

Coming Up This Week:

When	Program	Time	Location	Cost
June 24	Migraines/Headaches	9:30 am – 11:30 am	YECC	\$2.00
June 24	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
June 24	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
June 24	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 24	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 25	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
June 25	EPL: Tech Help	10 am – 11:30 am	YECC	\$2.00
June 25	Bus Trip: River Cree (Seats open)	10 am – 2:30 pm	YECC	\$5.00
June 25	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
June 25	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
June 25	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
June 26	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
June 26	SWESA Luncheon	11:30 am – 2 pm	YECC	\$15.00
June 26	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
June 26	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
June 26	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
June 27	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
June 27	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
June 27	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
June 27	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
June 27	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
June 27	Pickleball	1 pm – 3 pm	YMCA	\$3.00
June 27	Shakespeare in the Park	7:15 pm – 10:30 pm	Off-site	\$30.00
June 28	Euchre	9:30 am – 11:30 am	YECC	\$2.00
June 28	Art Group	9:30 am – 12 pm	YECC	\$2.00
June 28	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
June 28	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



River Cree Join us for a free lunch and a \$5 playing voucher.

Location: Yellowbird East Community Centre

Cost: \$5 Registration Call 587-987-3200 to book your spot today.

Freewill Shakespeare Festival: *The Winter's Tale*

The show will go on rain or shine. It is not too late to join us! This is a self-drive event. Please be prepared for the weather. We will meet at the gate at 7:15 pm sharp and be seated as a group. Food and drink are available for purchase.

Location: William Hawrelak Park (9930 Groat Road)

Cost: \$30



Migraines/Headaches

If you were unable to attend Dr. Kang's first session, he returns to answer frequently asked questions from those of you looking for more information.

When: Monday, June 24 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre



2019 Programs!

Have you always wanted to visit the U of A Botanic Garden? The Grande Prairie Museum? Wanted to eat at the greasy spoons and local hot spots? We are happy to plan programs for members by members! Odds are, if you've thought of it, so has another member. Let us hear from you!

Please email us your ideas at programs@swedmontseniors.ca.

Stay Connected:



Cancer and Caregiving

This free presentation by experienced staff from the Cross Cancer Institute is focused on cancer and caregiving. However, some of the practical resources and psychological information that are provided in the presentation have relevance for caregiving in general. The presenters will outline strategies for psychological coping from a self-compassion perspective and describe resources that can assist patients and caregivers to manage the cancer experience.

Call 780-433-5807 to reserve your spot.

When: Wednesday, June 26 at 12:15 pm

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

Technology Classes for Seniors

The Technology Training Centre offers [Tech Savvy Seniors](#) classes on a variety of topics. Check out their summer offerings:

- o June 26: Introduction to Social Media
- o July 10: Taking Better Photos with Your Smart Phone
- o July 24: Senior's Tech Q & A
- o August 21: Sharing Photos from Your Smart Phone

Location: U of A Technology Training Centre (B-11 Cameron Library)

Cost: \$25 each class



Volunteers:

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. We need weekend workers especially. Family and friends welcome! 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!

