

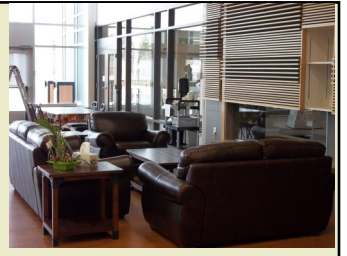


Mission

4823-49th Ave. (403) 887-5428



The Mission of the Sylvan Lake Seniors Association is to provide for the recreation, social well-being and artistic expression of seniors of Sylvan Lake and area and to contribute to the education and social well-being of the community.



SYLVAN LAKE SENIORS ASSOCIATION

The Silver Bullet

Please note that the Monthly Calendar and Special Event Announcements will now be placed on our website at: sylvanlakeseniors.com and the Town website at sylvanlake.ca/seniorscentre. You can also register at myactivecenter.com for activities.

Welcome New Members

- *Sharon Watson
- *Shirley Allen
- *Bart Fraser
- *Jackie Fraser
- *Sharon Hutchison
- *Dianne Tucker

LOOKING FOR HAND & FOOT CANASTA PLAYERS

CALL LINDA AT: (780) 893-1187
IF YOU WOULD LIKE TO PLAY ON ANY TUESDAYS, 1:00-4:00PM. IN MAY. NO COST.

Board Notes

The Board is finalizing the contract for the Endowment fund with the Red Deer Foundation. Soon we will be able to write donation cheques or donate online in the name of the "Sylvan Lake Seniors Association Endowment Fund".

Our Association has topped \$11,000 for the Endowment fund when we include the IDA and Mr. Mike's donation.

At www.sylvanlake.com there's a link to show what your personal tax credit could be with any type of charitable donation you make.

You can now find us online at: www.sylvanlakeseniors.com, www.facebook.com/SLSeniors Association or register for activities at myactivecenter.com

New Programs & Special Events for May & June!

Presentations & Clinics (Details on back)

Footcare Clinic: Call Amanda (Heart to Sole Footcare) for appointments on Thurs. May 7 & 21 and June 11 & 18 between 9:30-3:30 at the Seniors Centre. (587) 877-7847. Cost: \$45.

1-1 Tech Help Clinic: Wed. May 15, and Wed. June 19, 12:45-2:45 pm (NOTE: TIME CHANGE) offered by Henday Learning. Bring your Ipad, Iphone, Laptop and ask your questions. **NEW: YOU MUST SIGN UP ON APPOINTMENT SHEET BY MY SENIORS CENTRE COMPUTER FOR A TIME SLOT.

Fun Intergenerational Activities with Youth (Grades 5-8): TUESDAYS, 4:00-6:00 pm. (May 7 & 21, June 4.) No Cost just a lot of fun! Pre-register with Maryan as they are still accepting registrations for remaining dates. Max. of 15.

NOTE: MIND MATTERS NEW SESSIONS CYCLE (SEPT.4 THROUGH NOV. 6)

Mind Matters



Ages 50+

Introducing Mind Matters! 3 rounds of each topic will be offered each year, FREE to people age 50+. Each session will include a presentation and a group discussion. Maximum 15 in-person participants with virtual options available. Come to 10 sessions and get a one-hour session with a designated therapist for FREE!

- Wednesdays, 3:00 PM - 5:00 PM
- Pre-register at 403 887 1137 | No drop-ins | Registration closes one week prior
- Confidentiality agreement upon arrival is required
- Seniors Centre | 4823 - 49 Avenue, Sylvan Lake

- Session 1 | Feb 28 | Aging Gracefully & Life Transitions
- Session 2 | March 6 | Death & Dying
- Session 3 | March 13 | Healthy Relationships
- Session 4 | March 20 | Addictions
- Session 5 | March 27 | Coping with your own Mental Health
- Session 6 | April 3 | Coping with the Mental Health of others
- Session 7 | April 10 | Chronic Pain
- Session 8 | April 17 | Isolation
- Session 9 | April 24 | Depression & Anxiety
- Session 10 | May 1 | Question & Answer Wrap Up Session



Seniors Week is coming! (See Back for tentative plans)

Father's Day Lunch: Wed. June 12, Entertainment: Bows 'N Ivory, Cost: \$15, Max. 150.

Elder Abuse Awareness Day—Craft, Thurs. June 13, 1:45-2:30pm Sponsored by FCSS. Register with Maryan by May 16 so we have enough supplies on hand.

Men's & Ladies Coffee, Thurs. June 13, 2:30-3:30 pm also Sponsored by FCSS in recognition of Elder Abuse Awareness Day.

****Special Events – May & June** (see calendar for regular programming)**

Story Circle Group: May 1 & 15, 1:00-3:00 pm, June 12 (2:00-4:00pm) & June 26, 1:00-3:00pm. For more information: call Norene at: 587-377-6510.

Mother's Day Lunch: Wed. May. 8, Entertainment: Second Time Around, Cost: \$15, Max. 150

Spring Fashion Show & High Tea: Wed. May. 29, 12:00-1:30 pm. Max. 100. Must pre-register by May 22. Cost: \$15.

SPRING FASHION SHOW & HIGH TEA!

WED. MAY 29, 2024
12:00-1:30 pm



HIGH TEA

(Doors Open: 11:45 am)
(Bring your own tea cup and saucer)



ALL LADIES WELCOME!

SYLVAN LAKE SENIORS CENTRE

4823-49th Ave.

FEATURING COBB'S CLOTHING 1:00-1:30 pm

1 red shoe, 1 green boot, Dress on up it will be a hoot.

Mix, match, maybe, can't decide which style is great: 20's, 40's, 88?

Mix what's old, with what's new And create a whole new you.

You may walk the runway to show off your look, It might get added in the picture book.

Colors galore, anything goes, Wear what you want to express through your clothes.

Prize: Best name; best style or most mixed up It's your chance to step on up.

Name your wacky style for 2024, You might win a prize or 2 or more!

COME ENJOY THE HIGH TEA IN A FASHION OF YOUR CHOOSING. GIVE YOUR STYLE A NAME TO ENTER FOR A PRIZE!

TICKETS AVAILABLE UNTIL May 22: \$15 MAX. 100 CALL MARYAN NOW: 887-5428



PHOTO BOOTH



By Harvestmoon Photography

DOOR PRIZES!



CARDMAKING CLASS, 10:00am-12:00pm

Tues. May 14 and June 11

This class is generously taught by Kim Bizuk, a member of the Seniors Association.

Call Kim (403) 396-5502 or drop in at the Seniors Centre to sign up or get a list of additional required supplies. COST: \$10 for supplied materials.

HEART TO SOLE FOOTCARE

- ♦ *Foot and nail assessments
- ♦ *Trimming and filing toenails
- ♦ *Corns, *Calluses, *Cracked Heels, *Thick nails
- ♦ *Nail Fungus, *Ingrown toenails, *Foot Care
- ♦ Education
- ♦ *Diabetic feet, *Referrals and more
- ♦ *Cost: \$45

Call Amanda Simmonds, LPN to book appointments for **May 7 & 21, and June 11 & 18, 9:30-3:30** at the Seniors Centre (587) 877-7847 or email:

UKELELE & GUITAR & 5 STRING BANJO

PRE-REGISTER & PRE-PAY for MAY

classes by May. 1!

Min. of 30 people required between all music classes by **May. 1** for 3 sessions of each Intermediate Ukelele and 5 String Banjo and 5 sessions of Beginner & Intermediate Guitar. Call to register.

TIMES & DAYS MAY

Intermediate Ukelele-Mondays, 1:00-1:45 pm
 5 String Banjo-Mondays, 2:00-2:45 pm
 Music Jam-Mondays, 3:00-4:00 pm
 Beginner Guitar -Thursdays, 11:30-12:15 pm
 Intermediate Guitar-Thursdays, 12:30-1:15 pm

****NOTE SCHEDULING CHANGES****

Cost: **\$10 per class paid on monthly basis.** Cost may need adjusted if min. of 30 not met. The music class fees includes participation in Jam Time on Mondays. We will not be taking any more beginner guitar players until September.

EXERCISE IS IMPORTANT FOR YOUR HEALTH! TRY THE STRENGTH & STRETCH OR BEGINNER OR INTERMEDIATE CHAIR YOGA CLASSES! Men & Ladies Welcome!

PRE-REGISTER & PRE-PAY FOR STRETCH & STRENGTH, BEGINNER CHAIR YOGA, AND INTERMEDIATE CHAIR YOGA BY May. 1 FOR SESSIONS IN May AS FOLLOWS:

- Min. of 6 required for Stretch & Strength \$24 (3 classes); **NO MAY 20 CLASS**
- Min. of 5 for Beginner Chair Yoga \$21; (3 classes); **NO MAY 2 OR 30 CLASSES**
- Min. of 6 for Int. Chair Yoga \$24 (3 classes) **NO MAY 2 OR 30 CLASSES**



What is Zoomers?

We are offering a free door-to-door transportation service! For older adults, adults with physical challenges, and caregivers with children 0-18.

Where are we zooming to?

- Mondays | No Frills
- Thursdays | Walmart
- Specialty Stores when time permits

When?

- Monday afternoons from 12:30 PM - 3:30 PM
- Thursday mornings from 11:00 AM - 2:00 PM

Sign up!

- To reserve your spot call 403 887 1137 ext 400
- For more information, scan the QR code or visit sylvanlake.ca/Seniors



Seniors Week is coming! Tentative plans include:

- Mon. June 3, Icecream Social** with Entertainment by **Ukeladies & Guitars**
- Tues. June 4 Pizza party** with youth
- Wed. June 5 Roast Beef Lunch** with Entertainment by **Craig Gomez Trio**
- Thurs. June 6, Coffee** with Entertainment by **Line Dancers**

Details to follow



Caregiver Support Group FOR ADULTS WHO CARE FOR OLDER ADULTS



Do you care for an older adult? Join us to connect with other caregivers who are experiencing similar situations. Share what is going well and not so well, while talking in a safe, confidential, and supportive environment.

> For adults

Questions? T 403 864 5583 | E seniorsoutreach@sylvanlake.ca

First Wednesday of the Month
• 1:30 PM - 3:30 PM
• Cost: Free

Wellness and Community Connections Centre, Room 300
4725 - 43 Street, Sylvan Lake

REMINDER:

CHECK THE ONGOING COMMUNITY BINDER AT THE SENIORS CENTRE FOR EVENTS HAPPENING THIS MONTH IN THE SYLVAN LAKE AREA!

Indoor Walk

Join us for an indoor morning walk! Experience a casual walking setting and complimentary coffee.
Location: Wellness & Community Connections Centre, 4725 43 St

Tuesdays, Wednesdays, Thursdays, Fridays
8:00 AM - 9:00 AM

Memory Trekkers

Join us for a walk at the Nexsource Centre Track! Get active and get connected with others living with memory issues.
\$2.00 drop in fee.

Mondays
Walk from 11:00 AM - 12:00 PM
Coffee to follow

Contact Brittney for more information:
403 887 1137 Ext 400

TAKE ACTION Against Elder Abuse.



Do you or anyone you know:

- Feel taken advantage of?
- Feel unsafe at home?
- Need to talk to someone?

Resources are available to help if you or someone you know is being abused.

Senior Services Outreach Worker
Monday - Friday | 8:00 AM - 4:00 PM
> 403 887 1137 Ext. 444

or
RCMP
24 hours a day | 7 days a week
> 403 887 3333 (RCMP Complaint Line)

www.sylvanlake.ca/seniors



LIKE the SLSeniorsAssociation Facebook Page. *We do not accept friend requests on facebook.*