



### **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 Update And Word From Our President**

If you missed it, last week SWESA President, Josie Richardson shared plans for SWESA's progress and next steps. Read her letter to members here. Josie can be reached at 780-221-1966 or by email [here](#).

### **Donate Now!**

Wondering what to do with your \$300 gift from the government?

Consider turning it into a gift to SWESA.

All donations, big and small, help to support and grow our organization.

For information on how to donate directly to SWESA, please click [here](#).

Online donations to SWESA can be made through CanadaHelps.org by clicking the DONATE NOW title above.

### **Puzzle Pick Up And Drop Off Drive-Thru**

Our next event will take place at the Blue Quill Community League on Monday, July 20 from 10 am – 12 pm.

We will have some puzzles available along with audio and large print books from Edmonton Public Library. Masks4Canada has given us another package of non-surgical masks. Is there something else that we can help with? Email us [here](#) and let us know!

### **SWESA: ESSETRICS At Blue Quill Community League**

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/atrophy and chronic aches and pains. Online registration required [here](#). Maximum of 20 participants. Required items: Yoga Mat and Water. Optional items: Yoga straps

**Tuesday, July 28 from 2 pm - 2:45 pm**

We will be offering four classes on August 4, 11, 18 and 25.

**Location:** Blue Quill Community League (11304 25 Ave NW)

### **Alert From Criminal Intelligence Service Alberta (CISA)**

Albertans are being hit with gold scams and distraction-type thefts by highly organized groups traveling across the country. Read more [here](#).

### **The City of Edmonton Ward Boundary Commission**

Recommendations for updated boundaries for the October 18, 2021 election will be voted on by City Council later this year. This comes from a recent report as imbalances due to population growth in suburban areas like the southwest continues. Read more [here](#).

## **Good News**

[Cat Steal Show During Sermon](#)

[18 Canadian Jeopardy Questions](#)

[Calgary Zoo Reopens](#)

[Man Plays Water Glasses](#)

[Kaliedo Festival On Tour](#)

[Train On Bridge Becomes A Luxury Hotel](#)

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

[Dancing Robots Replace Fans At Baseball Games](#)

**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](#).

## **Masks For Albertans Program**

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 low in addition to hospitalizations and Intensive Care Unit (ICU) occupancy. 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](#)
- [Alberta Statistics](#)

**The Seniors Coordinating Council** has created a webpage in response to the pandemic as a resource for Edmonton seniors and their families. This web page lists

- [COVID-19 information and resources](#)
- [seniors organization closures and service limitations](#)
- [delivery services for seniors](#)
- [seniors' shopping hours](#)
- [community response to COVID-19: help for seniors](#)
- [support for caregivers](#)

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