

SOUTHWEST SENIORS - MAY 2020

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WELCOME SPRING!!

Hello Members!

I know it has been a while since this website has had any updates!

With all that has been happening around us, we are going through some challenging times. Thankfully spring is here and we can get some much needed fresh air and sunshine! South West Seniors is closely following the guidelines from our Provincial health experts. We hope this social distancing will be over soon!

I look forward to seeing all of you and please stay safe and healthy!

CASINO NEWS:

Thanks to all the people that volunteered for our March 25/26, 2020 Casino. As you know, casinos were cancelled and our casino was not held. However, we will still receive a payment from the AGLC as if our casino was held. We would not have received this payment unless we completed all the necessary paperwork and had sufficient volunteers to run the casino. Thanks to the following people who were scheduled to work at the casino:

Sandy Anderson
Lil Bennett
Lois Bowes
Mary Brennan
Denis Chalifoux
Donna Dimmer
Marce Eykelbosh
Joanne Gramlich
Marjorie Hartt
Marie Hofer
Lil James

Carol Jaster
Jerry Jaster
Doug Leighton
Nola Leighton
Al Lemiski
Marnie Melanson
Lorraine Messier
Betty Morel
Michael Morel
Dallis Nowoselski
Iris Olekshy

Ollie Olekshy
Mike Pearson
Caroline Pei
Jan Reppert
Joan Richardson
Don Rost
Velma Rost
Don Schiewe
Sharon Schiewe
Everdina Stuparyk
Diane Zinyk

Thank you also to our additional volunteers who were not scheduled to work, but may have been available if we needed them:

Doris Bannister
Luann Bannister
Vicki Clark

Ruth Gellert
Ann Hartwig
Carl Kindred

Lorne Loftus
Yvonne Pearson
Janette Sorensen

Thank you all! The next casino will be in about two years.

Thank You Mike Pearson for being our Casino Coordinator!

Linda our Yoga Instructor was so kind to forward us some interesting information:

[Too much time alone taking a toll?](https://advancement.cmail20.com/t/d-l-mjuurjl-jllityjkyk-v/)

<https://advancement.cmail20.com/t/d-l-mjuurjl-jllityjkyk-v/>

[How to help seniors feel less isolated](https://advancement.cmail20.com/t/d-l-mjuurjl-jllityjkyk-p/)

<https://advancement.cmail20.com/t/d-l-mjuurjl-jllityjkyk-p/>

[Stay productive](https://advancement.cmail20.com/t/d-l-mjuurjl-jllityjkyk-a/)

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**Thank you!!
Stay Posted**