

Coming Up This Week:

Date	Program	Time	Location	Cost
June 25	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
June 25	Floor Curling Meeting	10 am – 11 am	YECC	Free
June 25	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 25	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 26	Coffee and Chat	9:30 am – 11:30 am	YECC	Donation
June 26	Go Go Gadgets: Photo Management	10:30 am – 12 pm	YECC	\$2.00
June 26	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 26	Watercolor for Beginners	12:30 pm – 3 pm	YECC	\$65/\$105
June 27	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
June 27	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 27	Coffee and Chat – Last day until Fall	1 pm – 4 pm	TCRC	Donation
June 28	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 28	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
June 28	Blood Donor Clinic	Cancelled		
June 28	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
June 28	“Mix Music” Line Dance	11:30 am – 12:30 pm	YECC	\$10.00
June 28	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
June 29	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 29	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 29	Essentrics for Seniors	Cancelled	YECC	\$10.00

Please Note:

SWESA and the YMCA

Floor Curling and Pickleball have wrapped up for the summer. SWESA would like to extend our thanks to the William Lutsky YMCA for their dedication to keeping seniors in the SW healthy and active. We are meeting with the YMCA on Monday, June 25 from 10:00 am – 11:00 am at YECC to discuss floor curling for September. If you have attended, would like to attend in the future or have any feedback or suggestions, we invite you to join us.

Special Event Registration Deadlines

Freewill Shakespeare Festival – June 21
[Premium Outlet Collection \(click here\) – June 27](#)
 Potluck Patio Party – July 3
 Stop and Smell the Rosés – July 6
 Hot Fudge Sundae Day – July 11
[Birchwood Meadows \(video click here\) – July 31](#)

SWESA Spring/Summer 2018

All program details are available in our SWESA program guide.
 For more information or to register, contact us [here](#) or call 587-987-3200.

Stay Connected:

All About Compost Workshop

Join us and learn how you can turn your household waste into compost - a valuable soil enhancer that is good for your garden, yard and the environment! This workshop is by the City of Edmonton's Compost Doctors.

When: Saturday, June 23 at 10:30 am

Location: Knottwood Community Hall (445 Knottwood Road West)

Cost: \$5.00 Please RSVP to programs@knottwoodcommunity.ca.

Men's Sheds

There is a new place in Edmonton for men to learn skills, meet people, drink coffee, share stories, and hit things with hammers! These welcoming, respectful, and inclusive places provide opportunity for men to build projects, form positive relationships, and increase neighborly connections.

Men share their skills and learn new skills from others by participating in a variety of activities (e.g., woodworking, painting, and cooking activities, etc.). It is an opportunity to be both teachers and learners while sharing stories, venting, or simply having a coffee and working away at projects.

There are two Men's Sheds in Edmonton open to men of all ages:

Sage (#15 Sir Winston Churchill Square) Fridays in Classroom A from 1:00 pm – 4:00 pm

Beacon Heights Community League (12037 - 43 Street) Wednesdays from 7:00 pm – 9:00 pm

New members are encouraged to join and to help host additional Sheds throughout Edmonton.

For more information, call 780-446-4179.

Volunteers: We need your help!

Program Committee Member

This committee guides the development, implementation and evaluation of SWESA's recreation, educational, and health-related programs for members, including all courses, clubs and other membership programs. We meet once monthly at YECC and consist of a SWESA director, the program coordinator and individual volunteers from the general membership. Please contact Program Committee Chair Judy Baker [here](#).

Do You Have Excel Experience?

SWESA is looking for volunteers who have experience with Excel sheets. Whether it's basic knowledge or extensive savviness, we could use your help. Please contact Ann [here](#).

Taste of Edmonton – 4 Spots Left!

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.** Call 587-987-3200 or visit programs@swedmontonseniors.ca for more information.

We Are Looking For Storage

Do you have any free storage space or know someone who does? SWESA needs temporary storage space. Anything the size of a carport or larger would be ideal.

Please contact SWESA director [J. L Tymko](#) if you have anything that may work or any ideas to offer.