

Coming Up This Week:

When	Program	Time	Location	Cost
May 20	CLOSED FOR VICTORIA DAY		ALL	
May 21	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
May 21	Watercolours for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
May 21	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
May 21	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
May 22	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
May 22	ESSETRICS Golf	12:30 pm – 1:30 pm	YECC	\$48.00
May 22	ESSETRICS/Cardio	12:30 pm – 1:30 pm	eOne	\$10.00
May 22	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
May 22	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
May 23	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
May 23	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
May 23	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
May 23	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
May 23	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
May 23	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
May 23	Pickleball	1 pm – 3 pm	YMCA	\$3.00
May 24	Euchre	9:30 am – 11:30 am	YECC	\$2.00
May 24	Art Group	9:30 am – 12 pm	YECC	\$2.00
May 24	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
May 24	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



May Luncheon Menu and Theme

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

The lunch poster, showing the full menu and featuring roast beef and gluten-free gravy, can be found [here](#). The [GeriActors](#) will be presenting their short play entitled "Love Me Tinder."

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



Advance Care Planning – June 3	Letters to Normand – June 19
Blue Quill Pancake Breakfast – June 4	SW Farmers Market – June 19
Seniors Tour and Tea – June 5	Councillor Knack – June 21
Book Club – June 10	Migraines/Headaches – June 24
Tax-Free Savings Accounts – June 11	EPL Tech Help – June 25
Plastics: Blessing or Curse – June 13	Bus Trip: River Cree – June 25
Bus Trip: Nisku Businesses – June 14	SWESA Luncheon – June 26
Vertigo – June 18	Shakespeare in the Park – June 27



We would like to thank all the volunteers for their hard work in putting together the first ever Live Active Expo! The event went very well, and we hope to offer it again. The funds raised will be used to support future fundraising events and SWESA programs.

We would also like to thank all the vendors and sponsors for their continued support.



You may have met Arif Virji and Wasif Kamal at last month's Toonie Talk. Rising to the challenge, Wasif has delivered timely information sessions to our members over the past year. A link to the most recent information on topical compounds can be found [here](#).

To get to know Wasif better, attend one of his presentations at SWESA or read about how he got his start [here](#).



Stay Connected:



Fall 2019 SWESA Programs

Is there a trip that you would like to take?
 An exercise class that you think your peers would enjoy or benefit from?
 Is there a topic that you would like to learn more about or start a discussion around? SWESA programs are tailored for SWESA members so do not hesitate to let us know what you would like to see offered at your centre!
 Contact the program coordinator at 587-987-3200 or email her [here](#).

Late Blooming

Come hear how the final third of your life can be the best third! The presentation will include some of the following topics: youth is a gift of nature, ageing is a work of art, recovering the spirit of youth, and the science of "hope." Coffee and cookies will be available. Call 780-433-5807 to reserve your spot.

When: Wednesday, May 29 from 12:15 pm – 1:45 pm

Location: Strathcona Place 55+ Centre (10831 University Avenue)

Twin Brooks Seniors Innovation Fund Group Annual Declutter Sale

The Twin Brooks SIF group offers community programs to area residents. Help support their efforts by donating your gently used housewares, books, toys, sporting equipment, and personal accessories. Any unsold items will be given to Inclusion Alberta. To donate, contact Ida at 780-989-5431.

When: Sunday, June 9 from 11:00 am – 5:00 pm

Location: Twin Brooks Community League (11341 - 12 Avenue)

