

## SOUTHWEST SENIORS MAY 2018 NEWSLETTER

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**What happened to Spring?** We seem to have gone right from winter to summer. For most of us, the warmer weather, the birds nesting, the tulips on the verge of blooming, ... are long awaited changes.

Changes continue for Southwest Seniors. If you are phoning us and no one answers, it will not be a standard Southwest Seniors answering machine message you will hear. Our number has been transferred to a personal cell phone. Please feel free to leave a message at this number and your call will be returned as soon as possible.

During St. Agnes Church renovations, the following programs are offered in different locations:

**Creative Crafts, Tuesdays 9:30 a.m. – 11:30 a.m.:** This class will be held in the Marshall Center. The Marshall Center is the small building to the west of the Pleasantview Community League Hall at 10860 – 57 Ave. (just off of 109 St.). If you take the bus, the #9 goes right by the building.

*The Creative Crafts group shared how grateful they are to be able to use the Marshall Center during renovations at St. Agnes Church.*

**Clogging for Fun, Tuesdays 11 a.m. – 12 noon:** Will be running Tuesdays out of Pleasantview Community League commencing September.

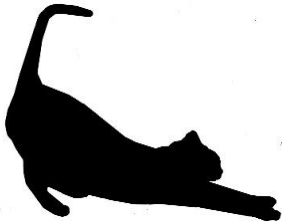
**Choir, Tuesdays 1p.m. – 3 p.m.:** Choir rehearsals will resume in September at Pleasantview Community League Hall at 10860 – 57 Ave. (just off of 109 St.).

**Gentle Yoga, Wednesdays 10 a.m. – 11 a.m.** at Allendale Community League Hall, 6330 – 105A St.

**Yoga Workshops (2-3:30 p.m.),** also at Allendale Community League Hall, are offered on following dates:

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**Yoga for Healthy Backs – NEW DATE: Wednesday, May 9 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 to Yoga for Healthy Backs.



**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!



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

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.

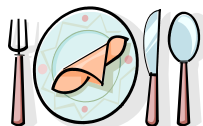
We require a minimum class participation of 8 people for these workshops. Please sign up by phoning 780-435-9515 or let instructor, Linda Vaudan, know.

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**Gentle Dance Moves** class , a new class with a familiar instructor (Catherine Lavedrine), will start in **September** should there be enough interest. It will be held Wednesdays 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.

**Thursday Luncheons With Entertainment:** We will continue to have our Thursday luncheons with entertainment 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.). 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.



**THURSDAY LUNCHEONS** (during renovations, luncheons are held at Pleasantview Community League every Thursday except the first Thursday of the month)

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:



May 10 – Marvin Kneller (Song/Dance) – This is our Mother’s Day Luncheon. Please bring a cup and saucer that day for a special serving of coffee/tea by the Lussiers and Morels!

May 17 – Ghostriders (Song/Dance)

May 24 – Rebound (Song/Dance)

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 so we will have tickets for sale by May 17.

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**AGM (Annual General Meeting)** – Come for this short, sweet, informative meeting on May 17. It is also a regular Thursday luncheon day with Ghostriders entertaining us following the meeting.

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**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.

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**Bus Trips:**

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

In the meanwhile, we do know that our lovely Bus Trip Coordinator, Sandy Anderson, has booked a trip to Westlock Rotary Dinner Theatre in October 2018. The Show is HILDA’S Yard. It is a production written by Canadian Playwright, Norm Foster. More details to follow in a future newsletter!

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**The Southwest Seniors’ Choir** has expressed their extreme gratitude for supporting them in their endeavours. All of us here at Southwest Seniors wish to give a shout out of thanks for representing Southwest Seniors so well! We are very proud of this group who bring happiness to so many when they perform. A very special thank you to Lil Bennett for coordinating the group. Lil goes above and beyond in ensuring the Choir knows the 5 Ws (Where they

will be rehearsing/performing, Who they will be performing for, What songs will be sung, When they will be needed and Why they do this – *JOY!!!!*).

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**More Thank Yous:** A HUGE thank you to sweet and gorgeous Beverley McAmmond for looking after things while Yvonne and Mike were away for the month of April. During April (and the end of March), many others contributed above and beyond what they already contribute, including Janette Sorensen, Marce Eykelbosh, Gladys Nespliak, Ernie and Madonna Lussier, Michael and Betty Morel, Earl and Doris Cairns, Ron Rhoades, Ivan Edenloff, Al Lemiski, and all others who provided an extra hand with set-up, clean-up, opening and closing halls, helping dispose of unused furniture, etc... We can never say enough thank yous to our very helpful Southwest Seniors members!

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#### **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.

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#### **OTHER INFORMATION (Courtesy of Edmonton Seniors Coordinating Council):**

**HOW TO BECOME OUTRAGEOUSLY HAPPY** Free

*Minerva Senior Studies Institute*

May 24, 1:30 - 3:30 p.m.

**Location:** Room 409, Alberta College Campus (10050 MacDonald Drive)

In this fun, interactive, powerful presentation, you will:

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- Realize the astonishing number one obstacle to your happiness
- Understand the single most important thing you can do to grow a happier brain
- Learn two powerful things you can do to generate more sustainable happiness

- Understand the huge price you pay physically, mentally and emotionally because of stress, negativity or anxiety, and how they dramatically reduce your resiliency and competency

Light refreshments will follow the presentation. Space is limited. Register by providing your name and phone number via email at [Minerva@MacEwan.ca](mailto:Minerva@MacEwan.ca) or by calling 780-497-5082.

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## **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](mailto: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.

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## **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](https://www.edmonton.ca/city_government/edmonton_archives/edmonton-historical-board-about.aspx)**

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