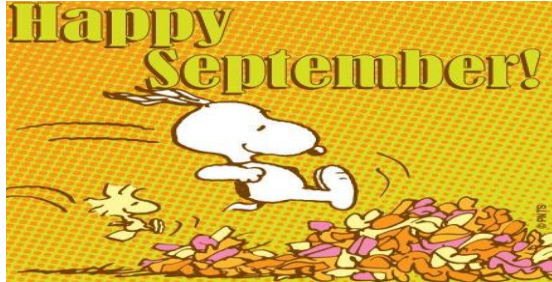


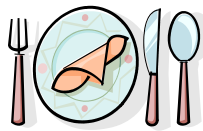
SOUTHWEST SENIORS SEPTEMBER 2018 NEWSLETTER

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WELCOME TO NEW AND RETURNING MEMBERS/GUESTS!

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). After our summer break, our return luncheon is Thursday, September 13.

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 13: Night Hawks (Song/Dance)

September 20: Dwayne Oko (Song/Dance)

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 (Entertainment to be announced)

Our October 11 luncheon will be our Thanksgiving Luncheon. Tickets will be 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 next Board meeting is scheduled for Thursday, October 4 at 9:30 a.m. This meeting will be held at Yvonne Pearson's home.

PROGRAM SCHEDULING COMMENCING SEPTEMBER (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. recommences September 11:

Come work on your craft (knitting, cross-stitch, crewel, crochet, card making, or whatever you desire) in the company of other crafters. Aside from crafting, this is a wonderful group of individuals who have even solved world issues over a cup of coffee! Come join the fun!

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. No charge with membership.

Clogging for Fun (EZ Cloggers), Tuesdays 11 a.m. – 12 noon recommences

September 11: 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. recommences September 11: Have you heard the great news? Rhonda McEachan is returning as our Choir Director and Stephanie Sartore will be back accompanying the choir on the piano! 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.

**PLEASE NOTE LOCATION CHANGES ON THE FOLLOWING TWO
(Gentle Yoga and Gentle Dance Moves) CLASSES:**

Gentle Yoga, Wednesdays 10 a.m. – 11 a.m. recommences September 12 at a new location – **Lendrum Community League Hall at 11335 – 57 Ave.** Linda Vaudan will return as our instructor. Drop in classes are \$6/class with \$10 membership which lasts from September – June.

Gentle Dance Moves, a new class with a new instructor (Natalia Bandola), will start **Wednesday, September 12 from 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 will recommence September 13:

We will continue to have our Thursday luncheons with entertainment, (starting September 13) 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.). 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 pretty good sized parking lot and plenty of street parking as well.

A special thank you goes out to the Community Leagues (Pleasantview, Allendale and Lendrum) for accommodating us during the renovations at our “home” in the basement of St. Agnes Church!

Bus Trips:

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

Westlock Rotary Theatre October 14, 2018. The Show is HILDA’S Yard. It is a production written by Canadian Playwright, Norm Foster.

Depart Mount Pleasant School, 10541 – 60A Avenue, at 12 noon. Following the production, we will be having supper at one of two locations. This will be confirmed at a later date, but the total cost for the show and supper is approximately \$40 - \$45. (At the time of writing this newsletter, we were uncertain about the supper location/cost.) The return time to Edmonton is approximately 8 p.m.

OTHER INFORMATION

VOLUNTEERS NEEDED! Juvenile Diabetes Research Foundation (JDRF) is seeking volunteers, no experience necessary. JDRF is a charitable organization that's mission is to **Cure, Treat & Prevent** Type 1 Diabetes. Events include: Bingo, Casino, Ride, Gala & Much More! Ph: 780-721-0543 for more information and/or to sign up as a volunteer.

MAJOR OPEN HOUSE – AUGUST 26 – HERITAGE GRAND WEST

On behalf of the 8 members of Southwest Seniors who are owners in Heritage Grand West, we wish to bring to your attention and to request your support for the upcoming Heritage Grand West Open House. Unfortunately because of advancing age, a number of our long term owners have had to move to accommodations where more services are offered. There are, thus, about 6 units up for sale and will be available for viewing at the Open House on **Sunday, August 26** from 1 - 5 p.m.

Heritage Grand West is located at **10915 – 21 Ave. NW**. It's a 4 storey adult (40+) building with 56 units. Each unit has 2 bedrooms and 2 bathrooms. Most units are 1200 square feet in size; there is one for sale which is 1400 square feet. Recent changes include new roofing, new flooring and a repainting of all the common areas. If you or anyone you know is interested in a condo, this is an invite to our Open House. Coffee will be on and you will have a chance to meet some Board members and other owners to answer any questions you may have.

If you miss the Open House, please feel free to check out the units via a realtor. This is a wonderful place to call home!

One of our members will be moving to an apartment building. This individual has a bungalow style condo with attached single car garage. The condo is about 1100 square feet plus a full basement. The condo will be up for rent at a reasonable rental rate.

In moving to the apartment, this same individual is unable to bring her very social, loveable cat with her. If you, or someone you know, would like a cat, please contact Yvonne Pearson, in office, who will put you in touch with this person.



**Saturday
September 22, 2018**

9:00 am - 2:30 pm

**Central Lions Seniors
Recreation Centre**

**11113 113 Street
Edmonton, AB**

FREE REGISTRATION

- phone 780.809.8604
- email eweisbrot@mysage.ca
- Limited seating available

FREE LUNCH
and refreshments

FREE PARKING
available on site

**FREE HEARING HEALTH
CHECKS**

Event Schedule

9:00 am	Doors Open Visit gym exhibitors until 1:30 pm
10:00 am - 11:15 am <i>Session options to attend</i>	<p>A: Home & Independent Living: Health and Home Seniors housing options; health supports in your home.</p> <p>B: Financial Literacy and Housing Planning finances to support housing choices; income supports and other financial benefits.</p> <p>C: Dementia Resources & services' specialized housing options.</p>
11:30 am - 12:30 pm <i>Session options to attend</i>	<p>D: Supportive & Facility Living: Health and Home Supportive living, facility living, designated supportive living, health supports in these settings.</p> <p>E: Landlord & Tenant and Condo Rights Key issues and legislation.</p> <p>F: Caregiver Support and Family Dynamics Managing family dynamics, caregiver supports during home transition.</p>
12:30pm - 1:30 pm	Visit exhibitor booths in gym Lunch Break - free lunch, coffee and tea
1:30 pm - 2:30 pm <i>Session options to attend</i>	<p>G: Community Resources City-wide seniors' services and resources to help you age in place.</p> <p>H: Aging in Place and Home Modifications Available supports to age in place or modify homes for independent living.</p> <p>I: Alternative Housing Options LifeLease; Reverse mortgages; Homesharing; Lodges.</p>
2:30 pm	Wrap-up and Door prizes

MAJOR SPONSORS INCLUDE:



www.mysage.ca/events/seniors-housing-forum

Newsletter printed only once per month