

Coming Up This Week:

When	Program	Time	Location	Cost
May 6	All Aces Tours	9:30 am – 11:30 am	YECC	\$2.00
May 6	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
May 6	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
May 6	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 6	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 7	Floor Shuffleboard	9:30 am – 11 am	Off-site	Free
May 7	Current Denture Options	9:30 am – 11:30 am	YECC	\$2.00
May 7	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
May 7	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 7	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
May 8	Floor Shuffleboard	9:30 am – 11 am	Off-site	Free
May 8	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
May 8	ESSETRICS Golf	12:30 pm – 1:30 pm	YECC	\$48.00
May 8	ESSETRICS/Cardio	12:30 pm – 1:30 pm	eOne	\$10.00
May 8	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 8	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 9	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
May 9	Floor Shuffleboard	9:30 am – 11 am	Off-site	Free
May 9	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 9	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
May 9	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
May 9	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
May 9	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
May 9	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 10	Euchre	9:30 am – 11:30 am	YECC	\$2.00
May 10	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 10	Non-Traditional Food Bank	10 am – 11:30 am	YECC	\$2.00
May 10	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 11	Live Active Health Expo	10 am – 3 pm	Off-site	Free

Please Note:



May Luncheon Menu and Theme

It's the Queen's 200th birthday bash! Make an exhibition of yourself!

The lunch poster can be found [here](#) for the full menu featuring roast beef.

The [GeriActors](#) will be presenting their short play "Love Me Tinder."

Registration and payment due May 24 but this event will sell out prior to then.



Stay Connected:



Live Active Health Expo

Did you see our team on Global News last weekend? If you missed it, click [here](#). They were spreading the word about our exciting event.

Saturday, May 11 from 10:00 am – 3:00 pm at [Lillian Osborne School](#)

The doors open at 10:00 am.:

- 10:30 am – Tai Chi demonstration
- 11:00 am – Opening address and Dr. Streat: “Joy is the Key to Live Active”
- 1:00 pm – ESSETRICS demonstration with Lori Griffith
- 2:00 pm – Twin Brooks Qipao and Square Dance Band demonstration

You can come at any time to browse, socialize and meet the many exhibitors.

This is a free event and open to everyone. Please invite your family and friends. More information can be found [here](#).

SWESA Volunteer Appreciation Tea

Again, on behalf of all of us at SWESA, whether you attended the tea or not, THANK YOU for your time and energy. It is your dedication and passion that keep SWESA moving forward! We also wish to thank the choir from Monsignor Fee Otterson School for their performance.

This Week’s Toonie Talks (in program listings)

All Aces Tours is coming to share more information about their upcoming itineraries to Manitou Springs in Waterous, Saskatchewan in addition to some other coach travel trips planned for 2019-2020.

Current Denture Options will cover all you need to know as you consider dentures or upgrading your existing dentures.

Not Your Local Foodbank brings us Dr. Mayan and her story of a local food rescue and how it blossomed into a network to address food waste in Edmonton.

Seniors United Now

SUN invites you to attend their meeting with guest speaker Opel Vuzi.

Opel is a regional air quality and health specialist with Health Canada. He will discuss how pollutants affect our health and ways to reduce exposure.

When: Friday, May 10 from 1:00 pm – 2:30 pm

Location: Whitemud Library (4211 - 106 Street)

Cost: Free