

Coming Up This Week:

When	Program	Time	Location	Cost
June 17	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
June 17	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 17	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 17	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 18	Vertigo	9:30 am – 11:30 am	YECC	\$2.00
June 18	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
June 18	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
June 18	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 18	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
June 19	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
June 19	Letters to Normand	9:30 am – 11:30 am	YECC	\$2.00
June 19	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 19	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
June 19	SWESA Special Meeting	1 pm – 3 pm	YECC	Free
June 19	Coffee and Chat	CLOSED	TCRC	Donation
June 19	SWESA at the Farmers' Market	4 pm – 7:30 pm	TCRC	Free
June 20	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
June 20	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 20	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
June 20	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
June 20	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
June 20	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 21	Euchre	9:30 am – 11:30 am	YECC	\$2.00
June 21	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 21	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 21	ESSETRICS for Seniors	Suspended-Back June 28	YECC	\$10.00
June 21	Councillor Knack	1:30 pm – 3 pm	YECC	Free

Please Note:



June 17 - 21, 2019

The Winter's Tale – Freewill Shakespeare Festival

This popular festival in the heart of Edmonton's River Valley is not to be missed. Bug spray, a warm shawl a few extra dollars for munchies will get you comfy in your seat for this evening outing. Outside snacks permitted too! Registration is due June 20. You must arrive no later than 7:15 pm sharp!

When: Thursday, June 27 from 8:00 pm – 10:30 pm

Location: William Hawrelak Park (9930 Groat Road)

Cost: \$30

One Week Left to Register for Lunch

Lunch registration and payment are due by noon on Friday, June 21.

This month's lunch poster can be found [here](#).



SWESA Special Meeting

The executive of SWESA is calling a special general meeting on June 19 from 1:00 pm – 3:00 pm at the Yellowbird East Community Centre to consider a special resolution to amend our objects and bylaw 9 which need to be amended for our charitable status application to be successful. Copies of the special resolution and the current objects can be found by clicking on the below.

[Special Resolution](#)

[Objects](#)

Please plan to attend to help SWESA take this important step toward achieving charitable status.

Vertigo

When you talk about vertigo, you tend to think of an inner ear disturbance. But it can be many things in the older adult, from loss of function from a viral infection to dislodged crystals in the ear. Vertigo can be dangerous when it leads to loss of balance. Tyler Gambin, a physical therapist and co-owner of Active Physio Works, returns to discuss his techniques for treating vertigo.

When: Tuesday, June 18 from 9:30 am – 11:30 am

Letters to Normand

My Sundays with Normand is a book of 77 poems written by Adele Fontaine to honor the difficult process of grieving for her husband. Originally, she was only writing for herself though she did share them with their children. They, in turn, encouraged her further. A few people said, “Adele, this needs to be put into a book.” “I really didn’t want to send them all off to a publisher who is going to tell me that this is all shit. I can decide that for myself.” She self-published her book with modest expectations. Join Adele as she shares some of her poems and conversation about how she feels his presence deep in her bones every time she flips open her MacBook to begin writing. Copies of her book will be available.

When: Wednesday, June 19 from 9:30 am – 11:30 am

Stony Plain Summer Sessions

Bring your blanket or lawn chair to this free music series featuring Canadian talent. Grab a bite to eat at the on-site BBQ or bring a picnic to enjoy. Fun for kids and adults alike! Come early to get a good spot and hear our special guest performances, starting at 6:30 p.m. Summers Sessions concerts are rain or shine events. Please come prepared for the weather!

June 19 - [Clayton Bellamy](#) with special guest Alex Nikolaychuk

June 26 - [Flint and Feather](#) with special guest Nicky Pearson

July 3 - [Mandy McMillan](#) with special guest Andrea Nixon

When: Wednesdays at 7:00 pm

Location: Shikaoi Park (4905 - 51 Avenue, Stony Plain)

Stay Connected:



Volunteers:



June 17 - 21, 2019

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, 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!