



**Friendly Phone Call Program**

We hope to make a call to every SWESA member. If you are interested in volunteering as a caller, click [here](#). If you would like to receive calls, please click [here](#).

**Coffee And Chat**

TCRC: Mondays from 1 pm – 2:30 pm (closed April 13)  
<https://us04web.zoom.us/j/762641648>  
Meeting ID: 762 641 648  
Call in: 587 328 1099

YECC: Tuesdays from 11 am – 12:30 pm  
<https://us04web.zoom.us/j/672323761>  
Meeting ID: 672 323 761  
Call in: 587 328 1099

Thursdays from 1 pm – 2:30 pm  
<https://us04web.zoom.us/j/604303820>  
Meeting ID: 604 303 820  
Call in: 587 328 1099

Please click [here](#) for Zoom etiquette and tips.

**Virtual Coffee With Councillor Cartmell**

Join this online coffee meeting for discussion about the City of Edmonton's priorities given the COVID-19 pandemic and economic situation. There will be time for questions and answers.

**When:** Tuesday, April 14 from 1 pm – 2 pm  
Join the meeting here <https://zoom.us/j/536458391>.  
(Pre-registration and an account are not required.)

**Welcome Melissa McCuaig**

Although we are closed, there is much to do to ensure that we get your credits and our system in tip-top shape for our reopening. Melissa McCuaig is a passionate people-and-project management professional. We are fortunate to have her joining us as a part-time office administrator. She is an avid traveller and animal lover, and we encourage you to learn more about Melissa after we reopen.

**Adapting To The New Today**

Join Wasif Kamal, pharmacist and owner of iCare Pharmacy Windermere, to learn more about how things have been going for them during this pandemic and how they continue to serve customers.

**When:** Saturday, April 18 from 1 pm – 2 pm  
Join the Zoom meeting here <https://us04web.zoom.us/j/613116188>.  
Meeting ID: 613 116 188 or call 587 328 1099



### Some Good News

American actor and filmmaker John Krasinski has created a YouTube channel where he is sharing “Some Good News” from all over the world. Click [here](#) to visit this channel.

[Government of Alberta Update](#) An expansion to the COVID-19 testing program has been announced. Seniors can get tested who are experiencing fever, cough, shortness of breath, etc. The procedure is stay at home, do the online self-assessment test [here](#) and then, if directed, call 811 to book a swab.

[Drive Happiness](#): For essential appointment transportation as well as grocery and prescription pickup and delivery, call 780-424-5438.

[Bag Half Full](#): Medical students from the University of Alberta are assisting seniors with grocery-runs, pick-ups for online orders and delivery at no cost. The drivers have had police and background checks done. Call 780-952-7101.

[Seniors Centre Without Walls](#): There are a variety of programs happening daily. You can view the monthly calendar [here](#). There are exercise programs, history and comedy hours and even dinner company at 5 pm call. Give it a try!

[West End Seniors Activity Centre](#): WESAC has released a series of fitness videos.

[YMCA 360](#): Active older adult classes

[eOne Fitness Goes Virtual](#): Our Tuesday and Friday Essentrics For Seniors classes are now available virtually. Limited to eight participants, the instructors can interact with you directly. Call Lori at 780-916-4483 or email her at [info@eonefitness.ca](mailto:info@eonefitness.ca) - \$7.50 per class

[Michelle Mitchell](#) is now offering online classes in Burlesque Groove, Mixed Music Line Dance, and Spirit Moves. Call 780-616-2985 or email [mmitchelldance@gmail.com](mailto:mmitchelldance@gmail.com).

[Exercises For Older Adults During Isolation](#): Simple and gentle exercises are offered in this 10-minute warmup and workout.

[Tabletopia](#): Access to over 800 board games when you create a login or password

[Scrabble](#): No download is needed for this game. You just log in and play!

[Religious Services](#): A listing of live service broadcasts.

We will continue to keep you informed through this email bulletin, the [SWESA website](#), and our [Facebook page](#).