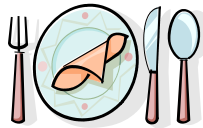


SOUTHWEST SENIORS – SEPTEMBER 2019

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



SEPTEMBER LEAVES FALL... _____



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:



September 12 – Randy Glen
September 19 – Dwayne Cannon
September 26 - Rebound

Tickets are pre-sold for Thanksgiving, Christmas, Easter and our Barbeque Wind-Up luncheons. Our **Thanksgiving luncheon is October 10** and tickets will be on sale starting September 19 at a cost of \$15/member or \$17/non-member.

Board Meeting: Thursday, September 19, 2019 at 9:30 a.m.

COURSES/ACTIVITIES:

Tuesdays, starting September 3: Creative Crafts: 9:30 - 11:30 a.m. (No cost with \$10 membership)

Tuesdays, starting September 3: EZ Cloggers (Clogging for Fun): 11 a.m.-12 noon (No cost with \$10 membership)

Tuesdays, starting September 3: Choir: 1-3 p.m. (\$10 membership + \$25/person)

Wednesdays, starting September 4: Gentle Yoga: 10-11 a.m. (\$48/8 classes in succession or \$8/person drop-in class with membership, \$10/drop-in class without membership)

Wednesdays, starting September 4: Essentrics: 11:15 a.m. – 12:15 p.m. (Same cost as Gentle Yoga). What is Essentrics? It is an exercise technique that features a full body workout with dynamic strengthening and stretching exercises. It includes movements from Ballet, Pilates, Tai Chi, and Yoga that are designed to lengthen and stretch your muscles, relieve the pressure on your joints and nourish your bones.

Thursdays, starting September 12: Luncheon with Entertainment: Come as early as 10:30 am. for coffee. Lunch starts at 12 noon. (\$10/member for regular luncheon, \$15/member for special luncheons which include Thanksgiving, Christmas and Easter; \$12/non-member for regular luncheon and \$17/non-member for special luncheons)

Fee and Other Changes with Programming:

There are fee changes to be noted commencing September for Choir, Gentle Yoga and our new class, Essentrics. For Choir, there is now a \$25/person fee in addition to membership. For Yoga and Essentrics, drop in with Membership will now be \$8, drop in without Membership will be \$10. Eight classes in succession will now be \$48.

Course Offerings:

Health Canada's Environmental Health program is doing public outreach. They are seeing if there is any interest in them hosting a **FREE Chemical Awareness and Learning Module (CALM) workshop(s)**. This workshop covers topics such as how chemicals in the environment affect health, safety with household chemicals, radon testing, indoor air quality, gardening tips, safe

food handling, drinking water, extreme heat and safety with consumer products. They will also have resources to show and hand out. If any of you are interested, we could hopefully arrange for Health Canada to come in and do a talk or talks on a Wednesday afternoon(s). Please let Yvonne, in office, know if you are interested.

Funeral Planning and Executors' Responsibilities: A Family Service

Counsellor has offered to connect with Southwest Seniors for a time of information sharing on Funeral Planning and Executors responsibilities. This is a free, no pressure, presentation and seminar. "We feel that it is in the public interest to have healthy conversations in preparing for the inevitable and are committed to reducing the stress surrounding the loss of a loved one through shared resources and information." If interested in having them come in here to do a presentation, please let Yvonne, in office, know.

Congratulations to Jerry Shaw on being appointed to the Edmonton Seniors

Coordinating Council (ESCC) Board! Now that Jerry is on the Board, he can act as a bridge between our two organizations. Are there any senior issues that you would like Jerry to bring to the attention of the ESCC?

Bus Trips:

Please ensure you are at the departure location at least 15 minutes prior to departure time.

For the following trips, bus fees, including bus rent and bus driver tip are covered by Southwest Seniors. Casino funds from casino events held every couple of years enable this.

Joan Richardson has been very busy planning different trips. She wanted to apologize for not being able to put together a trip to the Century Mile casino/horse race track (*I say, no need to apologize, Joan!*). Hopefully next year! In the meanwhile, if there is enough interest, we will be going to:

Purchase your tickets now for:

Friday, September 27, 2019: Fort Saskatchewan Museum and Historic Site which includes the RCMP museum and historical village. Tour is approximately one hour per side (2 hours total). This tour requires walking and some areas require negotiating stairs. The RCMP Museum displays artifacts from the early days of the Northwest Mounted Police to present day Mountie exhibits. The village features period homes, shops, churches, etc. Cost for tour and lunch (Ft. Saskatchewan Sandwich Factory) is \$17/person. Departure from St. Agnes Church at 9:15 a.m.

Sunday, October 20, 2019: Rotary Club Dinner Theatre in Westlock. Production is "Having Hope at Home", a comedy about a home birth fiasco. "Good intentions dissolve as modern medicine meets midwifery in a family feud." Total cost/person is \$50 which includes show and dinner on our return to Edmonton at the Szechuan Castle. Bus departs at 12 noon. Departure location still to be announced.

Purchase your tickets at future date for:

Sunday, November 24, 2019 - East of Sixty Dinner Theatre, Devon Community Centre - Comedy "Don't Dress for Dinner." Ticket prices and departure time/location to be announced.

Sunday, December 1, 2019: Beaver Regional Arts Society, Paragon Theatre, Holden - Musical "Opry Gold" a history of country music. Cost \$36 per person. Departure time/location forthcoming.

Either Wednesday, March 25 or April 1, 2020: Cow Patti show in Lacombe. "American widow Iris Oulette and her good friend Natalie travel up to the coastal village of Lunenburg, Nova Scotia to a house she's inherited from her recently deceased husband. The only problem is that Iris didn't know anything about her Canadian abode! As next-door neighbor handy man Charlie brings the gals up to speed, be prepared to laugh and gasp at the twists and turns in this newest Maritime comedy by Norm Foster. A fall down funny, romantic adventure that will envelope you in its warmth." Cost is \$55/person (includes brunch and show).

CASINO dates have been assigned. Al Lemiski, who has been Casino Coordinator for the past MANY years has stepped down from this position but will still be assisting/bestowing valuable experience/wisdom to our new Casino Coordinator, Mike Pearson. Mike will be looking for volunteers in a number of different positions including: General Managers, Bankers, Cashiers, Chip Runners, Count Room Supervisors and Count Room Volunteers. If you can

volunteer for our casino event, at Argyll Casino, please keep March 25 and 26, 2020 open and let Mike Pearson, or Yvonne, in office, know.

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 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.

Drive Happiness invites you to a free screening of the CBC Documentary #Breaking Loneliness by Edmonton filmmaker Brandy Yanchyk. "Real stories of people in Edmonton and Calgary who are finding ways to escape loneliness and social isolation by creating communities." Date: Saturday, October 5 from 6-8 p.m. Location: Westend Seniors Activity Centre, 9629 – 176 St. There is limited space so please call **Drive Happiness** office at **780-424-5438 to reserve your spot.**

ANNE FRANK – A HISTORY FOR TODAY: A travelling exhibition from the Anne Frank House in Amsterdam: "This French-English (bilingual) exhibition tells the story of Anne Frank in parallel with the general history of the Holocaust and Canadian soldiers' experiences during the Second World War. Connections are also made to today's issues... The panels are composed by quote of Anne Frank's Diary and archive pictures." **Tickets are \$2/person.** All proceeds will be donated to the Jewish Federation of Edmonton and Catholic Social Services. **When:** Saturdays (Oct 5 & 12), 10 a.m. – 2 p.m.; Wednesdays (Oct. 2, 9 & 16), 3:30 p.m. – 7 p.m.; Thanksgiving Monday (Oct. 14), 10 a.m. – 2 p.m. **Where:** Louis St. Laurent School, 11230 – 43 Ave. Edmonton

Do you have High Blood Pressure? The BedMed Study, led by Canadian Family Physicians, is investigating evidence that suggests the time of day you take your blood pressure pills could affect your health outcomes. Participants may be asked to switch one or more of their current blood pressure medication(s) to either morning or bedtime. The study team conducts interview by phone, with online interviews also available. **To learn more:** Phone toll free: 1-

844-492-7570 (M-F, 7 a.m. – 5 p.m. MST). Email: BedMed@ualberta.ca. Visit website: <https://bedmedstudy.ca>

Geriactors Presents FEST – the Festival of Edmonton Seniors Theatre. Featuring afternoon workshops in Shakespeare and Improv for all skills and abilities, and evening performances in theatre, music, poetry and more, FEST celebrates the creativity and artistry of older adults.

When: Saturday, October 5; **Where:** Sugar Swing Ballroom, 10019 80 Ave. **Registration** for workshops and tickets for performances on sale September 3, www.fest2019.eventbrite.com or contact 780-248-1556.



Thank you to Al Lemiski for his MANY years of volunteering as Casino Coordinator!

Thank you to Jan Reppert for donating doll forms to the Creative Crafters!

Thank you to all of you who worked so hard in making our Barbeque Wind-Up such a resounding success!

Thank you to Sharon Schiewe for donating a couple of prizes for our Father's Day luncheon and Barbeque Wind-Up! !

Thank you to Madonna Lussier for reaching out to Katie Joose, Community Development Social Worker, from the City of Edmonton, who donated a prize for the Barbeque Wind-Up. Thanks, too, to the City of Edmonton for this prize!

Thank you to Lil Bennett, Joanne Gramlich, Everdina Stuparyk, Barb Wilson and Rhonda McEachen for coming in at the end of August to organize the Choir binders!

In Southwest Seniors' April 2019 newsletter, we provided information on the Floor Shuffleboard Club at Ottewell Curling Club. Some of our members joined and as one individual said, "are really enjoying the sport. It is a fun game and a wonderful chance to meet people. They generously offer lessons and strategy points and make you feel most welcome." A "Big Shout Out" to Charlie Loiselle and the Greater Edmonton Shuffleboard Association!

Thank you to my good friend, Sandy McKenna, (an old neighbour from Yvonne's Fairview days) who came for a visit and provided door prize items for future luncheons!
