

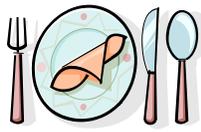
SOUTHWEST SENIORS – March 2020

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

WEATHER POLICY: If the temperature is -30 degrees Celsius or colder, with the windchill, programming/luncheon will be cancelled. If in doubt, please call the office.



Happy St. Patrick's Day!



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 and for Special Luncheons (Thanksgiving, Christmas and Easter): \$15/member and \$17/non-member

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



- February 27: Dwayne Cannan (Song/Dance)
- March 5: Hoffman Duo (Song/Dance)
- March 12: Swinging Seniors (Song/Dance)
- March 19: Running Boards (Song/Dance)
- March 26: Bingo (Casino is reason for Bingo)
- April 2: Southwest Seniors' Choir (Easter Luncheon)*

*Tickets for Easter Luncheon will come on sale March 5. As this is a special luncheon, tickets are \$15/member and \$17/non-member.

Board Meeting: Thursday, March 19, 2020 at 9:30 a.m.

Welcome to our New Administrator! Some of you may have met our new Administrator, but if you haven't yet, it brings us great pleasure to introduce Linda Jackson! Linda looks forward to meeting everyone.

Bus Trips:

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

For the following trips, and most of the time, bus fees, including bus rent and bus driver tip, are covered by Southwest Seniors. We are very fortunate that casino funds from casino events held every couple of years help pay for the bus rental.

Unless otherwise indicated, we will be departing from the CASA Centre (previously St. Agnes School) at 10645 – 63 Ave.. The CASA Centre covers the block between 62 Ave. and 63 Ave., between 106 and 107 St. We can park in any of the parking spots except for those immediately against the building. The bus will depart from the bus pull-off on the south side of the building on 62nd Ave.

Should you need to contact the Bus Trip Coordinator, Joan Richardson, to advise of any changes to your bus trip status or ask any last minute questions, Joan's number is: 780-446-5070.

Please ensure you sign-up / purchase your tickets now for:

Sunday, March 22: Canadian Country Music Legends, Sunday, March 22, 2020 in Holden. Bus departs at 12 noon from the CASA Centre. **Total Cost:** \$36/person. This price includes Meal, Show, Bus Rental and Bus Driver Tip. If you have not yet paid for your trip, payment is due.

Wednesday, April 1: Cow Patti Theatre in Lacombe presents Norm Foster's "Lunenburg." **Total Cost: \$55/person** (includes meal, show, bus rental and bus driver tip). **The bus departs from St. Agnes Church at 10832 – 62 Ave.**
Departure time: TBA. If you have not yet paid for this trip, payment is due.

Sunday, May 3: Dolly Parton musical "9 to 5" in Wetaskiwin at the Manluk Theatre. Three unlikely friends take control of their office and learn there is nothing they can't do, even in a man's world. Based on the hit movie and set in the 1970s, this hilarious story of friendship and revenge is outrageous, thought provoking and even a little romantic. **Cost:**

\$45/person (includes show, meal, bus and bus driver tip) Departure location and time TBA.

Sometime in May/June, we are looking at an outing to either the Starlight Casino in West Edmonton Mall or the Grand Villa Casino in the ICE District. If there is enough interest, we will proceed.

BYO Cup; To contribute to doing our little part in helping save the environment, if you would like to bring your own cup, mug, travel mug to our different programming, we encourage you to do so.

SEEKING VOLUNTEERS: We are looking for volunteers to assist with table/chair set-up on either Wednesday afternoons or Thursday mornings at around 9 a.m. Can you help?

We are also looking for a volunteer to sell Easter tickets starting March 5.

CASINO dates are March 25 and 26, 2020. Thank you to all of you who have volunteered your time at this event. If you are uncertain when you are scheduled to work, please let Linda, in the office, know and we will get that information to you right away.

A message from the President and the Board of the South-West Senior's Outreach Society:

In view of the controversy that occurred, after the visit to the Devon theatre, I would like to ask the members that if they have any matters that they feel are needing attention, especially if they feel that there is something wrong, or that they feel aggrieved over an issue, that members bring those matters to the Board, preferably in letter form, so that the Board may deal with them. Please do not challenge or attack the Administrator, who is carrying out instructions that were issued by previous Boards and have stood for several years. Also, please do not attack or challenge the Cooks or any of our volunteers over any issues. If there are things that need to be changed, the Board must do it, by vote, followed by instructions to the Administrator, if there are changes to be made. The

Administrator does not have the authority to make changes, nor does any single member of the Board, including the President.

Michael Morèl

President

OTHER INFORMATION (Much of the following information is provided by Edmonton Seniors Coordinating Council, other senior organizations throughout the city, organizations/individuals that have reached out to us, or simply information we think you may want to know about...)

MEDITATION FOR MIND, BODY, AND SPIRIT

Strathcona Place Society (10831 University Avenue)

March 10, 10 a.m.-12 p.m. \$12 members; \$18 non-members

Get mindful in this information session that will teach techniques to unify your mind, body, and spirit. Coffee and cookies are included in the cost of registration. Register at the front desk. For more details, call 780-433-5807.

DEMENTIA AND CONTINENCE STUDY

University of Alberta – Dr. Adrian Wagg’s research team at the U of A is recruiting participants for a research study to understand self-management of urinary incontinence with containment products by community dwelling older people living with dementia.

You will be in the study for approximately 10 weeks. During this time, the researcher will visit you five times. You will be asked to fill out questionnaires, maintain a bladder diary and take part in two interviews. The study visits will last between 1 to 2 hours.

If you want to learn more about this study, please contact Dr. Wagg’s research office at 780-492-6855 (24-hour confidential voicemail).

The Wild Rose Old Tyme Fiddlers Association present the Grand North American Old Time Fiddle Championship at its **new** location at the Dow Centennial Centre, 8700 – 84 St., Ft. Saskatchewan, AB, July 17 – 19, 2020. Contact Barbara: wildrosefiddlers@gmail.com, 780-906-6862 for more information and/or visit their website at www.wildrosefiddlers.org.

Daylight Saving Time Begins Sunday, March 8. Spring ahead by setting your clocks an hour later (i.e., from 2 – 3) before you go to bed on Saturday (March 7) night!

From the Office:

Hi everyone! As my last day approaches (although, I may come in occasionally to assist our new Administrator, Linda), I wanted to say a little goodbye and thought I would share some of what I put in my resignation letter from December 5, 2019:

It is with mixed feelings that I advise I will be resigning from my position as Administrator with South-West Senior's Outreach Society.

When I interviewed for the position over 15 years ago, I remember being asked if I had any experience with grumpy old men and I responded, "I have my husband!" Al Lemiski was on that interview panel and shortly after the interview, I was advised of my success in procuring the position.

When I started here, I was still in my 30's, had a nine year old son and a husband who worked for the Provincial Government. Now, here I am, well into my 50's, with a 24 year old son who graduated from University, found employment, and even purchased a condo. My husband, Mike, is retired (4 years now) and a very active member here at Southwest Seniors. How time flies!

I have met some of the most friendly, helpful people during my time here. I have had the privilege of getting to know many of you and many of you have become good friends over these years. I have been welcomed to help celebrate significant birthdays, anniversaries and even attend a wedding. I have also, unfortunately, attended funerals.

I have met, seen photos and heard stories of your children, grandchildren and great grandchildren. I have helped celebrate triumphs and attempted to help with missteps and been helped with my own. I have laughed with you. I have cried with you. Whatever you have shared in this journey called life, I have embraced and learned from.

Thank you for the many happy years here. I wish South-West Senior's Outreach Society and all of you who are a part of this wonderful organization all the best in the future.

BIG hugs to all of you,

Yvonne Pearson
