

Coming Up This Week:

Date	Program	Time	Location	Cost
June 11	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
June 11	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 11	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 11	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
June 11	MLA Brian Mason Visits TCRC	2:30 pm – 3:30 pm	TCRC	Free
June 12	Financial Market Review	10 am – 12 pm	YECC	\$2.00
June 12	Coffee and Chat	10:30 am – 11:30 am	YECC	Donation
June 12	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 12	Watercolor for Beginners	1 pm – 3 pm	YECC	\$65/\$105
June 13	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
June 13	Understanding Travel Insurance	10 am – 11 am	YECC	\$2.00
June 13	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 13	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 14	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 14	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
June 14	Age in Place	10 am – 12 pm	YECC	\$15.00/4
June 14	World Blood Donor Day	12 pm – 2 pm	YECC	\$2.00
June 14	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
June 14	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
June 14	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
June 15	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 15	Bus Trip to the River Cree	10 am – 3 pm	YECC	\$5.00
June 15	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 15	Travel Interest Group	12 pm – 2pm	YECC	Free
June 15	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Upcoming Registration Deadlines

June Luncheon – June 15
 Summer Salads – June 26
 The June lunch poster and menu can be found [HERE](#).



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

Bus Trip to River Cree

We do not have enough people registered, to date, to run this trip. We will take registration until June 12 and then make the decision. Please register if you would like to join us on the bus for a free lunch and a few dollars to play with.

MLA Brian Mason at TCRC

**Monday, June 11
2:30 – 3:30**

Join Edmonton-Whitemud MLA Dr. Bob Turner and Minister of Transportation MLA Brian Mason for casual conversation.

**Community-Wide Garage Sale
at Yellowbird and Bear's Paw!**



Saturday, June 9 from 9 am - 3pm

[Check out our seniors' week photos here.](#)



Stay Connected:

Night of Dance at Millwoods Seniors Association

Join us for our monthly dinner social. You will watch dance performances, learn new dance moves and have fun dancing the night away. No dance partner is required! The cost includes a light dinner.

When: Friday, June 15 from 6:00 pm – 10:00 pm (doors open 5:30 pm; entertainment at 6:30 pm)

Location: Millwoods Seniors Association (201 - 2610 Hewes Way)

Cost: \$20/ticket; \$15 for dads! Tickets on sale now!

For more information, visit WWW.MWSAC.CA or call 780-496-2997.

Seniors Centre Without Walls

We know that not all of you are able to get out and participate in seniors' week celebrations this week. You may not be planning a trip to your local senior centre for some time. Not to fear! There are still ways to stay connected. The Edmonton Southside Primary Care Network provides many interesting programs. Check out their summer guide [here](#).

Volunteers: We need your help!



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.

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.** Please contact us at programs@swedmontonseniors.ca for more information.

June 11 - 15, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca