

Coming Up This Week:

When	Program	Time	Location	Cost
May 27	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
May 27	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
May 27	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 27	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 28	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
May 28	EPL: General Tech Help	10 am – 11:30 am	YECC	\$2.00
May 28	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
May 28	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 28	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
May 29	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
May 29	SWESA Luncheon	11:30 am – 2 pm	YECC	SOLD OUT
May 29	ESSETRICS Golf	12 pm – 1 pm	eOne	\$48.00
May 29	ESSETRICS/Cardio	12:30 pm – 1:30 pm	eOne	\$10.00
May 29	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 29	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 30	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
May 30	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 30	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
May 30	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
May 30	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
May 30	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
May 30	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 31	Euchre	9:30 am – 11:30 am	YECC	\$2.00
May 31	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 31	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 31	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



May Luncheon Menu and Theme

Remember that we will be opening the doors at 11:30 am to encourage time for visiting prior to the entertainment. Lunch will be served at 12:00 pm, and the entertainment will begin at 1:00 pm.

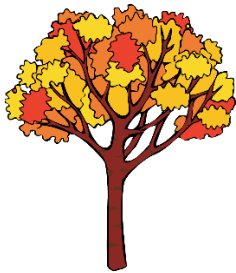
It's the Queen's 200th birthday bash! Make an exhibition of yourself!

The lunch poster, showing the full menu and featuring roast beef and gluten-free gravy, can be found [here](#). The [GeriActors](#) will be presenting their short play entitled "Love Me Tinder."



Blue Quill Pancake Breakfast – June 4	SW Farmers Market – June 19
Seniors' Tour and Tea – June 5	Councillor Knack – June 21
Book Club – June 10	Migraines/Headaches – June 24
Tax-Free Savings Accounts – June 11	EPL Tech Help – June 25
Plastics: Blessing or Curse? – June 13	Bus Trip: River Cree – June 25
Bus Trip: Nisku Businesses – June 14	SWESA Luncheon – June 26
Vertigo – June 18	Shakespeare in the Park – June 27

Pancake
Breakfast



Stay Connected:



Seniors' Week

Blue Quill Pancake Breakfast

In celebration of Seniors' Week, your friends from the Southwest community leagues and [SWESA](#) invite you to join us for a seniors' pancake breakfast. Sausages, pancakes, juice, and coffee will be provided.

When: Tuesday, June 4 from 9:00 am – 11:00 am

Location: Blue Quill Community Centre (11304 - 25 Avenue)

Cost: Free

Seniors' Tour and Tea

The Legislative Assembly of Alberta welcomes seniors from across the province to take part in a special tour of the Legislature Building and a complimentary special tea in the Edmonton Federal Building. Reminisce with stories of the men and women who founded our province, gain insight into provincial politics, and admire the architecture of one of Alberta's most cherished landmarks.

When: Wednesday, June 5 from 9:30 am – 2:30 pm

Location: Federal Building (9820 - 107 Street)

Cost: Free

Fall 2019 SWESA Programs

Is there a trip that you would like to take?

An exercise class that you think your peers would enjoy or benefit from?

Is there a topic that you would like to learn more about or start a discussion around? SWESA programs are tailored for SWESA members so do not hesitate to let us know what you would like to see offered at your centre!

Contact the program coordinator at 587-987-3200 or email her [here](#).

Community Wide Garage Sale Day

Blue Quill Community League will be hosting their sale throughout the neighbourhood on Saturday, June 1 from 10:00 am – 6:00 pm. You can find the poster with more details and registration information [here](#).

Yellowbird East Community League will be hosting their sale on Saturday, June 8 from 10:00 am – 3:00 pm. More details are available [here](#).