

## Seniors Connection News for those 55+

News from SouthWest Edmonton Seniors Association (SWESA)

by Carol Vaage

*“Sometimes you will never know the value of a moment until it becomes a memory.” Dr. Seuss*

*“Time has a wonderful way of showing us what really matters.” Margaret Peters*

These cold months tend to nudge us into a bit of hibernating or cocooning. We have time to read, relax, think. This time and space we have from being retired, gives us a different perspective from those still actively raising children or aspiring to reach new career goals. We remember our own youthful days of feeling invincible, of trying to get ahead. If you're like me, perhaps you wish you'd had more time when you were younger. The moments we had flashed by so quickly, and often, our advice to the next generation is to enjoy the present moment. Your youth, your health, your energy.

We now have time to invest in what we choose, but perhaps are limited by health concerns or lack of opportunity. What we learned about enjoying the present moment applies every day to us, and not just to the next generations. We have the chance to make new memories, of living a life with what really matters.

SWESA is striving to offer opportunities for seniors to do just that. We have a new winter program guide that is rich with learning, social activities, creative and fitness options.

One of our newest programs is called the Art Hive and is being facilitated by Marie Muggeridge, an art therapist. It starts Feb 6th, on Thursday mornings from 10 - noon, at the Blue Quill site (11304 – 25 Ave). An Art Hive is a community-centered space where art making is the main form of connection. Anyone interested in making art or connecting with others is welcome whether they have artistic ability or not.

The *making* during the Art Hive is very flexible and fluid and encourages art projects in the community of others. Participants can bring a project they are already working on, for example, some knitting, or be inspired by the available art materials, or maybe do the simple project that is being instructed by the facilitator and take a creative spin on it. Some of the projects might be painting, creating a collage, using mixed media or working with a drawing technique which is accessible to all abilities. The Art Hive would welcome materials like old calendars, magazines, yogurt tubs, yarn, fabric scraps, scrap-booking paper, paints of all kinds, corks, beads, buttons, shoe boxes, and cereal boxes. All materials are welcome, and the Art Hive facilitator will re-donate excess materials to other community programs.

Geriatrics is offering the Senior Actor program through storytelling, theatre games, improvisation and laughter. This will be held on Fridays from 4 – 6 pm. Dance, yoga, Essentrics, Golden Gloves, Zumba and tai chi are all being offered as part of the fitness lineup. There are many Toonie Talks and Field Trips planned with such a variety of topics to interest most everyone. You are welcome to drop in for a coffee and see what's going on, or participate in one of the offered classes, or come to a talk, or even join in a field trip.

Spoiler alert! SWESA has been working behind the scenes to update our website, so expect to be surprised at a fresh new look one of these days!

A complete list of all our programs can be found on the website or stop in at the YECC site to pick up a print copy. We hope to see you soon! <http://swedmontonseniors.ca/>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at [Hs@swedmontonseniors.ca](mailto:Hs@swedmontonseniors.ca) or 780-860-2931.

SWESA Seniors' Centre - Yellowbird East Community Centre (YECC), 10710-19 Avenue  
SWESA Seniors' Lounge - Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road  
Telephone: 587-987-3200  
[swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com)  
[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)