

Coming Up This Week:

Date	Program	Time	Location	Cost
June 4	Book Club: The Immortal Life of Henrietta Lacks	9:30 am – 11:30 am	YECC	\$5/season
June 4	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
June 4	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 4	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 4	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
June 5	Coffee and Chat	10:30 am – 11:30 am	YECC	Donation
June 5	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 5	Watercolor for Beginners	1 pm – 3 pm	YECC	\$65/\$105
June 5	Navigating the Rivers of Grief	1 pm – 3 pm	YECC	Donation
June 6	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
June 6	IBS/Colitis Information	10 am – 11 am	YECC	\$2.00
June 6	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 6	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 7	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 7	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
June 7	Age in Place	10 am – 12 pm	YECC	\$15.00/4
June 7	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
June 7	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
June 7	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
June 8	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 8	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 8	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00
June 9	Spring Fling: Under the Tuscan Sun	4 pm – 11 pm	Steinhauer	\$45.00

Please Note:

<p><u>Upcoming Registration Deadlines</u> Bus Trip to the River Cree – June 4 June Luncheon – June 15 Summer Salads – June 26</p> <p>To learn more about any of these programs, click here. To register, please contact us here or call 587-987-3200.</p>	<p><u>Pancake Breakfast</u> In celebration of Seniors’ Week, the SW community leagues and SWESA invite you to join us for a free seniors pancake breakfast. When: Tuesday, June 5 from 9:00 am – 11:00 am Location: Blue Quill Community Centre (11304 - 25 Avenue)</p>	<p><u>Find out more about our</u> June Toonie Talks</p> <p>IBS/Colitis Education Session Semi-Annual Global Financial Market Review Understanding Travel Insurance World Blood Donor Day Naturally Sweet: Sugar Myths Debunked</p>
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The YECC site will open at 10:30 am on Tuesday, June 5 due to the pancake breakfast.

Thank you to all our regular and new luncheon volunteers. Many hands make light work!

[Check out some recent photos here.](#)

The next lunch is June 20. We encourage you to bring reusable take-home containers if you plan to take leftovers home. We welcome you to join us with our efforts to minimize our environmental impact by bringing your own reusable cutlery and napkins.



Stay Connected:

2018 Seniors' Week Provincial Launch Celebration

Celebrate the provincial launch of Alberta Seniors' Week in Stony Plain. Enjoy a meal, entertainment and door prizes.

When: Monday, June 4 at 11:00 am

Location: Heritage Park (5100 - 41 Avenue), Stony Plain **Cost:** Free
(You must register for free tickets in advance by calling 780-963-8583.)

Seniors Craft Sale

View and shop the more than 15 craft tables which feature crafts made by seniors. Refreshments (drink and a slice of pie) are available for \$4.00.

When: Wednesday, June 6 from 1:00 pm – 5:00 pm

Location: Willowby Community League (6315 - 184 Street) **Cost:** Entrance is free.

Edmonton Korean Spring Festival

The annual Edmonton Korean Spring Festival will be a fun mix of classical and modern entertainment. There will be singing performances from Bethel Korean Language School's Children's Choir, Edmonton Korean Choir, Edmonton Evergreen Choir, and Calgary's Mugunghwa Choir, as well as a flute solo and a soprano solo from Seong Haneul and Park Gye-hyen. There will be a wide variety of performances from gymnastics to K-Pop to Taekwondo. Everyone is invited

When: Saturday, June 16 from 6:00 pm – 8:30 pm

Location: South Point Community Centre (11520 Ellerslie Road) **Cost:** Free
(Register on Eventbrite for your free tickets.)

Volunteers: We need your help!

Taste of Edmonton

We only have a few shifts available at this annual food festival. Volunteers will be selling tickets inside ticket booths to patrons. If you'd like to volunteer, please [sign up here](#) or contact the program coordinator [here](#). **In-person training will be at YECC on July 10, from 10:00 am – 12:00 pm.**



Program Evaluation Help Do you have experience with systematic methods of collecting and analyzing data about projects and programs? The Program Committee has created an evaluation form for various SWESA offerings that we hope to implement in the fall. We now need volunteers to create an information management system to track the results and more volunteers to help with the ongoing entry of data. If either of these roles has you curious, please contact the program coordinator at 587-987-3200 or programs@swedmontonseniors.ca for more information.

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca