



SouthWest Edmonton  
Seniors Association

# NEWS

## WELCOME

Join SWESA's Board in welcoming Alexandra (Alex) Santos as SWESA's Program Coordinator and first staff member. She commenced her duties on April 14<sup>th</sup>.

Alex, a native Albertan, grew up on an acreage in Carvel. She has her B.A. from the University of Alberta in Recreation, Sport and Tourism. Her hobbies include yoga, running, reading, and "hanging out" with friends and family. She is currently "in training" for a half marathon, and, if you want to start an interesting conversation, ask her about her volunteer role with a fruit rescue group.

If you have ideas for SWESA's programming for the fall, or just want to find out more about SWESA, Alex can be reached at Yellowbird East Community Centre (YECC) at 587-987-3200 or [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com). She told **SWESA News** that "she has fun learning new things and is truly excited about her work so far." And so are we, Alex....

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**New Art Group:** Calling all artists! This May and June, SWESA is offering an Art Group at YECC on Fridays from 9:30 a.m. to 12:00 noon. This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants should bring their own art supplies (drawing, water colour, mixed media) and create art in a social, supportive environment. Note: There is no instructor and oil paints or strong scents are not allowed due to participant allergies. Donations accepted for refreshments.

**Also New – Challenge Your Brain, Play a Game:** Come meet new people, learn new games and have **FUN!!!** This new program at YECC on Wednesdays from 9:30 a.m. to 12:00 noon will introduce participants to games like Mah Jongg, Dominoes, Canasta, etc.... Both beginners and “experts” are welcome. Donations accepted for refreshments.

**Books for Sale:** SWESA has a **NEW** Book Shoppe in the Coffee Room at YECC. Books are available from \$1.00. All proceeds go towards supporting SWESA’s programs.

**Lunch Social:** From 11:30 a.m. to 1:30 p.m. on Wednesday, May 14<sup>th</sup>, SWESA will host a **Build Your Own Sandwich Bar** with all the sides and fixings at YECC. Please pre-register. Cost is \$7.00 per person.

**Walk with Team SWESA!** On Sunday, June 1<sup>st</sup>, SWESA will enter a team in the **TRAC Rock n’ Run** at Mother Margaret Catholic High School, Leger Road. The 3KM walk starts at 9:00 a.m.; however, SWESA’s team will meet there at 8:30 a.m. Come and get some exercise while enjoying the outdoors with a wonderful group of SWESA members. **Deadline for registration is May 15<sup>th</sup> to ensure all participants receive a race T-Shirt.** Cost: FREE for SWESA members; \$5.00 for non-members.

#### “Toonie Talks:”

- **Go Go Gadget Help:** Thursday, May 8<sup>th</sup>, 10:00 a.m. to 12:00 noon, YECC. **NOTE: Session is Filled.**
- **Go Go Gadget Help:** Tuesday May 13<sup>th</sup>, 10:00 a.m. to 12:00 noon, YECC. **NOTE: Session is Filled.**
- **Respect for Older Adults:** Wednesday, May 28<sup>th</sup>, 1:00 to 2:00 p.m. , at Terwillegar Community Recreation Centre. How to recognize older adults in abusive situations. Preregistration is required.

**SWESA Centre: Yellowbird East Community Centre**  
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