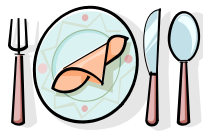


SOUTHWEST SENIORS JUNE 2018 NEWSLETTER

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Happy Seniors' Week (June 3-9, 2018)!



THURSDAY LUNCHESES with ENTERTAINMENT (during

renovations, luncheons are held at Pleasantview Community League every Thursday except the first Thursday of the month). We will be taking a little break over the summer. Our last luncheon before summer is June 21 and our luncheons with entertainment will return September 13.

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:



May 31 – Craig Repchuk (Song/Dance)

June 14: Dave & Marcy (Song/Dance)

*June 21: Jerry Huck Band (Song/Dance)

*June 21 will be our Wind-Up Barbeque. This is a pre-sale luncheon. Please ensure you pay for your ticket as soon as possible. If your name is on a waiting list, there is often some last minute shuffling that could allow you to join us.

Board Meeting: Our next Board meeting is scheduled for Thursday, June 7 at 9:30 a.m. This meeting will be held at Yvonne Pearson's home.

Some of our programs have already stopped for the summer, others continue until our final Wind-Up Barbeque on June 21. **PROGRAM SCHEDULING COMMENCING SEPTEMBER:**

Creative Crafts, Tuesdays 9:30 a.m. – 11:30 a.m. recommences September 11:

Come join the relaxing community of crafters. During renovations, this activity is held in the Marshall Center, the small building to the west of Pleasantview Community League Hall at 10860 – 57 Ave. The #9 bus stops near the building but otherwise, there is plenty of parking. No charge with membership.

Clogging for Fun (EZ Cloggers), Tuesdays 11 a.m. – 12 noon recommences

September 11: Sandy Anderson will teach basic clogging steps with the help of the internet. This is a fun activity and there is no charge with a membership. During renovations, this program is run out of the Pleasantview Community League at 10860 – 57 Ave.

Choir, Tuesdays 1 – 3 p.m. recommences September 11: Have you heard the great news? Rhonda McEachan will be returning as our Choir Director and Stephanie Sartore will be back accompanying the choir on the piano! The choir rehearses on Tuesdays and shares their program in various hospital settings, senior centres and senior residences, etc... a couple of times a year. During renovations, this program is run out of the Pleasantview Community League at 10860 – 57 Ave. There is no charge with a membership.

Gentle Yoga, Wednesdays 10 a.m. – 11 a.m. recommences September 12 at

Allendale Community League Hall, 6330 – 105A St. (Before our summer hiatus, Gentle Yoga will continue until June 20.) Linda Vaudan will return as our instructor. Drop in classes are \$6/class with membership.

Gentle Dance Moves, a new class with a familiar instructor (Catherine Lavedrine), will start **Wednesday, September 12 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. Drop in classes are \$6/class with membership.

Thursday Luncheons With Entertainment will recommence September 13:

We will have lunches this June 14 and 21 before we shut down for the summer. We will continue to have our Thursday luncheons with entertainment, (starting September 13) with the exception of the first Thursday of the month. These luncheons will be held at the Pleasantview Community League (PCL) at 10860 – 57 Avenue (just off of 109 St.). Lunch/entertainment is \$10/person with a membership. Come join us for great food, great company and great entertainment!

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.

Bus Trips:

We encourage your participation in finding new venues for our trips.

Westlock Rotary Dinner Theatre in October 2018. The Show is HILDA'S Yard.

It is a production written by Canadian Playwright, Norm Foster. Sign-up for this bus trip will commence in September. More details to follow in a future newsletter!

Seniors' Pancake Breakfast

In celebration of Seniors' Week, your friends from the southwest community leagues and SWESA invite you to join us for a **FREE** Seniors' Pancake Breakfast.

Sausages, pancakes, juice and coffee are provided.

When: Tuesday, June 5 from 9:00 am – 11:00 am

Location: Blue Quill Community Center (11304 - 25 Avenue)

Cost: FREE **Registration is not required.**

OTHER INFORMATION (Courtesy of Edmonton Seniors Coordinating Council):

SENIORS CRAFT SALE June 6, 1 - 5 p.m.

Willowby Community League and Stonecrop Events Corporation

Location: Willowby Community League (6315 184 Street)

View and shop the more than 15 craft tables which feature crafts made by seniors. Entrance is free. Refreshments (drink and a slice of pie) are available for \$4.

If you are interested in taking a group of 10 or more seniors, make a group reservation by contacting 780-244-4455 or gather@stonecropevents.com. Advance refreshment tickets are available for \$3 if purchased before May 15.

For more information on the craft sale or to volunteer for the sale, call 780-244-4455.

EDMONTON HISTORICAL BOARD ANNUAL RECOGNITION AND PLAQUE AWARDS

Do you know a person or group who deserves recognition for their efforts in preserving or promoting Edmonton's heritage? Or is there a building you think deserves an interpretive plaque?

[Learn more](#) about eligibility criteria and send in your nomination by June 15.

Visit:

https://www.edmonton.ca/city_government/edmonton_archives/edmonton-historical-board-about.aspx

FEEDBACK ON BUS NETWORK REDESIGN

The City of Edmonton's plan to redesign the bus network will impact seniors who rely on public transportation. To ensure municipal officials understand the impact, it's important for seniors and those who support them to provide feedback on the proposed changes.

There are ten remaining dates (May 24 - June 13) for [community workshops](#) hosted by the City.

Central Lions Seniors Association has also organized a session specifically for seniors so that the City of Edmonton can hear seniors' perspectives on how the changes will affect them.

Bus Route Redesign Info Session for Seniors

June 4, 1 - 2:30 p.m.

Central Lions Seniors Recreation Centre (11113 113 Street) Free

Call 780-496-7369 or 311 to register so CLSA knows how many people to expect.

Use Barcode #639114.

BUTTERFLIES, BLOOMS & BACKYARD BIRDS

Minerva Senior Studies Institute

Location: Alberta College Campus (10050 MacDonald Drive)

June 4, 1:30 - 3:30 p.m. \$31.50

Discover the wildflowers photographed in natural areas in and around Edmonton, the butterflies and other insects that associate with them, and the birds you see in your neighborhoods and the city parks in summer in this beautiful photographic presentation. For more information, email minerva@macewan.ca or call 780-497-5082. Register [online](#).

OPEN HOUSE

Canterbury Foundation (8403 142 Street)

June 7, 9 a.m. - 3 p.m. (come and go as you please)

Free

You are invited to experience 'Life at Canterbury'! Enjoy morning exercises, afternoon socials, group tours, a community choir performance, and more. Review the [schedule of activities](#) and get more details.

U of A Study: Are you 65+ years old and in good health? Researchers at the University of Alberta are looking for healthy seniors to take part in research to see how the feeling of needing to pee affects people's ability to think and solve problems, and how people with and without bladder problems perform on some simple tasks. If you are interested in participating in this research and would like to hear more, please contact: Asad Makhani or Dr. William Gibson at 780-248-1969 (24 hour voicemail) or makhani@ualberta.ca in complete confidence. As a thank you to the participants, your transportation/parking to the University of Alberta will be paid, and you will be given a Tim Horton's gift card.

From the Office:

HAVE A WONDERFUL SUMMER, EVERYONE!!!!
