

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, July 29	Posture and Chronic Pain	9:30 am – 11 am	YECC	\$2.00
Monday, July 29	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, July 29	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, July 30	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, July 30	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, July 30	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, July 31	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, July 31	Bus Trip to Ellis Bird Farm	CANCELLED	YECC	
Wednesday, July 31	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, July 31	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, August 1	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, August 1	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, August 1	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, August 1	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Friday, August 2	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, August 2	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, August 2	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, August 2	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



Thank you to the volunteers who helped us at the Taste of Edmonton festival this year. Regardless of the weather, the crew always has a lot of fun at this event.

A special thank you to Anne M for all her effort in organizing volunteers and to Rob A and Bob P for their work with the organizers to make this a successful fundraiser for SWESA.

Who is volunteering next year?
Too soon? 😊



SWESA Annual Patio Potluck

Despite the rainy weather, we had a cheery gang attend the indoor potluck lunch. Thank you to everyone for sharing your delicious dishes with your fellow members and with the program coordinator. We hope to share the mango chutney recipe soon!

Thank you to Rutherford Heights Retirement Residence for the delicious ice cream desserts!



Stay Connected:



Book Sale

Head over to the Strathcona Place Seniors Society to stock up on titles for your summer reading list. With over 300 books being sold for between \$1 and \$2, you're sure to find some good reads for your collection.

When: Monday through Friday from 9:00 am – 4:00 pm

Location: Strathcona Place Seniors Society (10831 University Avenue)



Seniors United Now

SUN, South Chapter welcomes everyone to attend this free presentation on Grief and Loss by registered social worker William Tucker. Understanding the grief journey helps you learn to live with a loss, gain personal confidence, and acquire new skills for living well.

When: Friday, September 13

Registration at 1:00 pm - Presentation at 1:30 pm

Location: Whitemud Crossing Library's program room (4211 - 106 Street)

Volunteers:



Membership Working Group

SWESA is looking for volunteers to help develop and deliver initiatives surrounding membership.

Chaired by a board lead, this working group would help to make assessments and recommendations about membership benefits.

If you are interested in volunteering, please contact Judy Baker [here](#).