

**Coming Up This Week:**

Date	Program	Time	Location	Cost
June 18	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
June 18	Naturally Sweet	10 am – 12 pm	YECC	\$2.00
June 18	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 18	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 18	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
June 19	Coffee and Chat	9:30 am – 11:30 am	YECC	Donation
June 19	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 19	Watercolor for Beginners	1 pm – 3 pm	YECC	\$65/\$105
June 19	Navigating the Rivers of Grief	1 pm – 3 pm	YECC	Donation
June 20	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
June 20	SWESA Luncheon	12 pm – 2 pm	YECC	\$15.00
June 20	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 21	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 21	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
June 21	Age in Place	10 am – 12 pm	YECC	\$15.00/4
June 21	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
June 21	“Mix Music” Line Dance	11:30 am – 12:30 pm	YECC	\$10.00
June 21	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
June 22	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 22	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 22	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

**Please Note:**

**Free Bus Trip**

Our friends at the Canadian Multicultural Education Foundation have arranged a bus to take SWESA members to and from the Jewish Seniors Citizen's Centre for Canadian Multiculturalism Day. The event is Honouring Canada's Diversity of Seniors and will feature cultural entertainment and a vegetarian meal.

**When:** Wednesday, June 27 from 9:30 am – 3:15 pm

Seating is limited, so please act fast.

**Blood Donor Bus**

Registration is due Monday if you are interested in travelling to the clinic from YECC with our group booking on Thursday, June 28 from 10 am until 12:30 pm. Register [here](#).



**The Canadian Multicultural Education Foundation and SWESA**

The CMEF would like to hear from SWESA members as to what information should be more readily available to seniors in our community. What do you wish you knew more about? Beryl Scott, President at CMEF, would like to hear from you!

**When:** Friday, June 22 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

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



**Stay Connected:**

**Celebrate Garden Days at the Yellowbird Community Garden**

Select a pot and an herb seedling, and plant it yourself to take home while chatting with our gardeners. Stroll through our community garden and learn who we are and what we do. Everyone is welcome!

**When:** Saturday, June 16 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre (10710 - 19 Avenue)

**Age Friendly Edmonton 2.0 Celebration**

We want to thank you for supporting our vision of building an age-friendly city for all. We'll be taking a look back at everything we've accomplished and share our exciting new plans for the future. Join us for storytelling and refreshments as we reflect on the past five years and usher in a new era with Age Friendly Edmonton 2.0. Councillor Andrew Knack and Councillor Mohinder Banga will bring greetings on behalf of City Council. All are welcome! Pre-registration is appreciated. This is a free event.

**When:** Friday, June 22 from 12:00 pm – 1:00 pm

**Location:** City Hall (#1 Sir Winston Churchill Square)

**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 from 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](mailto:programs@swedmontonseniors.ca) for more information.