

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 | ESSETRICS 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 | ESSETRICS/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 | ESSETRICS for Seniors | 1 pm – 1:45 pm | YECC | \$10.00 |

Please Note:



Blue Quill Pancake Breakfast

In celebration of Seniors' Week, your friends from the Southwest community leagues and [SWESA](#) invite you to join us for a free breakfast.

Sausages, pancakes, juice and coffee will be provided.

When: Tuesday, June 4 from 9:00 am – 11:00 am

Location: Blue Quill Community Centre (11304 - 25 Avenue)

Seniors' Tour and Tea

The Legislative Assembly of Alberta welcomes seniors from across the province to take part in a free special tour of the Legislature Building and a complimentary special tea in the Edmonton Federal Building.

When: Wednesday, June 5 from 9:30 am – 2:30 pm

Location: Federal Building (9820 - 107 Street)





Advance Care Planning

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 rainbow of colors and variety of shapes will not disappoint.

[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.



Volunteers:

When: Friday, June 14 from 10:30 am – 3:30 pm

Location: Yellowbird East Community Centre

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 [here](#) 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 [here](#). You do not need to create an account or password!