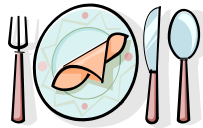


SOUTHWEST SENIORS - JUNE 2019

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



Happy Father's Day !!! – June 16



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.

Regular Thursday lunch tickets are \$10/member and \$12/non-member.

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



May 30 – Donna Lee Randon (Song/Dance)

June 6 – Ghostriders (Song/Dance)

June 13 – Dwayne Harrish (Song/Dance)

*June 20 – Chwyll Brothers (Song/Dance)

***June 20 is our Annual Barbeque Wind-Up. Tickets are pre-sold so please ensure you get your tickets soon!** This is also our last luncheon until Thursday, September 12, 2019.

Our Entertainment Coordinator, the lovely Beverley McAmmond, has already booked September's entertainment. September 12: Randy Glen, September 19: Dwayne Cannon and September 26: Rebound. *(Thanks, Beverley, for all the great entertainment choices!)*

Board Meeting: Thursday, June 13, 2019 at 9:30 a.m.

Summer Break and When Do We Return?

As indicated earlier, June 20 is our last luncheon before we close for the summer.

The following dates are our known return times in September for programs/activities. Other programs/activities start-up dates will be announced to participants by phone/email or you can check out our website: swseniors.com.

Tuesday, September 3: Creative Crafts: 9:30 - 11:30 a.m.

Tuesday, September 3: EZ Cloggers (Clogging for Fun): 11 a.m.-12 noon

Tuesday, September 3: Choir: 1-3 p.m.

Wednesday, September 4: Yoga: 10-11 a.m.

Thursday, September 12: Luncheon with Entertainment: Come as early as 10:30 a.m. for coffee. Lunch starts at 12 noon.

Fee and Other Changes with Programming:

At this time, it does not appear that Gentle Dance will continue. With respect to Gentle Yoga, it will continue and there is a fee change to be noted commencing September. Drop in with Membership will now be \$8, Drop in without Membership will be \$10. Eight classes in succession will now be \$48.

We hope to have a replacement class for Gentle Dance before we start up in September.

Yoga Classes with Linda Vaudan During Summer:

If any of our Yoga students would like alternative locations for Yoga with instructor, Linda, throughout the summer, below are the nearest locations/times and one that is scheduled for the same time we have our Gentle Yoga class here at Southwest Seniors. There are many other choices as well if you are willing to drive a little further (please check with Yvonne, in office, for a list of additional places/times):

*Mondays, 9:45 – 11 a.m.: **Gentle Yoga** (Registered and drop-in), SouthWest Edmonton Seniors Association, 10710 – 19 Ave. ***Please note**, this class is often full so you may wish to phone 587-987-3200 to see if there is any room over the summer.

Wednesdays, 10-11 a.m.: **Yoga for Balance and Well-Being** (Registered, on floor, standing poses) **Starts July 11.** Central Lions Seniors Centre, 11113-113 St.

Thursdays, 9-10 a.m.: **Stretch, Strengthen and Rejuvenate Yoga** (Registered and drop-in, on floor, standing poses), SouthWest Edmonton Seniors Association, 10710 – 19 Ave.

The following are **COURSE/PRESENTATION OFFERINGS AT SOUTHWEST SENIORS.** If we receive a few more people signing up for the following courses, , we may be able to run one or the other of either a ballet course or Essentrics (Aging Backwards). Below is a write-up on both programs. If you are interested in any of the following, please let Yvonne, in office (780-435-9515), know.

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.

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.

If all plans fall into place, there is a possible bus trip to Century Mile Racetrack and Casino in the works for Sunday, June 23. We should know soon!

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.)

Seniors' Week: Blue Quill Pancake Breakfast, Tuesday, June 4: In celebration of Seniors' Week, your friends from the Southwest community leagues and SouthWest Edmonton Seniors Association invite you to join them for a **free** senior's pancake breakfast from 9–11 a.m. Sausages, pancakes, juice and coffee will be provided. **Blue Quill Community Centre (11304 25 Avenue)**

Southwest Seniors' members, Joan Richardson and Lorne Loftus can collect **old eye glasses and old hearing aids** for the Lions Club. Canadian Lions Eyeglass Recycling collect used eyeglasses and hearing aids for refurbishing to supply those in need throughout the world. If you have an old pair of glasses or hearing aid you are wishing to donate, please bring to Southwest Seniors and Joan or Lorne will ensure this is passed on.

Aging Well At Home – Health Fair for Seniors & Caregivers:

June 22, 2019, 8:30 a.m. to 4:00 p.m. Free – No Registration Required

Central Lions Recreation Centre, 11113 – 113 Street

Vendors, displays and free information sessions scheduled throughout the day

AWARENESS IS FIRST STEP IN HELPING STOP AGEISM

After reviewing existing ageism studies, University of Alberta professors Donna Wilson and Gail Low found that 48 to 91 per cent of all older people surveyed experienced ageism, and 50 to 98 per cent of all younger people admitted to having discriminatory thoughts or behaviours toward older people.

In a recent folio article, Wilson mentions commonly held stereotypes about

seniors that lead to ageist attitudes and dispels them. She says for example that many people assume older people take up the majority of hospital beds, when only 20 per cent of people in hospitals are 65 and older.

FREE COMPUTER SESSIONS *SCONA Seniors Centre (10440 84 Avenue)*

Sunday afternoons Free

Every Sunday, SCONA Seniors Centre offers free computer sessions to seniors who wish to learn digital technology. Seniors are matched with a University of Alberta student who will teach them how to use lap tops, cell phones, tablets, etc. on a one-on-one basis. For more information or to register, call Dellah at 780-450-0738. To get a call back make sure your telephone number is clear.

35TH ANNUAL GRAND NORTH AMERICAN OLD TIME FIDDLE

CHAMPIONSHIP July 19-21

Location: Agricentre, Radway, Alberta (Hwy 28 northeast of Edmonton)

Participants come from various provinces of Canada and some have come up from the United States to compete for the more than \$16,000 in prize money. The weekend's activities include fiddling contests for all ages, open mic and dance, old time family dance, dinner, and camping.

Different prices for different days/events: Go to <https://www.wildrosefiddlers.org/fiddle-contest/admission-prices/> to order tickets online. A 3 day pass: \$40, 2 day pass: \$35, Single Friday Pass: \$15, Family Friday Pass: \$20, GNA Admission Saturday Pass: \$20, Old Time Dance Pass Single: \$15, Old Time Dance Pass Family or Couple: \$20, Sunday Pass \$20

To find out more:

- Call Ken at 780-237-2706 or Email wildrosefiddlers@gmail.com

The University of Alberta, Faculty of Medicine & Dentistry present: **Health & Aging – Dare to Age Well!** 3 experts in one room to provide you with information on how to age well. Experts talk about: **Making sense of medications, What you need to know about Personal Directives and more, and Talking about your genes... not the denim kind!**

When: Monday, June 3, 1:30 – 3:30 p.m.

Where: South East Edmonton Seniors Association (SEESA), 9350 – 82 St.

Please confirm your attendance by contacting: Samia Shire @ 780-492-9294 or email: shshire@ualberta.ca



Thank you to Marce Eykelbosh and Gladys Nespliak! These two ladies have completed two-three year terms on our Board of Directors. They continue to wear many hats within our organization and we are so grateful to them for that and having been our Co-Treasurers for so many years!!!

Sharon Schiewe and Lorne Loftus were nominated to our Board of Directors. Lorne has even agreed to take over the Treasurer position. Thank you for agreeing to join our Board of Directors and welcome!

Thank you to Dallis Nowoselski for sharing a fruit basket with our group back in March! YUM!!!!

Thank you to Joan Richardson for donating a bunch of tea!

Thank you to Sandy Anderson for donating a beautiful, large picture for our back office! (This one gets me daydreaming!)

Thank you to the lady who brought in all sorts of cross stitch materials (thread, stretcher bars, patterns, ...) for our Creative Crafts group. Some has already been put to good use. We did not get your name, but hope you will read this and know how grateful we are!

Thank you to Sandy Veldhoen, Lorraine Messier's daughter, for donating all sorts of yarn for our Creative Crafters! This will keep many of them busy for a long, long time! Wow!!!

Thank you to the individuals who have recently signed up to volunteer in various capacities: Gayle Baron, Dallis Nowoselski, Dolores Smithson, Georgette Butz, Eileen Asselstine and Joan Richardson. Some of you have already volunteered here before, but have signed up for additional positions. We are so lucky to have you and all of our volunteers!!! Saying that...

Thank you to all of you who volunteer your time here at Southwest Seniors!!! YOU ARE AMAZING!
