

# SouthWest Edwarton - A Great Place to Be 55+

# **Coming Up This Week:**

When	Program	Time	Location	Cost
June 3	Advance Care Planning	9:30 am – 11:30 am	YECC	\$2.00
June 3	Gentle Yoga	9:45 am – 11:00 am	YECC	\$10.00
June 3	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 3	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 3	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 4	Blue Quill Pancake Breakfast	9 am – 11 am	Off-site	FREE
June 4	Coffee and Chat	10:30 am - 12 pm	YECC	Donation
June 4	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
June 4	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 4	ESSENTRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
June 5	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
June 5	Seniors' Tour and Tea	9:30 am – 2:30 pm	Off-site	FREE
June 5	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 5	ESSENTRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
June 5	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 6	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
June 6	Cribbage	9:30 am - 11:30 am	YECC	\$2.00
June 6	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
June 6	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
June 6	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
June 6	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 7	Euchre	9:30 am – 11:30 am	YECC	\$2.00
June 7	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 7	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 7	ESSENTRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

### **Please Note:**





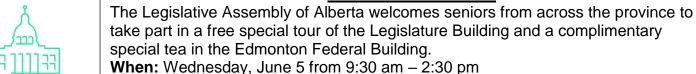
When: Tuesday, June 4 from 9:00 am - 11:00 am **Location:** Blue Quill Community Centre (11304 - 25 Avenue)

and **SWESA** invite you to join us for a free breakfast. Sausages, pancakes, juice and coffee will be provided.

# Seniors' Tour and Tea

Blue Quill Pancake Breakfast

In celebration of Seniors' Week, your friends from the Southwest community leagues



**Location:** Federal Building (9820 - 107 Street)

Click here for a full list of Seniors Week Events from the ESCC.



June 3 - 7, 2019





Tammy Damberger, a nurse practitioner, will walk us through the Green Sleeve, a plastic pocket that holds your advance care planning forms. Think of it like a medical passport: It holds important legal forms that go with you through the healthcare system. In an emergency, Alberta Health Services medical providers can access your Green Sleeve and know your healthcare wishes.

When: Monday, June 3 from 9:30 am – 11:30 am Location: Yellowbird East Community Centre

Please email us here to let us know that you are coming.



# Plastics: Blessing or Curse? - CANCELLED

When: Thursday, June 13 from 10:00 am – 12:00 pm We are saddened by the loss of Dr. Margaret-Ann Armour who passed away on May 25. Although well into her seventies and largely occupied with her many roles at the university, public speaking and community outreach, Dr. Armour had visited SWESA to share her knowledge and support our members in lifelong learning. You can learn more about her legacy here.



## Bus Trip: Gruger Family Fungi and Rig Hand Craft Distillery

The first stop is family-run Beans Restaurant where diners will have a choice of homemade soups and sandwich offerings. This little hole in the wall has been running for 25 years, and the simple menu keeps their regular customers coming back.



Gruger Family Fungi is home to a locally grown hemp-based vertical mushroom farm. Ethically cultivated with recycled material and handpicked for peak nutrition, Gruger Family Fungi sells their harvests as culinary delights and for medicinal effects. Mushrooms will be available for purchase. Not a mushroom lover? The

Rig Hand Craft Distillery is in the unique position of being the first craft distillery in the greater Edmonton area. The family business makes vodka, rum, whisky, gin, moonshine, and coffee cream liquor that is locally sourced, produced, and distributed. We will tour the facility, sample some products and finish with a complimentary cocktail.



# **When:** Friday, June 14 from 10:30 am – 3:30 pm **Location:** Yellowbird East Community Centre

rainbow of colors and variety of shapes will not disappoint.

Cost: Member \$45; Non-member \$60 Cost includes bus, lunch and tours

Registration is required by June 5.



### **Taste of Edmonton Volunteers Needed July 22 - 28**

It is that time of year again! SWESA will be compensated \$13.00/h for each of the positions that we fill with volunteers. All volunteers will receive a t-shirt, meals and refreshments in the volunteer tent, and complimentary vouchers. If you are free but the shifts are filled, please email Anne <a href="here">here</a> to let her know that you could be a backup if we get cancellations. Details about a training session at YECC will be announced within the next few weeks.

Sign up for your shift <u>here</u>. You do not need to create an account or password!