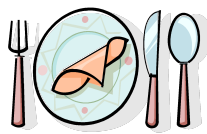


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SOUTHWEST SENIORS JANUARY 2018 NEWSLETTER

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

Happy New Year!



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:



January 11 – Ghostriders (Dance/Song)

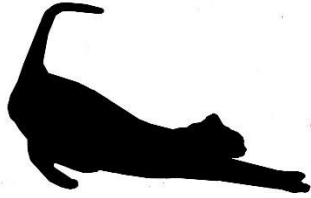
January 18 – Don Oberst (Song/Dance)

January 25 – Old Smoothies (Song/Dance)

Tablecloth folding following luncheons – We really do appreciate your help with cleaning up following our luncheons. If you would like to fold your tablecloth after the luncheon, please do so before the band starts playing or after the band has finished playing. If you must leave before the entertainment finishes, and you have not yet removed the tablecloth, please leave it. It will be looked after. Thank you for your assistance!

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Besides **Gentle Yoga** being offered on Wednesdays from 10 – 11 a.m., Linda Vaudan, Yoga Instructor, offers a few **Yoga workshops** throughout the year. The following workshops are being offered. If you are interested in attending any, please let Yvonne, in office, know. There is a charge of \$10/person and we require a minimum of 8 participants to proceed. Even if you are not a member, you are invited to attend so please let your friends and family know.



Yoga for Healthy Backs – Wednesday, March 21 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 Yoga for Healthy Backs.



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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!



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

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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.

CREATIVE WRITING: Would you like to try some Creative Writing? One of our members who has a great fondness and gift for writing has kindly offered his services in heading up this new program. There will be no charge for this course with a membership. If any of you would like to try this out, please let Yvonne, in office, know.

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:

Sunday, February 25, 2018 – Holden Show and Supper: Vinok Worlddance

Welcome to beauty and diversity of global culture! The Company's repertoire is comprised of dance and music from 60 separate cultures on five continents. Performances feature live accompaniment by the company's skilled multi-instrumentalists. Bus and driver tip will be paid for by Southwest Seniors. Tickets to the show and meal are \$35/person. Bus will depart from Mt. Pleasant School at 12 noon (please be there 15 minutes early). If you have not yet paid for your ticket, please do so as soon as possible.

Sunday, March 18, 2018 – Holden Show and Supper: Steve Pineo's Elvis

Show – This is an Elvis Presley tribute show. Steve Pineo is not an impersonator but plays Elvis' best music with the Heebee Jeebees doing "note

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perfect back up vocals.” The bus and the driver tip will be paid for by Southwest Seniors. Tickets to this show and meal are \$35/person. Bus will depart from Mt. Pleasant School at 12 noon (please be there 15 minutes early).

Christmas Luncheon Recap and Thank yous!

For those of you who were fortunate enough to be able to attend our December 14 Christmas Luncheon, it was an incredible meal followed by amazing performances by our Southwest Seniors Choir! Thank you to our cooks/caterer and the Choir. (By the way, the Choir not only performs here, but goes to various hospital settings, senior centres, etc... to share their program and provide an outreach service that is appreciated by all!)

We had TWO Secret Santas that provided gifts, and Kathy Ropchan donated two silk scarves which she handpainted herself (GORGEOUS!). We had a draw for all of these fantastic gifts. Lucky winners included Elsie Wallace, Ingrid, Faye, Irene Ochotta, Lucie Ray, Les, Linda, Doris Hiemann, Anne Vetsch's daughter, Kathy, Nelly Janse, and some others... Thank you Secret Santas and Kathy Ropchan! This is such a fun element of our Christmas luncheon!

Did you notice the exquisite table centre pieces? These were created and donated by Lil Bennett and June Cox. Helen Wozniuk also contributed some of the items to make these centre pieces. Thank you, ladies!

Thank you to everyone who ensured the success of this day (table setters, kitchen fairies who look after the cleaning of towels and such, table/chair set-up committee, ticket sellers/collectors, those that clean up after our event, Nevada Ticket sellers, etc...). We would not exist without our big-hearted volunteers.

Other Thanks...

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Thank you to Mildred Lemiski for obtaining calendars from the Medicine Shoppe. Pam Lavold, the Pharmacist/Owner at the 42 Ave. And 106 St. Medicine Shoppe is so generous, year after year, in providing these calendars.

Thank you to Sharon and Don Schiewe's daughter for donating a whole bunch of office supplies!

Thank you to Marie Degenstein and Sharon Schiewe for donating a large box of future door prizes for future luncheons!

A special thank you goes out to Jean Paniak and Denis Chalifoux for spending so many years arranging for entertainment for our Thursday luncheons. It was always amazing how often Jean would discover either a family, childhood or some other connection to the band members. If there was no such connection, be certain that there was always a new friendship forged when Jean and Denis met with the band. Although they are stepping down from this position, we are also very fortunate to have Beverley McAmmond stepping in. Thank you!!!!

Table/Chair Set-Up (subs for Wednesday afternoons in April 2018) - April is fast approaching and the regular team for setting tables and chairs up are away for the full month of April 2018. We have a couple of members who have volunteered to set up tables and chairs for our luncheons in April 2018 but are hoping to find at least a couple of more people. Can you help? Table/chair set-up should take less than 30 minutes with a team of two.

OTHER NOTES OF INTEREST (Check out Bulletin Board or ask Yvonne for more information on the following:

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Edmonton Lifelong Learners Association (ELLA), in partnership with University of Alberta Extension, invite those aged 50-plus to sign up for Spring Session (April 30 to May 18, 2018), at the Education Centre on the University of Alberta campus.

You can choose up to four expert-led courses from the over 60 options available and sit in a variety of noon-hour presentations. Registration begins March 13, 2018, on a first-come, first-served basis. The cost to participate in the learning and fun is \$250 and bursaries are available for participants who need financial assistance.

Last year over 600 enthusiastic participants signed up to socialize and attend the engaging smorgasbord of sessions related to music, art, science, global affairs, finance and physical and mental health and wellness. There are no prerequisites, homework or marks and everyone is welcome.

Starting February 16, details about this year's classes and bursaries will be available at www.my-ella.com, or by calling the ELLA office at 780-492-5055. I hope that you will join us!

“DEAR LACIA” – Stephen Leskiw is an educator, coach, author, motivator and addictions counsellor. Stephen is offering to share a unique presentation based on a letter of certainty he wrote to his sister when she was diagnosed with terminal cancer – “Dear Lacia.” He shares the contents of the letter and answers questions it may generate. The presentation is about ninety minutes in length. If you would like to see this presentation at Southwest Seniors, please let Yvonne, in office, know.
