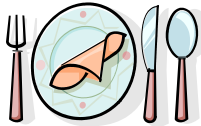


SOUTHWEST SENIORS NOVEMBER 2018 NEWSLETTER

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Renovation Update: If all goes well with the renovations at the church, we could be back in our “home” by December. We will try to keep everyone updated on this. Please note, however, during renovations, our programs are held in various buildings. Please check below, or contact us, to be certain you are going to the correct location.



THURSDAY LUNCHEONS with ENTERTAINMENT (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 11:45 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.

Lunch tickets are \$10/member and \$12/non-member.

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



- October 25 – Nashville Porches (Song/Dance)
- November 8 – Runaway Train (Song/Dance)
- November 15 – Sparkling Tones (Song/Dance)
- November 22 – Dwayne Harrish (Song/Dance)
- November 29 – Silver & Gold Trio (Song/Dance)

Our December 13 luncheon is our Christmas Luncheon. We will be having turkey with all the trimmings! Tickets are presold and will be on sale November 15. For

those of you who are new, we have advance ticket sales for our Thanksgiving, Christmas, Easter and Wind-up Barbeque which all have larger attendance.

Board Meeting: Our November Board meeting is scheduled for Thursday, November 1 at 9:30 a.m. This meeting will be held at Yvonne Pearson's home.

PROGRAM SCHEDULING: While St. Agnes Church is under renovation, the following courses/activities will be held in alternate locations. Please check to see where your activity of interest is located:

Creative Crafts, Tuesdays 9:30 a.m. – 11:30 a.m.: Come work on your craft (knitting, cross-stitch, crewel, crochet, card making, or whatever you desire) in the company of other crafters. No charge with membership.

During renovations, this activity is held in the Marshall Center, the small building to the west of Pleasantview Community League Hall at 10860 – 57 Ave. The #9 bus stops near the building but otherwise, there is plenty of parking.

Clogging for Fun (EZ Cloggers), Tuesdays 11 a.m. – 12 noon: Sandy Anderson will teach basic clogging steps with the help of the internet. There is no charge with a membership. During renovations, this program is run out of the Pleasantview Community League at 10860 – 57 Ave.

Choir, Tuesdays 1 – 3 p.m.: The choir rehearses on Tuesdays and shares their program in various hospital settings, senior centres and senior residences, etc... throughout the year. During renovations, this program is run out of the Pleasantview Community League at 10860 – 57 Ave. There is no charge with a membership.

Gentle Yoga, Wednesdays 10 a.m. – 11 a.m. at Lendrum Community League Hall at 11335 – 57 Ave. Drop in classes are \$6/class with \$10 membership.

Gentle Dance Moves, Wednesdays 11:15 a.m. – 12:15 p.m. at the Lendrum Community League Hall, 11335 – 57 Ave. Call 780-435-9515 if you are interested in joining this class. Drop in classes are \$6/class with membership.

Thursday Luncheons With Entertainment: Thursdays with the exception of the first Thursday of the month (while our “home” at St. Agnes Church is under renovations). These luncheons are held at the Pleasantview Community League (PCL) at 10860 – 57 Avenue (just off of 109 St.). Lunch/entertainment is \$10/person with a membership. Come join us for great food, great company and great entertainment!

If you take the bus, the #9 goes right by the building. PCL is a wheelchair accessible facility. There is a good sized parking lot and plenty of street parking as well.

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.

Bus rental and bus driver tips are covered by Southwest Seniors (thanks to Casino funds!) for the following trips:

Holden Dinner Theatre – November 18, 2018: The Cheremosh Ukranian Dance Company will wow us with their dance program! One of Holden’s amazing suppers will follow. Cost is \$35/person.

Depart Mount Pleasant School, 10541 – 60A Avenue, at 12:30 p.m. The return time to Edmonton is approximately 8 p.m.

Devon Dinner Theatre (East of 60) November 25, 2018: A delicious brunch followed by Ken Ludwig’s Comedy/Thriller “The Game’s Afoot” is what East of 60 offers. Cost is \$35/person.

Depart Mount Pleasant School, 10541 – 60A Avenue at 10 a.m. Return time to Edmonton is approximately 4 p.m.

VOLUNTEER OPPORTUNITIES AT SOUTHWEST SENIORS: We have various volunteer positions available with table setting, bus outings, decorating, ticket sales, etc... Even if you can be on a standby list, this helps us very much!!!

OTHER INFORMATION (Much of the following information is provided by Edmonton Seniors Coordinating Council and other senior organizations throughout the city.)

BUS NETWORK REDESIGN PUBLIC ENGAGEMENT

Don't miss your last chance to check out the proposed new bus routes coming in 2020. The City presented a new draft bus network this spring and asked for feedback. The transit planning team reviewed thousands of comments and made adjustments to many of the proposed routes to better meet people's needs. Some of the changes include:

- Adjusting routes so most people are within a 5-7 minute walk to a bus stop
- Adding community bus routes

This fall, Edmonton Transit Service will be gathering input from the public to advise on the final draft bus network that will be going to City Council in the new year. You can:

- Attend one of 13 workshops the City is hosting around the city from October 25 to December 7. Visit edmonton.ca/busnetworkworkshops to find a workshop in your area.
- Fill out an online survey from October 25 to December 9 to share your perspectives on the final draft network. Learn more at edmonton.ca/newbusroutes.

TIME TO TALK: FUTURE OF WASTE Session focusing on seniors: Changes are coming to the way you sort and manage your household waste. Stantec has been asked by the City of Edmonton to facilitate conversations regarding waste management and landfill diversion. They have organized a facilitated conversation to focus specifically on the voice of Edmonton seniors.

Join this in-person facilitated conversation to help shape these changes by providing your input.

November 5, 11 a.m. - 1 p.m.

Central Lions Recreation Centre (11113 113 Street)

RSVP to rhoda.ongcoy@stantec.com.

NOVEMBER is Seniors' Falls Prevention Month across Canada. The latest evidence on interventions to prevent falls is placing an emphasis on maintaining and improving strength and balance as the best intervention.

DRAMA CLUB

Mill Woods Seniors Association (2610 Hewes Way, 2nd Floor)

Mondays, 12:30-2:30 p.m. Drop-in fee of \$2 for MWSA members/\$4 non-members

MWSA Drama Club is looking for new members to share stories, create skits, express themselves through fun activities, and more! MWSA strives to provide a supportive environment where everyone is welcome, regardless of skill level, ability, or background. No performance background or drama club experience is necessary - just bring a fun attitude and open mind. Call 780-496-2997 for more information.

CAREGIVER SELF-CARE FAIR

Caregivers Alberta November 7, 5 - 8 p.m. Free

10310 56 Street Northwest, Fulton Place School

Enjoy an evening of respite and connect with fellow caregivers. Activities include:

- Beauty treatments
- DIY painted rocks
- Soup mix in a jar
- Refreshments and snacks
- Raffle prize of Gift of Flight voucher for 1 round trip flight for 2 guests to any regularly scheduled WestJet destination.

Register by November 6 on [Eventbrite](#) or call 780-453-5088.

PERSONAL DIRECTIVE AND ENDURING POWER OF ATTORNEY WORKSHOP

Edmonton Southside Primary Care Network (#100 3110 Calgary Trail)

Dates and times vary (see below) Free

Get help creating your own Personal Directive and Enduring Power of Attorney. It is important to identify a person(s) you trust to make financial, personal and health related decisions on your behalf should you lose the capacity to do so. This is more than just an information session; participants will leave this workshop with their own completed Personal Directive and Enduring Power of Attorney. The facilitator will assist in filling out the forms as needed and will answer any questions participants have about the documents or issues and situations related to the documents.

[Workshops](#) are held twice a month on weekdays for a duration of 2-2.5 hours.

Upcoming dates/times:

- November 15 - 5:45 p.m.
- November 27 - 1:30 p.m.
- December 11 - 5:45 p.m.
- December 13 - 1:30 p.m.

Call 780-395-2626 to register.



FROM ALL OF US AT SOUTHWEST SENIORS' OUTREACH SOCIETY, A
WARM THANK YOU TO:

TIM HORTONS @
361 ALLARD BLVD SW Edmonton

*for your kindness and generosity in providing 300 Timbits for our October 25, 2018
Halloween Luncheon. You helped make our day even more special!!!*

TIPS from fellow Southwest Seniors members:

Need a massage but can't afford the rates? – Try MH Vicars School of Massage
Therapy

\$35 for an assessment and treatment

Where: 2828 Calgary Trail

Ph: 780-491-0574

Email: info@mhvicarsschool.com

Webmail: www.mhvicarsschool.com

Have a tip you would like to share?