

Seniors Connection News for those 55+

News from SouthWest Edmonton Seniors Association (SWESA)

by Carol Vaage

There is no winter without snow, no spring without sunshine, and no happiness without companions. Korean Proverb

Yesterday, I had a visitor come over for coffee and a chat. That's not an unusual activity for us older adults, as we grew up in a time when face to face encounters were the best communication. However, I noticed how much different I felt after my visitor left. My heart felt lighter, I was smiling and happy, and my day seemed to fly by. I promised myself to make more opportunities like this for myself. Friendship is so powerful.

This time of the year we remember past winters, and the joys but also losses of friends of family. Bittersweet. Being with friends gives us the opportunity to share those memories and celebrate the present moments. Perhaps joking or teasing each other about how things have changed, about our experiences and travels. Dialogue helps us feel connected.

SWESA is one of several seniors' associations that the City of Edmonton has created for opportunities to connect, to feel like you belong to a community, to build friendships. In my personal experience, SWESA was the place where I met many new friends, created a new network of like-minded people. I read the other day that sometimes older adults feel invisible. That's impossible when you're part of a thriving group like SWESA.

You are welcome to drop in for a coffee and see what's going on, or to join in one of the classes that are being offered, or come to a talk, or join in on a field trip. There are so many options!

Our social events are the most attended, because SWESA has a motto to be very welcoming to all who join us! The monthly luncheons are very popular with great food and entertainment- a perfect outing at a reasonable price. Our games groups are dynamic as well – crib, hand and foot canasta, American mahjong, contract bridge, and euchre. They have added beginner tables to help others learn.

The Blue Quill Community Center (11304 25 Ave, Edmonton) is our newest location for some events. It's a renovated space that is bright and roomy.

OKTOBERFEST 2019 UPDATE

Oktoberfest 2019 was a great success. We had 255 in attendance and made \$10,000 in profits. We would like to thank our main sponsors (see graphic) and a **Special Thanks To:**

ATB - Rabbit Hill Branch, Carol Bigam, GEF Seniors Housing (Program Design & Printing) Gerri Clark (Business Development), GT Metal, Hanni Fritz (German Canadian Cultural Association, Jennifer Hanrahan (SWESA Program Coordinator), Stephen Hanrahan, Barry Headrick (Photographer), Lil Johns Sign Shop, MLA Richard Feehan (Edmonton- Rutherford), MLA Rakhi Pancholi (EdmontonWhitemud), Peters Print House, Promotion Tours, Josie Richardson, Schuhplattlers (German Cultural Entertainers), Lynn Shaw, The Alberta Feet Warmers (band), SWESA volunteers at the Front Desk and the SWESA Board of Directors.

Oktoberfest Planning Committee Members:

Shirley Adam, Rob Agostinis (Co-Chair), Marie Degenstein, Sandy Girvan, Dianne Heykants, Grace Koenig, Terry Krissie, Anne McNabb, Tony Montrose, Dennis T. Moore, Marilyn Nurse, Bob Power (Co-Chair), Cristina Rubio, Sharon Schiewe and Barbara Villanueva.

Save the date for our Summer 2020 Fling, themed Hawaiian Luau. The event is happening on Friday, June 19, 2020 at the Blatchford Hangar in Fort Edmonton Park.

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 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
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