

Coming Up This Week:

| Date | Program | Time | Location | Cost |
|--------|---|---------------------|----------|------------|
| May 7 | Book Club: Undermajordomo Minor | 9:30 am – 11 am | YECC | \$5.00/s |
| May 7 | Gentle Yoga | 9:45 am – 11 am | YECC | \$10.00 |
| May 7 | Cribbage | 12:30 pm – 3 pm | YECC | \$2.00 |
| May 7 | Rob, Master Electrician | 1 pm – 2:30 pm | YECC | \$2.00 |
| May 7 | Coffee and Chat | 1 pm – 4 pm | TCRC | Donation |
| May 7 | Pickleball | 1:30 pm – 3 pm | YMCA | \$3.00 |
| May 8 | Coffee and Chat | 9:30 am – 12 pm | YECC | Donation |
| May 8 | Hand and Foot Canasta | 12:30 pm – 3 pm | YECC | \$2.00 |
| May 8 | Navigating the Rivers of Grief | 1 pm – 3pm | YECC | Donation |
| May 9 | Dear Lacia | 9:30 am – 11 am | YECC | \$2.00 |
| May 9 | American Mahjong | 9:30 am – 12 pm | YECC | \$2.00 |
| May 9 | Contract Bridge | 12:30 pm – 3 pm | YECC | \$2.00 |
| May 9 | Coffee and Chat | 1 pm – 4 pm | TCRC | Donation |
| May 9 | Coffee with Councillor Cartmell | 2:30 pm – 4 pm | TCRC | Free |
| May 10 | Bus Trip to Rosebud Theatre | 7 am – 8 pm | YECC | \$95.00 |
| May 10 | Cribbage | 9:30 am – 11:30 am | YECC | \$2.00 |
| May 10 | Golden Years, Golden Gloves | 10 am – 11 am | YECC | \$10.00 |
| May 10 | Walking Group | 10:30 am – 11:30 am | YECC | \$5/season |
| May 10 | “Mix Music” Line Dance | 12 pm – 1 pm | YECC | \$10.00 |
| May 10 | Stretch and Strengthen Yoga | 1 pm – 2 pm | YECC | \$10.00 |
| May 11 | Art Group | 9:30 am – 12 pm | YECC | \$2.00 |
| May 11 | Knitting/Stitching Group | 11:30 am – 3 pm | YECC | \$2.00 |
| May 11 | Essentrics for Seniors | 1 pm – 1:45 pm | YECC | \$10.00 |

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

Rosebud Theatre We will stop in Red Deer both ways for a stretch or snack at your own expense. Please leave the parking stalls closer to the building for other program patrons.

Upcoming Registration Deadlines

Day at the Movies – May 11
Plan Now to Age in Place – May 17
Spring Scarves – May 18
Watercolor for Beginners – May 22

Spring Fling Ticket Sales There are 12 tickets left for this first-time major fundraiser. We are blown away by the response!

May Toonie Talks

Called to Be an End of Life Doula
Habitat for Humanity Edmonton
How to Navigate Concerns in Long Term Care
The Importance of Women in the Sciences

To learn more about any of these programs, [click here](#). To register, please contact us [here](#) or call 587-987-3200.

This Week's Toonie Talks

Rob, Master Electrician

Rob is registered with the Seniors Home Supports Program and is in collaboration with SWESA in helping seniors feel safe and confident living longer in their homes. [You can RSVP here.](#)

Dear Lacia

Dear Lacia is presented by Stephen Leskiw, 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.

Coffee and Conversation With Councillor Cartmell

We were fortunate to have Tim join us this winter, and 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.

Stay Connected:

Mother's Day Tea

Enjoy afternoon tea and fresh baking. Entertainment will be provided by the Creative Writing Group.

When: Friday, May 11 at 1:00 pm

Location: Strathcona Place 55+ Centre (10831 University Avenue)

Cost: \$5.00 Call 780-433-5807 to reserve a seat.

Garden Club Plant Sale

Come check out the garden plant sale right before the May long weekend!

When: Friday, May 18 from 9:00 am – 3:00 pm

Location: North Edmonton Seniors Association (7524 - 139 Avenue)

Call 780-496-6969 for more information.

Volunteers:



Seniors' Week: Blue Quill Pancake Breakfast

We are looking for volunteers to help in the kitchen, dining room, and with setup and take down of this annual event. We will be cooking and serving sausages, pancakes, juice and coffee. Volunteers are needed from 7:00 am – 12:30 pm.

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.

Taste of Edmonton – New Shifts Added

Once again, SWESA will be manning the ticket booths for a few days at this annual food festival. If you are interested in volunteering, please [sign up here](#) or contact the program coordinator [here](#).

Full training is offered for those who have not previously participated.



May 7-11, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca