



Coffee And Chat (Click to join.)

Mondays from 1 pm – 2:30 pm

Tuesdays from 11 am – 12:30 pm

Thursdays from 1 pm – 2:30 pm

Call in to any session at 587-328-1099.

Here are some Zoom tips and etiquette suggestions.

Here is a video tutorial for new Zoom users.



SWESA Is Gradually Reopening

We are starting off slowly with some new ways of doing things. We have composed some key messaging for our members. Please take the time to [read them here](#). We welcome your ideas, feedback and suggestions as we move cautiously through new territory. Contact us [here](#).

ESSETRICS For Seniors

Join eOne Fitness studio owner and instructor Lori Griffith for this 45-minute class aimed at regaining your mobility while slowly building strength and reawakening your muscles. This class combines standing and chair exercises for those who have muscle stiffness and chronic pain.

Required items: yoga mat and water; Optional items: yoga straps

When: Tuesday, July 28 from **2 pm – 2:45 pm (This class is full.)**

We are now offering a series of classes.

You must register for all four classes [here](#).

When: Tuesdays - August 4, 11, 18, 25 (2 pm – 2:45 pm)

Location: Blue Quill Community League (11304 - 25 Avenue)

Cost: \$40



Stretch, Strengthen And Rejuvenate Yoga

This class will start with the foundations of yoga and gradually progress and build on them. Some of the benefits can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being.

When: Wednesdays - August 5, 12, 19, 26 (11:30 am – 12:30 pm)

Location: Blue Quill Community League (11304 - 25 Avenue)

Cost: \$40



In the weeks to come, if all goes smoothly, we will be offering small social gatherings, Dance, Zumba Gold, and our Art Hive will start again. All of the details will be shared here first and on our website at www.swesa.ca.

University Of Alberta: Virtual Research Conversation

Researchers want to hear from Edmontonians 55+ about their needs and experiences in our city. Do pollution and climate change affect you and your health? Read more about this program [here](#).

Each participant will receive a \$25 gift card.

When: Thursday, August 6 at 11 am

Register or send questions to azizali@ualberta.ca.



This And That

[Board A Boat In Paris, Watch A Movie](#)

[Woman Dons Cardboard Full-Body Coronavirus Shield](#)

[Rossdale Power Plant Tours](#)

[Video: Andre Rieu – The Second Waltz](#)

[Why Your Ice Doesn't Look Clear](#)

[2020 Stanley Cup Qualifiers Begin August 1](#)

Energy Talks Online With EPL

Energy Talks is a speaker series featuring groundbreaking research presented by scholars and researchers from the University of Alberta's Future Energy Systems research initiative and Energy Systems Signature Area. The focus is on multidisciplinary research that develops the energy technologies of the near future, integrates them into today's infrastructure, examines possible consequences for our society, economy, and environment, and develops solutions for challenges presented by current energy systems. Click [here](#) for more information.

The Government of Alberta is gradually relaunching our economy and reopening businesses and services. We are now in stage two. Thanks to Albertans, the health care system continues to be able to cope with COVID-19. Sign up for all announcements from the Government of Alberta by subscribing [here](#).

It is suggested that you wear a non-medical mask to protect others when you can't keep safe distance. [Here](#) are some do's and don'ts when wearing masks.

Future plans require careful monitoring and [respecting all guidelines](#) outlined by the Chief Medical Officer of Health. Each relaunch stage depends on keeping infection numbers, hospitalizations, and Intensive Care Unit occupancy low.

All Albertans are welcome to get tested whether they have symptoms or not.

Click [here](#) for more information about how to schedule your appointment.

- [Get the ABTraceTogether mobile app](#)
- [Complete COVID-19 information for Albertans](#)
- [Updates from the Chief Medical Officer](#)

Canadian Urban Institute: COVID Signpost 100 Days

This report draws on research from across Canada, including public health data and a survey conducted by the market and social research firm Advanis of 55,000 Canadians over the past 100 days. The document argues that our experiences with COVID have depended largely on who we are and where we live.

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