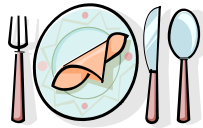


SOUTHWEST SENIORS - MAY 2019

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



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:



- April 25 – The Britz (Song/Dance)
- May 2 – Hoffman Duo (Song/Dance)
- May 9 – Nighthawks (Song/Dance)
- *May 16 – Old Country Spice (Song/Dance)
- May 23 – Romantics (Song/Dance)
- May 30 – Donna Lee Randon (Song/Dance)

***May 16 is our Annual General Meeting (AGM).** After our lunch (around 12:30 p.m), there is a short but informative AGM which will then be followed by our Thursday afternoon entertainment (Old Country Spice). Come learn more about our wonderful organization!

If you weren't here for the April 11, 2019 **Easter Luncheon**, it was an afternoon of excellent food, friends and entertainment (our very own Southwest Seniors'

Choir). The Secret Easter Bunny provided door prizes, as well as Marce Eykelbosh's son-in-law, Mel Chauncey, who donated another (Southwest Seniors has another donated print in our office) Duck's Unlimited print of an owl. Courtesy of the Secret Easter Bunny, Peter Gray, Ian Leonard, Elsie Wallis, Maureen O'Connell and Connie Spooner all won free (future) lunches, and Audrey Barner won the Duck's Unlimited Print (entitled "Optical Surveillance" by artist, Denis Mayer Jr). Thank you, Secret Easter Bunny and Mel Chauncey for providing another element to an already amazing get-together!

Thank you, too, to the Choir for the wonderful musical presentation featuring music from most decades of the 1900's. Aside from beautiful singing, there were little skits, jokes, dancing, and various instruments accompanying the singing. What a sensational performance! The choir continues to present their program to various seniors' residences, hospital settings, etc. through to the beginning of May. Choir members – you make us very proud with how you represent Southwest Seniors!!

Board Meeting: Thursday, May 16, 2019 at 9:30 a.m.

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.

April 29, 2019: Tour of Rig Hand Distillery, Gruger Family Fungi and Lunch at Beans Restaurant in Nisku

Bus will depart Monday, April 29 from St. Agnes Church at 10 a.m.

Future bus trips are in the works. Stay tuned!

The following are **COURSE/PRESENTATION OFFERINGS AT SOUTHWEST SENIORS**. If you are interested in any of the following, please let Yvonne, in office, know. If there is enough interest, we may be able to host:

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. So far, we have a few people interested, so we are checking again to see if there are any others interested in this course offering.

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. Similar to the previous offering, we have a few people who have expressed an interest in Essentrics. Would you like to see Essentrics taught here?

Funeral Options: Nobody feels super comfortable talking about funeral planning, however, one of our members had the opportunity to attend a presentation on funeral options and said it was really valuable information that was provided. With many baby boomers facing end of life, many people are looking at non-traditional funerals. Traditional or non-traditional, Pine Box Funerals can discuss all of that and even death midwifery, green burial and home funerals. Please let Yvonne know if you are interested in having a representative from Pine Box Funerals come in and discuss funeral options.

Financial Presentations: A representative from IG Wealth Management, Brad Hurshowy, has offered to come in and give a presentation on any of the following topics. If you are interested, please let Yvonne know:

- 1) **Asset Allocation & Modern Portfolio Theory** - We show how a portfolio of multiple assets will maximize returns for a given level of risk.
- 2) **Estate Planning** - We can help show you how to safeguard, simply, and save time managing the wealth you've built. Learn how today with award winning solutions, from an industry leader with personalized advice.

- 3) **Exploring Your Options for a Better Quality Retirement** – Are you looking at your options during retirement, or at distribution time from a company retirement plan? Understand the impact of erosion through inflation & taxation, the proper steps in reviewing performance, and why investment plan design is critical
- 4) **Financial Blunders – Lessons to Learn:** Have you ever made a financial blunder? Wish you could take it back? We know people who have; and here are the lessons learned for you.
- 5) **Getting Fiscally Fit** - We help you ease the stress in life by providing a variety of financial strategies tailored to different needs.
- 6) **Getting Your Financial House in Order** – We'll help you evaluate your spending habits, protect your savings, and consider insurance.
- 7) **Investing Basics for Women** - Everyone thinks that finance is too complex, but I have some wonderful and exciting news: it's not! We help you grasp the investing basics.
- 8) **Investment Concerns in a Fragile Market** – We show you where the market is surging; and where the top experts warn there are risks.
- 9) **Strategies for more Sustainable Income in Retirement** – We'll show you how to plan for: a long retirement, inflation, market volatility, and how to withdraw the right amount from savings to help reduce the chances of running out of your money; and how your retirement income plan should include guaranteed income, growth potential, and flexibility.
- 10) **Tax Planning** – We show you that the purpose of tax planning is to ensure tax efficiency. And how through tax planning, all elements of your financial plan will work together in the most tax-efficient manner possible

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.)

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

DECLUTTER AND DOWNSIZE IN A HOLISTIC WAY

SouthWest Edmonton Seniors Association May 3 and 10, 9:30 - 11:30 a.m.

Location: Yellowbird East Community Centre (10710 19 Ave.)

\$25 member; \$30 non-member for both classes

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? Are you overwhelmed with what to do with your possessions? It is not too early to start preparing. The self-care tools presented in these sessions respect you and your special memories holistically so you can transition joyfully into an energy-giving and peaceful space. Registration is required by April 25. Call 587-987-3200.

FOOD PRICES AND CLIMATE WARMING

Strathcona Place 55+ Centre (10831 University Avenue) May 7, noon Free

Call 780-433-5807 to reserve your spot for this interesting presentation.

THE CHORALAIRES CONCERT

North Edmonton Seniors Association (7524 139 Avenue) May 11, 2 p.m.

Location: McClure United Church (13708 74 Street) \$10

The Choralaires present: The Roaring 20s. Call 780-496-6969 to inquire about tickets.

WELCOME LIAISON *University of Alberta Hospital*

Do you enjoy helping others? Like walking and standing?

Be a super hero and volunteer to greet and help others find their way. The University of Alberta Hospital is looking for Welcome Liaisons to join their team.

Applicants must be available for weekday shifts between 8 a.m. and 3 p.m.

Apply [online](#) and/or contact Yvonne at 780-407-6544, or by email at yvonne.scherban@ahs.ca for more information



Thank you to Karen Lemiski (Al and Mildred Lemiski's daughter) for providing a HUGE bag of Werthers for our members to enjoy!
