





### **Meet Michelle!**

Michelle Mitchell has extensive dance training and certification in both dance and choreography. She teaches every age and ability from youth gymnastics to wheelchair dance classes.

Originally from Ontario, Michelle has been teaching in Edmonton and Leduc at Telford House, Millwoods Seniors, and now SWESA for the last few years. For our fall season, Michelle is offering cabaret classes. This new sassy class uses props such as hats, canes, or gloves to create an easy-to-learn, fun form of dance open to both men and women of all ages and abilities. The class consists of travelling steps across the floor and in the centre of the room to help build mind-body neuro-connections and physical movement that we will build upon from week to week. Whether you have previous experience or are stepping out for the first time, Michelle will guide you through steps from jazz, cabaret, burlesque and modern groove dance forms.

**When:** Thursdays, from 11:30 am – 12:30 pm

Session 1 (8 classes) – September 6 to October 25

Session 2 (8 classes) – November 1 to December 20

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session **No drop-ins accepted**

### **Stay Connected:**

#### **Petrolia Lunch with Guest Speaker – Consumer Protection Expert**

Join the Petrolia seniors for their monthly lunch. The guest speaker will be former Global TV troubleshooter Julie Matthews.

**When:** Tuesday, September 18 from 11:45 am (sharp) to 2:00 pm

**Location:** Greenfield Community Hall (3803 - 114 Street)

**Cost:** \$15 Please call Nick at 780-435-1045 or Betty at 780-435-0712 to confirm.

#### **Wellspring Edmonton – Books, Bracelets and Bake Sale**

Please join Wellspring for this first annual fundraiser. There would be a large selection of used books (fiction and non-fiction), homemade baking, and Cinnabunny bracelets and bookmarks.

**When:** Saturday, September 29 from 10:00 am – 2:00 pm

**Location:** Wellspring Edmonton (11306 - 65 Avenue)

**Cost:** Free Please call 780-758-4433 for more information.

**Volunteers:** We need your help!

**IT Help:** SWESA is moving up into the technology world! If you have some time to spare and experience with maintaining systems, scheduling maintenance, and working with multiple (under 10) users, please contact us [here](#).

August 27 - 31, 2018

587-987-3200

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Home Supports: 780-860-2931

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