

Coming Up This Week:

Date	Program	Time	Location	Cost
July 2	◆ SWESA IS CLOSED ◆	◆	ALL	
July 3	Coffee and Chat	9:30 am – 11:30 am	YECC	Donation
July 3	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
July 4	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
July 4	The Philosophy of Health	10 am – 12 pm	YECC	\$2.00
July 4	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
July 5	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
July 5	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
July 5	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
July 5	“Mix Music” Line Dance	11:30 am – 12:30 pm	YECC	\$10.00
July 5	Stretch and Strengthen Yoga	1 pm – 2 pm	YECC	\$10.00
July 5	Freewill Shakespeare Festival	8 pm – 10:30 pm	Offsite	\$25.00
July 6	Art Group	9:30 am – 12 pm	YECC	\$2.00
July 6	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
July 6	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:

Our TCRC Lounge is Closed for the Summer



SWESA would like to thank all our program hosts (Arlene, Bea, Carol, Leona, Shirley and Sue) for their time and efforts throughout the last season. These ladies make sure that everyone who stops in is greeted and assisted with a smile and also that supplies are stocked and all administrative issues are reported to YECC. We look forward to welcoming you back September 10.

Special Event Registration Deadlines

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.

All Shakespeare in the Park participants will meet at 7:30 pm at the front gates of the amphitheatre. Snacks and refreshments will be available for purchase. Please call Jennifer at 587-987-3200 if you are running late or need to cancel at the last minute.

July 2 - 6, 2018

Philosophy of Health

Dr. Karn Kang has always been heavily involved in sports and enjoys living an active lifestyle. Because of this, he went on to pursue his Bachelor of Human Kinetics and then completed his Doctor of Chiropractic degree. Dr. Kang enjoys the level of results his work produces and is passionate in helping his patients return to normal function, so they can regain the freedom of being able to do things that matter most to them.

Topics of this session will include

- What is health?
- Why do we have poor posture, and how does it relate to health?
- Do no symptoms mean you are healthy?

When: Wednesday, July 4 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Stay Connected:

Do Live Well Video Series - Active Aging Canada

In one minute, you can learn a new healthy living tip from the Active Aging Minute Do Live Well video series. This series of eight videos is based on research evidence about the kinds of activities and activity patterns that contribute to your physical, mental, social emotional and spiritual well-being. Each video will highlight different types of experiences that will prompt you to think about what you do every day and inspire you to enhance your current routines and activity patterns. Because what you do every day matters!

Enoch Pow Wow

Robin Cisek, with the Edmonton Federation of Community Leagues, is working with the Aboriginal Seniors Centre to schedule FREE transportation for any interested community league members or leaders to the Enoch Pow Wow for the Saturday, July 14 events. Pick-up spots and times are TBD but to date, they are planning for the EFCL office ([7103 - 105 Street NW](#)) and the Aboriginal Seniors Centre (10107 - 134 Avenue NW). More details will follow with confirmed pick-up and drop-off locations and times.

It is mandatory that all interested attendees RSVP at the link below:

<https://www.surveymonkey.com/r/EFCLBusRSVP>

Any questions or comments about this event, Indigenous protocol, and culture can be directed to Robin by phone at 780-437-2931 or by email at robin.cisek@efcl.org.

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](#).

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.

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca