

# Seniors

# News for 55+

## News from SouthWest Edmonton Seniors

By Carol Vaage

Marty Chan, a well-known Edmonton author, stated that it's not the years; it's the mileage. He was referring to his own journey of growing older and is a premise that is very relatable to those of us who are 55 or over. Mileage usually refers to vehicles, but in the same way, our bodies can keep running strong with good maintenance.

SWESA sponsored a Live Active Health Exposition on May 11th, which hosted many health and fitness displays and speakers. Thank you to those who volunteered their time and energy to sponsor such a great event in our neighbourhood!

**See photos and Thank You to Our Sponsors below.**



Seniors' Week, the first week of June, is always a time to celebrate and lucky for us, there are so many functions that we could participate in! By joining in, we are keeping ourselves engaged, and socially active, which helps us maintain health. Now that the weather is being more cooperative, we look

forward to getting outside in our gardens, for walks, enjoying time outdoors. When we think about 'our mileage' it will be important to think about how summer may challenge us physically. Dehydration and heat-stroke are more common with older adults so drinking water or electrolyte enhanced sports drinks are important. Caffeine and alcohol may increase dehydration. Light coloured clothing and hats keep us cooler. Some of our medications may affect our sensitivity to sunlight or heat. Early mornings and cooler evenings are the best times for us to fit in our exercise, avoiding the hottest time of the day. If we are outdoors during the day, let's bring our

water bottles and make sure to take breaks! Of course, many events take place in cooler locations that have air conditioning. SWESA is offering a new set of courses and classes from May through August, as well as fun social events. Please check our website for our latest program guide. We do have some great things happening this summer. Our motto is to be very welcoming to all who join us! We hope to see you soon! <http://swedmontonseniors.ca/>



## Thank You To Our Sponsors



SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Their goal is to provide social, cultural, and recreational programs and services that enhance your enjoyment of life.

[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

**SWESA Seniors' Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue**  
**SWESA Seniors' Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road**  
**Telephone: 587-987-3200**  
**[swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)**