

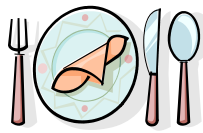
## SOUTHWEST SENIORS - FEBRUARY 2019

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



**Happy Valentine's Day!**



### **THURSDAY LUNCHES 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:



- January 31 – Ghostriders (Song/Dance)
- February 7 – Country Sunshine (Song/Dance)
- February 14 – Rebound (Song/Dance)
- February 21 – Chwyll Brothers Band (Song/Dance)
- February 28 – The Runningboards (Song/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!

**Teaspoons** have been disappearing over time at our luncheons. We have replaced teaspoons a couple of years ago and now, again, we need another 50 or so to be able to provide enough teaspoons for our special luncheons (150 attendees). The only thing we can think is that some get accidentally thrown out when dishes are being cleared. If you notice any in the garbage, please let us know so we can retrieve them. Thanks so much!

**Christmas Recap** – We had 150 attendees eating a lovely Christmas meal on December 13. This was followed by the beautiful voices of our own Southwest Seniors' Outreach Society Choir. More people joined our group who did not partake in the meal bringing our number to around 175! Secret Santa made a visit along with a number of presents/prizes donated by various members. Winners of these gifts/prizes included: Lyn Hildebrandt, Stella Little, Ramona MacNeill, Ernie Lussier, Leo Magnan, Leng Wong, Lois Bowes, Marie Degenstein, Martha Pollack, Marjorie Hartt, Alice Dusza, Warren Simpson, Ruth Carefoot and Carol Jaster. Thank you to Kathy Ropchan (who provided one of her beautiful hand-painted silk scarves) our Secret Santa and all other anonymous donors for contributing to this already special day! Thanks to the Choir members for entertaining us!

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**Board Meeting:** Thursday, February 21, 2019 at 9:30 a.m.

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**PROGRAM SCHEDULING:**

**Creative Crafts, Tuesdays 9:30 a.m. – 11:30 a.m.:** No charge with membership.

**Clogging for Fun (EZ Cloggers), Tuesdays 11 a.m. – 12 noon:** No charge with membership.

**Choir, Tuesdays 1 – 3 p.m.:** The choir rehearses on Tuesdays and shares their program in various hospital settings, senior centres and senior residences, etc... throughout the year.

**Gentle Yoga, Wednesdays 10 a.m. – 11 a.m.:** Drop in classes are \$6/class with \$10 membership.

**Gentle Dance Moves, Wednesdays 11:15 a.m. – 12:15 p.m.** Drop in classes are \$6/class with membership. The instructor has now incorporated some weight training into the class using very light weights to help build on your strength and balance.

**Thursday Luncheons With Entertainment:** Come as early as 10:30 a.m. to check out bus trips and visit with friends.

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**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.

Bus rental and bus driver tips are covered by Southwest Seniors (thanks to Casino funds!) for the following trips:

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**Devon Dinner Theatre (East of 60) Sunday, March 17: Another delicious brunch followed by Ken Ludwig's "Lend Me a Tenor." Cost is \$35/person. Payment is due by January 31, 2019.**

Depart Mount Pleasant School, 10541 – 60A Avenue at 11 a.m. Return time to Edmonton is approximately 4 p.m.

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Also proposed for March, but we still need about 10 more people before we can proceed with booking:

**Grant MacEwan's Musical Theatre Program is presenting: Guys and Dolls**

Hailed as the perfect musical comedy, this award-winning classic gambles with luck and love under the bright lights of Broadway.

Considered by many to be the perfect musical comedy, Guys and Dolls is set in Damon Runyon's mythical New York City. Gambler Nathan Detroit tries to find the cash to set up the biggest craps game in town while the authorities breathe down his neck. Meanwhile, his girlfriend and nightclub performer Adelaide laments that they've been engaged for 14 years. Nathan turns to fellow gambler Sky Masterson for the dough, and Sky ends up chasing straight-laced missionary Sarah Brown. Somehow, everyone eventually ends up right where they belong.

The show is at 7:30 p.m. on various nights and cost should be approximately \$20/person. There is a possibility to make a whole evening out of this by meeting at a restaurant for supper prior to the show for an additional, approximately, \$20, for a total of \$40/person. Please let Sandy Anderson or Yvonne Pearson know if you are interested in this.

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**VOLUNTEER OPPORTUNITIES AT SOUTHWEST SENIORS:** We continue to have various volunteer positions available with table setting, bus outings, decorating, ticket sales, etc... Even if you are able to be on a standby list, this helps us very much!!!

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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 will be able to host:

**DIGNITY MEMORIAL – Your Life, Your Legacy:** Dignity Memorial is offering to come out and set up a small presentation about creating a legacy, the benefits about prearranged funerals and answer questions. They will provide information and a free personal planning guide. This is not a selling meeting. If people want more information after and want to set that up, they can do that at the time. Light refreshments will be served.

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One of our members is offering **Computer Shows and/or Slide Talk Shows** on the following topics:

**Waskahagen Trail Flowers**  
**House Building for Energy Efficiency**  
**Silent Reflux**  
**Food Prices and Climate Warming**

(Coffee will be available.) Please let Yvonne, in office, know if you are interested in any of the above topics.

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**Mental Health Project Proposal:** A psychiatric nursing student, in her final year of studies at MacEwan University, is looking to complete a capstone project. The purpose of her course is to find a needs/capacity assessment where she can implement teaching towards the staff or clients through either a presentation or a pamphlet/brochure than she could develop for our society. Her project would need to have a mental health focus, i.e., depression/grief, anxiety, Alzheimer's disease, or even to educate about a specific mental health topic or creating awareness of a mental health related issue that our facility might benefit from.

If anyone has an interest in having this young lady come in, please let Yvonne, in office, know.

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

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**Are you a veteran or family member of a veteran?  
Do you have problems sleeping?  
If so- this research study is for you.**

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We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada and supported by the Royal Canadian Legion Alberta- NWT Command, has been approved the Health Research Ethics Board of the University of Alberta. To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca) or phone 780-492-9545



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**The Ukrainian Shumka Dancers present -Student Matinee Performances  
*Telling Stories Through Dance: Ancestors & Elders***

When: March 7, 2019      Time: Performance at 10 a.m. and 1 p.m.  
Where: Northern Alberta Jubilee Auditorium      Performance is approximately 1 hour.  
Tickets: \$10/person      To order tickets: contact June Eeles at 780-455-9559, ext. 101 or  
email: [june.eeles@shumka.com](mailto:june.eeles@shumka.com)  
Payment: Visa, Mastercard, cheque or cash. Please note that seating is assigned on a first-pay, first-served basis. Invoices will be issued upon request.

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**COMMUNITY SWING & SKATE SATURDAYS**      *Edmonton Arts Council*

Enjoy some cool winter fun! Go ice skating with free skate rentals or enjoy live music and dance lessons with Sugar Swing Ballroom. The [events](#) are free and for all ages. Everyone is welcome; you do not need to be a member of the host neighbourhood/community league to attend. Concession available. All events are 12 - 4 p.m.

February 2: Spruce Avenue Community Hall, Cosmopolitan Jazz Orchestra  
February 16: Delton Community Hall, Littlebirds Jazz Band

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**VALENTINE'S TEA**      *North Edmonton Seniors Association (7524 139 Avenue)*  
February 8, 2 - 4 p.m.      \$5/person

Enjoy refreshments and entertainment by C.K & Sharon. Tickets on sale until February 2. Call 780-496-6969 for more information.

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### **RESPIRATORY RESEARCH PARTICIPANTS**

The Boliek Speech Research Laboratory at the University of Alberta is looking for research participants. They are studying how two weeks of respiratory muscle training can improve how your breathing muscles work and how this exercise impacts breathing and speaking abilities.

They are looking for healthy adults ages 60 to 80 years who are native speakers of English. The study involves coming to the lab for two 2-hour sessions and completing forty 30-minute training sessions at home. Contact Alesha at [cblab@ualberta.ca](mailto:cblab@ualberta.ca) or 780-492-7256 for more information.

**WORKSHOP FOR EXECUTORS**      *Westend Seniors Activity Centre (9629 176 Street)*

Executors Role And Funerals` ` February 5, 1:30 pm - 3 p.m.      \$2  
What is the role of the executor when it comes to funerals? What is the difference between pre-arranged funerals versus at need funerals with no arrangements in place? These are just some of the answers you will learn. Pre-registration is required. Call 780-483-1209 for more information.

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### **CHRONIC PAIN: BOTOX AND CORTISONE**

*SouthWest Edmonton Seniors Association (SWESA)*      February 5, 12 - 2 p.m.  
Location: Yellowbird East Community Centre (10710 19 Avenue)      \$2

This Toonie Talk will discuss the nature of chronic pain and the various treatments available. Some of the discussion will surround using pharmacological treatments such as oral and topical medication before common injections, steroid (otherwise known as cortisone) injections, and more recently, Botox. The talk will examine the six pillars of pain management which go beyond the scope of only pharmacological treatments. Call 587-987-3200 for more information.