

Coming Up This Week:

When	Program	Time	Location	Cost
June 10	Book Club: Glass Castle	9:30 am – 11:30 am	YECC	\$5.00/s
June 10	Gentle Yoga	9:45 am – 11:00 am	YECC	\$10.00
June 10	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 10	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 10	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 11	Tax-Free Savings Accounts	9:30 am – 11:30 am	YECC	\$2.00
June 11	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
June 11	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
June 11	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 11	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
June 12	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
June 12	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 12	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
June 12	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 13	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
June 13	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 13	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
June 13	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
June 13	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
June 13	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 14	Euchre	9:30 am – 11:30 am	YECC	\$2.00
June 14	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 14	Nisku Businesses Trip	10:30 am – 3:30 pm	YECC	\$45.00
June 14	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 14	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



We would like to acknowledge all the volunteers and those who contributed to the annual Seniors' Pancake Breakfast at Blue Quill this week. The food, the resources and the company were crowd-pleasers. It was a job well done. Thank you!

In other social gatherings with food, the June lunch details have been announced. We will celebrate Canada Day with a spread from [Happyness Catering](#). Wear something red or white and stay for a performance by singer/songwriter Lindsey Nagy. View the poster [here](#).

If you enjoyed the GeriActors short play “Love Me Tinder” at our May luncheon, you can join in on the fun. SWESA will be hosting a GeriActors storytelling, acting and improv workshop this fall.

Stay tuned for our fall guide to learn more!



Stay Connected:



Volunteers:



Advance Care Planning

Click on any one of the links below to view the videos that Tammy mentioned at the Advance Care Planning session. We hope to welcome her back this fall.

- [Advanced Care Planning](#)
- [Personal Directives](#)
- [Green Sleeve](#)
- [The Benefits of Having ACP](#)
- [How to Get a Green Sleeve](#)

Seniors United Now: Human Rights and Seniors in Alberta

You are invited to the monthly meeting with guest speaker Sushila Samy, a certified human resource professional from the Human Rights Institute of Alberta.

When: Friday, June 14

Registration is at 1:00 pm with the presentation at 1:30 pm

Location: Whitemud Crossing Public Library (4211 - 106 Street)

Cost: Human Rights Institute of Alberta

Taste of Edmonton Volunteers Needed July 22 - 28

It's 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, break refreshments and meals 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!

Data Entry Volunteers

We are looking for volunteers at our Yellowbird office who have basic Excel knowledge and a knack for attention to detail. Hours are flexible depending on your availability. Training is provided.

Please email Jennifer at programs@swedmontonseniors.ca.

Grant Writers

Do you have experience in grant writing? Are you a writer who can convey your passion for seniors' issues and community development in a clear and concise manner? SWESA is looking for process-orientated volunteers who would like to support our organization in securing more funding for projects and programs.

If you are interested in learning more, contact Judy at bnp@teluplanet.net.