

**Coming Up This Week:**

Date	Program	Time	Location	Cost
May 28	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
May 28	Spring Scarves and Accessories	10:30 am – 12 pm	YECC	<b>Full</b>
May 28	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
May 28	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 28	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
May 29	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
May 29	Go Go Gadgets	10:30 am – 12:30 pm	YECC	\$2.00
May 29	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 29	Navigating the Rivers of Grief	1 pm – 3 pm	YECC	Donation
May 30	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
May 30	SWESA Luncheon	12 pm – 2 pm	YECC	<b>Full</b>
May 30	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 31	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 31	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
May 31	Age in Place	10 am – 12 pm	YECC	\$15.00/4
May 31	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
May 31	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
May 31	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
June 1	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 1	Wellspring Edmonton	10 am – 11 am	YECC	\$2.00
June 1	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 1	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

**Please Note:**

<p><b>Plan Now to Age in Place – Last Call!</b> Joan Brady will lead these sessions addressing the supports you will need, your finances, home safety, and how to stay connected to your community. <b>When:</b> Thursdays, May 31 to June 21 from 10:00 am – 12:00 pm <b>Location:</b> YECC <b>Cost:</b> \$15/4 sessions</p>	<p><b>Find Out More About Our <a href="#">June Toonie Talks</a></b> Wellspring Edmonton IBS/Colitis Education Session Semi-Annual Global Financial Market Review Understanding Travel Insurance World Blood Donor Day Naturally Sweet: Sugar Myths Debunked</p>
<p><b>Upcoming Registration Deadlines</b> Watercolor for Beginners – Last Call Summer Salads – June 26 Bus Trip to the River Cree – June 4</p>	<p>To learn more about any of these programs, <a href="#">click here</a>.  To register, please contact us <a href="#">here</a> or call 587-987-3200.</p>

May 28 – June 1, 2018



**Did You Miss the Habitat for Humanity Toonie Talk? Here's a Second Chance!**

Volunteer Information Night offers facts about Habitat for Humanity and available volunteer opportunities.

People have often told us, "I love the idea of Habitat for Humanity, but I don't know what I can do. Am I skilled enough? Is there something that I can make a bigger commitment to? Can I have more training?" We will answer those questions and give you a broader understanding about how our program transforms families' lives and communities.

**When:** Thursday, June 21 from 6:00 pm – 7:00 pm

**Location:** Prefab Shop (14135 - 128 Avenue)

**Stay Connected:**

**Seniors' Week 2018**

**2018 Seniors' Week Provincial Launch Celebration**

Celebrate the provincial launch of Alberta Seniors' Week in Stony Plain. Enjoy a meal, entertainment and door prizes. Tickets are free, but you must reserve them in advance by calling 780-963-8583.

**When:** Monday, June 4 at 11:00 am

**Location:** Heritage Park (5100 - 41 Avenue), Stony Plain **Cost:** Free

**Seniors' Week Showcase and Tea**

Join NESA for tea and entertainment. Performances are themed "All About Dance". Tickets are on sale until May 28. Call 780-496-6969 for information.

**When:** Monday, June 4 from 1:30 pm – 3:30 pm

**Location:** North Edmonton Seniors Association (7524 - 139 Avenue) **Cost:** \$5.00

**Seniors' Week Celebration, Open House, and Art Exhibition**

Enjoy refreshments and a bazaar, and enter your photos in the photo contest. The contest categories are family, nature, and others. For more information, call 780-465-7992.

**When:** Tuesday, June 5 from 11:00 am – 4:00 pm

**Location:** Multicultural Women and Seniors Services Association (329 Woodvale Road West)

**Cost:** Free entrance

**Volunteers:** We need your help!

**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 to cook or clear tables.

**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](#).

In-person training will be held at YECC on Tuesday, July 10 from 10:00 am – 12:00 pm.

587-987-3200

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

Home Supports: 780-860-2931

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