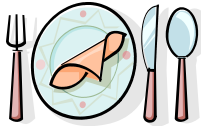


SOUTHWEST SENIORS OCTOBER 2018 NEWSLETTER

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Website: swseniors.com



Please note: 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 LUNCHESES 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:



September 27: Maritime Gospel Aires (Traditional gospel music with a Newfoundland flavour)

October 4 – There is no luncheon on this day

October 11 – Thanksgiving Luncheon: Dwayne Oko returns (Dance/Song)!



October 18 – Reaction Band (Song/Dance)

October 25 – Nashville Porches (Song/Dance)

Our October 11 luncheon is our Thanksgiving Luncheon. We will be having turkey with all the trimmings! Tickets are presold. 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 October Board meeting is scheduled for Thursday, October 4 at 9:30 a.m. Our November Board meeting is scheduled for Thursday, November 1 at 9:30 a.m.. These meetings 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. This is a fun activity and 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:

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

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:

Westlock Rotary Theatre October 14, 2018: The Show is HILDA’S Yard, a production written by Canadian Playwright, Norm Foster. Supper will be at the Szechuan Castle in Edmonton.

Depart Mount Pleasant School, 10541 – 60A Avenue, at 12 noon. Total cost for the show and supper is \$45/person. The return time to Mount Pleasant School is approximately 8 p.m.

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

McDougall Concert Association presents: Music Wednesdays at Noon, McDougall United Church, 10025 – 101 Street

Music Wednesdays Schedule

Time: 12:10 - 12:50 p.m. – Admission: Free... bring your friends and bag lunch. Coffee/Tea available.

October 3: Mikolaj Warszynski and Zuzana Simurdova, ZUMI Piano Duo

October 10: Mingmei Xu and Jim Findlay, Violin and Guitar

October 17: Suzanne Langor and Jeremy Spurgeon, Horn and Piano

October 24: Hiromi Takahashi and Leanne Regehr, Oboe and Piano

October 31: Laura Veeze and Three Strings, The YEG4, String Quartet

November 7: Daniel Davis and Julia Davis, Saxophone and Piano

November 14: Andrea Pinna and Michael Vecchio, Tenor and Piano

November 21: John Mahon, Josephine van Lier and Joachim Segger, Clarinet, Cello and Piano

November 28: Diana Nuttall and TBA, Cello and Piano

CAREGIVER PHONE SUPPORT GROUP

Caregivers Alberta and Seniors' Centre Without Walls, Third Monday of the month, 7 - 8 p.m. - Free

This phone support group is perfect for busy caregivers who find it difficult to get out of the house to attend education sessions or who have limited respite options. The [sessions](#) will provide information and tips along with supportive discussions.

- October 15: Transitions - Transitions can be stressful and full of uncertainty. Learns tips for managing and preparing for caregiving challenges/changes.
- November 19: Conflict - Explore techniques for managing conflict whether with your care recipient, family, friends or others.
- December 17: Merry Holidays? - For many caregivers the holidays are stressful. Create a plan for self-care and how to make time for you.

You will be provided with the phone-in details when you register. Contact Caregivers Alberta at 780-453-5088 or debbie@caregiversalberta.ca.

MURDER MYSTERY: MURDER UNDER THE BIG TOP

Westend Seniors Activity Centre (9629 176 Street) , October 20, 4:30-7 p.m. - \$10

There are no spectators in the big top; only participants! Each guest is involved in the investigation as their own character and will receive a detailed character description two weeks before the event along with some background information on the party. This will give you time to familiarise yourself with the theme.

Upon arrival, the host will read an introduction and explain how the afternoon is to proceed. You will spend the afternoon chatting with other guests in character until the unthinkable occurs - A MURDER! You will now need to find out more information from the other carnies and circus performers to try and find out who the murderer is.

This will be a fun-filled evening of mystery, food and great company. Tickets include your murder mystery package, circus-themed dinner and beverages. Call 780-483-1209 for more information.