


**Coming Up This Week:**

Date	Program	Time	Location	Cost
May 14	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
May 14	End of Life Doula	10:30 am – 12 pm	YECC	\$2.00
May 14	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
May 14	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 14	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
May 14	General Tech Help with EPL	1:30 pm – 3 pm	TCRC	\$2.00
May 15	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
May 15	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 15	Navigating the Rivers of Grief	1 pm – 3 pm	YECC	Donation
May 16	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
May 16	Volunteer Tea	11 am – 2 pm	YECC	Free
May 16	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 16	Coffee and Chat – Cancelled for Tea	1 pm – 4 pm	TCRC	Donation
May 17	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 17	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
May 17	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
May 17	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
May 17	Travel Interest Group	12 pm – 2 pm	YECC	Free
May 17	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
May 18	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 18	Habitat for Humanity	10 am – 11:30 am	YECC	\$2.00
May 18	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 18	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

The Spring/Summer Program Guide is available online [HERE](#).

**Please Note:**

<p><b><u>Volunteer Tea</u></b> If you plan to attend but have not registered, please <a href="#">RSVP to Carol here</a>. All volunteers are welcome to attend this event!</p>	<p><b><u>“Spring into Summer” May Lunch</u></b> Menu: Chicken souvlaki, lemon rice pilaf, pita and tzatziki with choice of salads and dessert <a href="#">Find the poster here</a>. Registration is due May 25.</p>
<p><b><u>Walking Group is Back!</u></b></p> 	<p><b><u>Upcoming Registration Deadlines</u></b> Day at the Movies – May 11 Plan Now to Age in Place – May 17 Spring Scarves – May 18 Watercolor for Beginners – May 22 May Lunch – May 25</p>

May 14 – 18, 2018

## This Week's Toonie Talks

### 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.

### 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 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.

## Stay Connected:



## Volunteers Needed:

### **Information Night at Blue Quill Community Centre and Skyrattler Neighbourhood Association AGM**

What's happening in Skyrattler? Councillor Michael Walters will discuss the LRT extension, community garden plans, and future playgrounds.

[Skyrattler2012@gmail.com](mailto:Skyrattler2012@gmail.com)

**When:** Tuesday, May 15 from 7:00 pm – 9:00 pm

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

### **Petrolia Lunch with Guest Speaker from Canadian Parks and Wilderness**

**When:** Tuesday, May 15 from 11:45 am (sharp) to 2:00 pm

**Location:** Greenfield Community Hall (3803 - 114 Street)

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

**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.

### **Seniors Home Supports Program**

Help our Home Supports Coordinator follow up with clients, check references, and do data entry. Please contact Anne [here](#).

### **Taste of Edmonton**

Once again, SWESA will be manning the ticket booths for a few days at this annual food festival. If you'd like to volunteer, please [sign up here](#) or contact the program coordinator [here](#).

May 14 - 18, 2018

587-987-3200

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

Home Supports: 780-860-2931

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