

Coming Up This Week:

Date	Program	Time	Location	Cost
May 21	SWESA CLOSED FOR VICTORIA DAY		ALL	
May 22	Coffee and Chat	9:30 am – 11 am	YECC	Donation
May 22	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 22	Women in the Sciences	1 pm – 2:30 pm	YECC	\$2.00
May 22	Navigating the Rivers of Grief	1 pm – 3 pm	YECC	Donation
May 23	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
May 23	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 23	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 24	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 24	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
May 24	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
May 24	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
May 24	Navigating Long Term Care	12:30 pm – 2 pm	YECC	\$2.00
May 24	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
May 25	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 25	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 25	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

Please Note:

<p><u>Upcoming Registration Deadlines</u> Plan Now to Age in Place – Last Call Spring Scarves – Last Call Watercolor for Beginners – May 22 May Lunch – May 25</p>	<p><u>“Spring into Summer” May Lunch</u></p> <p>Menu: Chicken souvlaki, lemon rice pilaf, pita and tzatziki with choice of salads and dessert Find the poster here. Registration is due May 25.</p> <p>The Lunch Bunch has a plan in the works. If you sew and have scraps and time to donate, please take a look at this pattern and consider helping chipping in. Please call 587-987-3200 for more information.</p>
<p><u>Plan Now to Age in Place</u> Joan Brady will lead these sessions using the resources provided by the federal/provincial/territorial Ministers responsible for seniors. 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: YECC Cost: \$15 for all four classes Registration due.</p>	<p>The annual volunteer tea celebrated the combined 7200 volunteer hours donated over the last year! Our hosts at TCRC, committee members, front desk volunteers, library organizers, coffee refillers, curlers, pickleballers and our lunch bunch are the backbone to this growing organization. THANK YOU ALL!</p> <p>See the traditional yearly photo here.</p>

This Week's Talks

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

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. SWESA is delighted to welcome her. Born in Scotland and educated at Edinburgh University (BSc, MSc), and the University of Alberta (PhD), she joined the Chemistry Department at the University of Alberta in 1979, and from 1989 to 2005, was Assistant Chair of the Department. 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

How to Navigate Concerns in Long Term Care

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 **Cost:** \$2



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 if you would like to volunteer.

Front Desk Volunteers

You've seen their smiling faces as they greet you at the front door and register you for programs. We are looking for a few more volunteers to join this helpful crew. Please contact Anne [here](#).

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 21 - 25, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca