

## SOUTHWEST SENIORS APRIL 2018 NEWSLETTER

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Southwest Seniors' Outreach Society has a website now! Please try it out at [swseniors.com](http://swseniors.com). You can view our newsletter on there, general information, etc...

Just to reiterate from last month, St. Agnes Church is undergoing renovations with an estimated completion time of 8 months (April – November).



Here is how that affects Southwest Seniors.

We will be moving all programming effective April 3. For the most part, it is business as usual but we will be in different buildings. Normally, the Thursday luncheons with entertainment will run every Thursday except for the first Thursday of each month. The exception to this rule is in April when our first luncheon will be **April 19**. (Luncheons are cancelled on April 5 and 12.)

**Creative Crafts, Tuesdays 9:30 a.m. – 11:30 a.m.:** This class will be held in the Marshall Center. The Marshall Center is the small building to the west of the Pleasantview Community League Hall at 10860 – 57 Ave. (just off of 109 St.). If you take the bus, the #9 goes right by the building.

**Clogging for Fun, Tuesdays 11 a.m. – 12 noon:** Will be running Tuesdays out of Pleasantview Community League commencing September 11 (or so we think at this time).

**Choir, Tuesdays 1p.m. – 3 p.m.:** The Choir's last performance before they break for the summer is Tuesday, May 1. Choir rehearsals will resume in September at Pleasantview Community League Hall at 10860 – 57 Ave. (just off of 109 St.).

Here is the Choir's schedule commencing in April:

**Tuesday, April 3:** Devonshire – 1808 Rabbit Hill Road. Arrive by 1:30 p.m. Go to 2<sup>nd</sup> Floor Bistro. Parking – enter through the 1120 Tory Road Entrance.

**Tuesday, April 10:** St. Thomas, 8411 – 91 Street. Arrive by 1:30 p.m. There is a Visitor Parking Lot and street parking.

**Tuesday, April 17:** Laurier House, 16815 – 88 Ave., Arrive by 1:00 p.m. There is some Visitor and street parking.

**Tuesday, April 24:** St. Joe's, 10707 29 Ave, at 1:45 p.m.

**Tuesday, May 1:** Whispering Waters – Stony Plain. A bus will pick us up from Lendrum Mennonite Brethren Church, 11210 – 59 Ave. at 10 a.m. There is lots of parking behind the church! We arrive at "The Grove" in Spruce Grove for lunch. Following lunch, we continue our excursion to Whispering Waters in Stony Plain where we will perform.

**Gentle Yoga, Wednesdays 10 a.m. – 11 a.m.** at Allendale Community League Hall, 6330 – 105A St.

**Yoga Workshops (2-3:30 p.m.)** on following dates:

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**Yoga for Healthy Backs – NEW DATE:** Wednesday, May 9 from 2:00 – 3:30 p.m.



Sore achy back or long supple healthy back-which would you choose?

Back care offered through the gentle stretching, strengthening, and relaxing of yoga is what this workshop focuses on.

Step into the healthy choice by coming to Yoga for Healthy Backs.



### **Happy Hips Yoga Workshop – Wednesday, May 23 from 2:00 – 3:30 p.m.**

Would you like to have more mobility and strength in your hips? If so, come to this workshop on Happy Hips Yoga!

Hips affect the way we do so many of our daily activities: walking, sitting, standing, climbing stairs...and even sleeping. Happy Hips Yoga has a focus on stabilizing, strengthening and opening the hips.

Learn gentle movements and stretches to nurture Happy Hips!



### **Neck and Shoulders Healing Yoga – Wednesday, June 20 from 2:00 – 3:30 p.m.**

Are you carrying the world on your shoulders? Is it becoming a pain in the neck?

If so, or if you would just like to learn about neck and shoulder care, this workshop will be an important step in the direction of Healthy Neck and Shoulders. Through relaxation and gentle stretches and strengthening, shoulder burdens and neck pains begin to dissolve making way not just for Healthy Neck and Shoulders but for overall ease and well-being.

We require a minimum class participation of 8 people for these workshops. Please sign up by phoning 780-435-9515 or let instructor, Linda Vaudan, know.

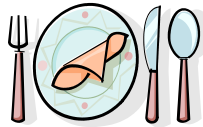
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**Gentle Zumba** will no longer be running. We are hoping to have a “**Gentle Dance Moves**” class commencing in **September** should there be enough interest. It would be held Wednesdays from 11:15 a.m – 12:15 p.m. at the Allendale Community League Hall, 6330 – 105A St. Call 780-435-9515 if you are interested in joining this class.

**Thursday Luncheons With Entertainment:** As mentioned earlier, we will continue to have our Thursday luncheons with entertainment with the exception of the first Thursday of the month. The exception to this is in April. There will be no luncheon on April 5 or 12. Our first luncheon in April is **April 19**. These luncheons will be held at the Pleasantview Community League (PCL) at 10860 – 57 Avenue (just off of 109 St.). If you take the bus, the #9 goes right by the building.

PCL is a wheelchair accessible facility. There is a pretty good sized parking lot and plenty of street parking as well.

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### **THURSDAY LUNCHESES**

Doors open at 10:30 a.m. Please try to be here by 11:30 a.m. Lunch is served at 12:00 noon, followed by entertainment/other scheduled events from 1-2 p.m. Please remember to put your lunch ticket into the basket on table where cooks serve lunch.

Lunch tickets are \$10/member and \$12/non-member.

The following **entertainment/events** will be provided at our Thursday Luncheons:



March 29 – Southwest Seniors' Choir (Easter Luncheon)

April 19 – Chwyll Brother (Song/Dance)

April 26 – Brian Riehl (Song/Dance)

May 10 – Marvin Kneller (Song/Dance)

May 17 – Ghostriders (Song/Dance)

May 24 – Rebound (Song/Dance)

May 31 – Craig Repchuk (Song/Dance)

During the month of April, if you happen to come a little earlier to the hall, we would greatly appreciate your help in setting up tables and chairs. **THANK YOU!**

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**Board Meeting:** Our next Board meeting is scheduled for Thursday, May 3 at 9:30 a.m. This meeting will be held at Yvonne Pearson's home.

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**Bus Trips:**

Do you have any bus trip ideas you wish to share? We encourage your participation in finding new venues for our trips.

**BUS TRIPS – GENERAL INFORMATION:** If our office is closed and you wish to contact the Bus Trip Coordinator (for example, you are all of a sudden unable to attend), please call Sandy Anderson at 780-483-0944 or 780-700-4728 (cell). Even with short notice, it may be possible to find someone to attend the function in your place.

**Upcoming Bus Trips:**

**April 15, 2018:** Devon's East of 60 Presents a brunch followed by a comedy entitled "Skin Flick." Bus departs from Mt. Pleasant School at 10541 60A Ave at 10 a.m. Cost \$35/person which includes brunch, show, coach bus and bus driver tip



**ALOHA!!!**

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