC	\$95.00
May 10	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
May 14	End of Life Doula	10:30 – 12:00	YECC	\$2.00
May 14	EPL: General Tech Help	1:30 – 3:00	TCRC	\$2.00
May 15	Navigating the Rivers	1:00 – 3:00	YECC	Donation

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
May 16	Volunteer Appreciation Tea	11:00 – 2:00	YECC	Free
May 17	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
May 17	SWESA Travel Group	12:00 – 2:00	YECC	\$2.00
May 18	Habitat for Humanity	10:00 – 11:30	YECC	\$2.00
May 21	<b>CLOSED FOR VICTORIA DAY</b>		<b>ALL</b>	
May 22	Women in the Sciences	1:00 – 2:30	YECC	\$2.00
May 22	Navigating the Rivers	1:00 – 3:00	YECC	Donation
May 24	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
May 24	Long Term Care	12:30 – 2:00	YECC	\$2.00
May 25	Day at the Movies	TBA	Self-drive	\$13.95
May 28	Spring Scarves	10:30 – 12:00	YECC	\$10.00
May 29	EPL: General Tech Help	10:30 – 12:30	YECC	\$2.00
May 29	Navigating the Rivers	1:00 – 3:00	YECC	Donation
May 30	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
May 31	Age in Place	10:00 – 12:00	YECC	\$15.00
May 31	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
<b>June</b>				
June 1	Wellspring	10:00 – 11:00	YECC	\$2.00
June 4	Book Club	9:30 – 11:30	YECC	\$5.00/s
June 5	Seniors’ Pancake Breakfast	9:00 – 11:00	Self-drive	Free
June 5	Navigating the Rivers	1:00 – 3:00	YECC	Donation
June 5	Watercolor for Beginners	1:00 – 3:00	YECC	\$65.00
June 6	IBS/Colitis	10:00 – 11:00	YECC	\$2.00
June 7	Age in Place	10:00 – 12:00	YECC	\$15.00
June 8	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
June 9	Spring Fling	4:00 pm – 11:00 pm	Self-drive	\$45.00
June 11	EPL: General Tech Help	1:30 – 3:00	TCRC	\$2.00
June 12	Financial Market Review	10:00 – 12:00	YECC	\$2.00
June 12	Navigating the Rivers	1:00 – 3:00	YECC	Donation
June 12	Watercolor for Beginners	1:00 – 3:00	YECC	\$65.00
June 13	Understanding Travel Insurance	10:00 – 11:00	YECC	\$2.00
June 14	Age in Place	10:00 – 12:00	YECC	\$15.00
June 14	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
June 14	World Blood Donor Day	12:30 – 2:00	YECC	\$2.00
June 15	Bus Trip to the River Cree	10:00 – 3:00	YECC	\$5.00
June 15	SWESA Travel Group	12:00 – 2:00	YECC	\$2.00
June 18	Naturally Sweet	10:00 – 12:00	YECC	\$2.00
June 19	Navigating the Rivers	1:00 – 3:00	YECC	Donation
June 19	Watercolor for Beginners	1:00 – 3:00	YECC	\$65.00
June 20	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
June 21	Age in Place	10:00 – 12:00	YECC	\$15.00
June 21	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
June 26	EPL: Photo Management	10:30 – 12:30	YECC	\$2.00
June 26	Watercolor for Beginners	1:00 – 3:00	YECC	\$65.00

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
June 27	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
June 28	Bus Trip to Blood Donor Clinic	10:00 – 12:30	YECC	Free
June 28	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
<b>July</b>				
July 2	<b>CLOSED FOR CANADA DAY</b>		<b>ALL</b>	
July 4	Philosophy of Health	10:00 – 12:00	YECC	\$2.00
July 5	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
July 5	Freewill Shakespeare Festival	8:00 pm – 10:30 pm	Self-drive	\$25.00
July 9	Book Club	9:30 – 11:30	YECC	\$5.00/s
July 10	Farmers’ Market Finds	11:00 – 1:00	YECC	\$25.00
July 11	Bus Trip to Premium Outlet Mall	10:00 – 3:00	YECC	\$15.00
July 12	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
July 16	Seniors Home Supports	1:00 – 2:00	YECC	Free
July 17	Potluck Patio Party	11:30 – 1:30	YECC	Free
July 18	Reverse Mortgage	10:00 – 11:00	YECC	\$2.00
July 20	Stop and Smell the Rosés	7:00 pm – 9:00 pm	Self-drive	\$45.00
July 23	Advance Care Planning	10:00 – 12:00	YECC	\$2.00
July 23	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
July 25	Hot Fudge Sundae Day	1:00 – 2:00	YECC	\$8.00
July 31	EPL: General Tech Help	12:30 – 2:00	YECC	\$2.00
<b>August</b>				
August 2	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
August 6	<b>CLOSED FOR HERITAGE DAY</b>		<b>ALL</b>	
August 9	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
August 13	Book Club	9:30 – 11:30	YECC	\$5.00/s
August 14	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
August 15	Bus Trip to Birchwood Meadows	10:00 – 3:00	YECC	\$75.00
August 16	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
August 17	SWESA Travel Group	12:00 – 2:00	YECC	\$2.00
August 23	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
August 24	Nacho Friday	1:00 – 2:30	Self-drive	\$12.00
August 28	EPL: Info About Video Chat	12:30 – 2:00	YECC	\$2.00
August 30	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00