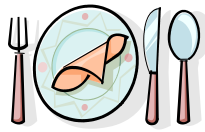


SOUTHWEST SENIORS - APRIL 2019

10832 – 62 Avenue
Edmonton, AB T6H 1N1
Ph: (780) 435-9515 Website: swseniors.com



THURSDAY LUNCHESES with ENTERTAINMENT

Doors open at 10:30 a.m. Please try to be here by 11:45 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 28 – Runaway Train (Song/Dance)

April 4 – Randy & Rai (Song/Dance)

*April 11 – Southwest Seniors' Choir performs for our Easter Luncheon

****There is no luncheon on April 18**

April 25 – The Britz (Son/Dance)

We do appreciate your kindness in helping tidy your area after lunch, however, in respect to the entertainers, we ask that **if you are removing tablecloths, please do so before the entertainers start playing or after the entertainment has finished.** We do not wish to disrupt their playing. If you must leave before the entertainers have finished playing, someone else will look after your tablecloth. Thank you!

***Easter Luncheon – April 11 (Tickets are pre-sold to our Easter luncheon)**

****PLEASE NOTE: There is no luncheon at Southwest Seniors on April 18.**

Board Meeting: Thursday, April 25, 2019 at 9:30 a.m.

Bus Trips:

Do you have any ideas for future trips? Please share them with us!

Please ensure you are at the departure location at least 15 minutes prior to departure time.

April 29, 2019: Tour of Rig Hand Distillery, Gruger Family Fungi and Lunch at Beans Restaurant in Nisku

This bus trip brings you to Beans Restaurant in Nisku for soup, sandwich and coffee. This will be followed by a tour of the Gruger Family Fungi facility (bring some extra money if you wish to purchase products) and then you are off to the Rig Hand Distillery for a tour, sampling bar and complimentary cocktails (and there are a large variety of products available for purchase here too). Cost is \$20/person which includes your lunch, 2 tours, bus transportation and bus driver tip! Bus will depart Monday, April 29 from St. Agnes Church at 10 a.m. If you haven't paid for your ticket yet, please ensure you pay by April 4.

VOLUNTEER OPPORTUNITIES AT SOUTHWEST SENIORS: We can always use a little help!

The following are **COURSE/PRESENTATION OFFERINGS AT SOUTHWEST SENIORS**. If you are interested in any of the following, please let Yvonne, in office, know. If there is enough interest, we may be able to host:

Ballet Edmonton's **Art Connects** program offers movement classes for seniors focusing on ballet-based activities designed to improve balance, increase range of movement, prevent injury, and manage symptoms associated with age-related illnesses including Alzheimer's and Dementia. The physical benefits of dancing in older adulthood include increased muscle strength and flexibility, improved balance and gait, improved cognitive acuity, reduced risk of falls, improved cardiovascular health and social enrichment.

Ballet Edmonton is offering to teach a 45 minute class (starting in September) tailored to the needs of our group. Participants can be seated or standing during class. Minimum Class size: 9 Cost: \$120/12 classes

Essentrics Aging Backwards – This class can help to restore full body mobility-reach, twist and turn in every direction, bend with ease... How do you maintain and regain your mobility? Keep moving. By using and challenging all 650 muscles through correct, safe, full-body exercises, you will regain head to toe mobility. Would you like to see Essentrics taught here?

The Art of Redesigning Jewellery: Level 1 – An inexpensive way to create new fashion pieces. The options are endless. Using simple tools provided by the instructor, have fun taking apart your old jewellery to create something new. With instructor-led tips and techniques, you will learn how to incorporate a chain, clasps, posts and string beads to your existing pieces. Be amazed how the old becomes new – and how you can save money too! -- This is a three hour course and would run on a Wednesday from 1-4. With a minimum of 9 people, \$10/instruction + \$10/materials = \$20/person. If we have 5 - 8 people: \$20/instruction + \$10/materials = \$30/person.

OTHER INFORMATION (Much of the following information is provided by Edmonton Seniors Coordinating Council, other senior organizations throughout the city, or organizations/individuals that have reached out to us)

If you are 65+ with problems walking outdoors, a group of physical therapists, geriatricians, students and researchers from the University of Alberta are doing a **“Go-Out” Study** to evaluate and compare two different programs designed to help older adults walk outside more easily. Participants will be placed into either an outdoor walking group or a weekly phone education group. Both groups will attend a one-time interactive workshop and four sessions at the U of A over a 1 year period. Contribute to the understanding of health benefits of walking outdoors. The program is free. (See Poster for more details)

Law-Day: Dial-a-Lawyer – Free Legal Consultation on **Saturday, April 13 from 9 a.m. – 3 p.m.** Do you need legal advice and can't make it out to your local courthouse on Law Day? Call our toll-free number, **1-888-644-8950** and speak to

one of our lawyers for a free 15-20 minute consultation. If we cannot answer all of your questions, we will refer you to other resources which may help you.

The Carrot Community Arts Coffeehouse is powered by dozens of volunteers from the Alberta Avenue community and beyond. We count on the tireless efforts of our volunteers to keep the arts, community and great espresso thriving on Alberta Avenue. We are currently looking for friendly individuals to join our barista team. No experience necessary; we will train you how to make fantastic coffee. If you are interested in volunteering, you can visit our website, <http://www.thecarrot.ca/volunteer>, or come into the Carrot and fill out a paper form. Our address is 9351 118 Avenue. If you have any questions, feel free to send an email at volunteer@artsontheave.org or phone the Carrot at (780) 471-1580.

Floor Shuffleboard Club: Interested in playing floor shuffleboard? During the months of May through to the end of August, Floor Shuffleboard is offered at the Ottewell Curling Club. Games are played at 10 a.m. on Tuesday, Wednesday and Thursday, as well as a 7 p.m. game on Tuesdays. Annual membership is \$30/person. Non-members can drop in for a \$3.00 daily fee. GESA (Greater Edmonton Shuffleboard Association) website: www.shufflewithgesa.ca. Contact: Charlie.loiselle@shaw.ca for more information.

UKULELE LESSONS FOR ABSOLUTE BEGINNERS

Central Lions Seniors Association (11113 113 Street)

March 28 and April 4, 10:30 a.m.-12 p.m.-\$20 member; \$55 non-member

These one-on-one mini-workshops will prepare you to join the multi-level lessons. Register using barcode 644929. Call 780-496-7369 for more information.

COMMUNICATE WITH CONFIDENCE: TOASTMASTERS INTERNATIONAL

SouthWest Edmonton Seniors Association

March 28, 10 a.m.-12 p.m.

Location: Yellowbird East Community Centre (10710 19 Ave.)-\$2

Even the best speakers were once terrified novices. Toastmasters is the best place to learn, to build your confidence, and to push yourself outside your comfort zone. You'll be shown how to listen effectively, think on your feet, and speak confidently through lessons and table topic practice. You will learn valuable leadership skills in a supportive, non-intimidating environment. Find out more about local Toastmasters chapters too. Registration is requested but not required. Call 587-987-3200.

CANNABIS FOR SENIORS: HEALTH BENEFITS?

Jewish Senior Citizen's Centre (10052 117 Street) : April 2, 12 p.m.

Lunch \$10 for members; \$13 for non-members

At this Lunch & Learn you will learn more about health benefits of cannabis for seniors. RSVP by calling 780-488-4241.

RUMMAGE SALE DONATIONS WANTED - *Mill Woods Seniors Association (2610 Hewes Way, 2nd Floor)*

MWSA is hosting their second Rummage Sale on April 6 and 7 and is accepting books, sporting goods, games, clothing, electronics and other household items. Call 780-496-2997 for more information.

A TRIBUTE TO BUDDY HOLLY, JOHNNY CASH & ELVIS FEATURING JAEDYN PILON

North Edmonton Seniors Association (7524 139 Avenue)

April 12, doors open 5 p.m., dinner 5:30 p.m., show 7 p.m.: \$50/person

Ticket sales are until April 5 or when tickets are sold out. Call 780-496-6969 to inquire about tickets.



Thank you to **Kathy and Allen Ropchan** for donating 4 dozen teaspoons to our organization! So thoughtful!!!

Thank you to Marce Eykelbosh's son-in-law, **Mel Chauncey**, for donating a Duck's Unlimited print to us. If you come to the office, you will be able to see this lovely print by John Lacharias, entitled "Partners for Life." Absolutely gorgeous!

Thank you to Cecile Lirette for sharing the following:

*Be tender with the young,
Compassionate with the aged,
And tolerant of the weak...
Because some day in your life
You will be all of these.*

By: George Washington Carver
