

**Coming Up This Week:**

Date	Program	Time	Location	Cost
July 30	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
July 30	Advance Care Planning	10 am – 12 pm	YECC	\$2.00
July 30	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
July 31	Coffee and Chat	9:30 am – 11:30 am	YECC	Donation
July 31	EPL General Tech Help	12:30 pm – 2 pm	YECC	\$2.00
July 31	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
August 1	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
August 1	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
August 2	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
August 2	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
August 2	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
August 2	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
August 2	Mixed Music Line Dance	12:00 pm – 1:00 pm	YECC	\$10.00
August 3	Art Group	9:30 am – 12 pm	YECC	\$2.00
August 3	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
August 3	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

**Please Note:**



**Thursday Yoga and Golden Years, Golden Gloves Updates**

Starting Thursday, August 2, we will offer Stretch and Strengthen Yoga from 9:00 am – 10:00 am. This class is suitable for beginners or experienced participants who can practice yoga on the floor or standing, using the chair for balance.

Golden Years, Golden Gloves will run from 10:15 am – 11:15 am to accommodate. Thank you everyone for your understanding.



**THANK YOU TO ALL OF OUR TASTE OF EDMONTON VOLUNTEERS!**

Volunteers worked over 400 hours during our four days. These efforts raised about \$5000.00 for the SouthWest Edmonton Seniors Association. We appreciate all of you!

We hope that you will join us again in the future.

A special THANK YOU to organizers

## **Stay Connected:**



### **Calling All Knitters!**

[Sorrentino's Compassion House](#) needs slippers for houseguests and visitors. Donations in all sizes and colours are welcome and can be dropped off at Sorrentino's Compassion House (10909 - 76 Avenue).

### **Check Out the New Aqa Khan Garden**

The University of Alberta Botanic Garden's new Aqa Khan Garden opened on June 29, so make sure to head outside the city and check it out. It's been in the planning stages for nearly a decade, and the 4.8 hectares of garden, inspired by Moghul traditions, is one you won't want to miss.

51227 AB-60, Spruce Grove, 780-492-3050, [botanicgarden.ualberta.ca](http://botanicgarden.ualberta.ca)



## **Wisemen Conversation and Coffee Group**

Stop by, grab a coffee, and join the conversation. This is a free group and is open to everyone.

**When:** Wednesdays: July 25 and August 8 at 9:00 am

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

Call 780-433-5807 for more information.

## **Puzzle Sales**

NESA's puzzle sales are so popular they've made them a monthly event.

Puzzles will be sold in the lobby from 9:00 am – 11:00 am on the first Wednesday of every month.

**When:** Wednesday, August 1

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

Call 780-496-6969 for more information.

**Volunteers:** We need your help!

### **Data Entry Volunteers**

Do you have experience with Microsoft? Are you familiar with Excel?

We are looking for volunteers to help us maintain our electronic records.

Please contact Jennifer [here](#) for more information or to express interest.

### **Luncheon Talent/Event Coordinator**

In September, we are hoping to expand our lunch program to include guest speakers and performers.

We are looking for a volunteer organizer to help recruit, screen, and research options for our monthly luncheons. The ideal individual will be savvy in email communications and have a great sense of what is relevant to today's older adults. For more information or to express interest in this position, please contact our program coordinator at [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca).

July 30-August 3, 2018

587-987-3200

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

Home Supports: 780-860-2931

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)