



**SouthWest Edmonton
Seniors Association**

NEWS

Starting today, SWESA members will receive monthly updates sent by e-mail, posted on the website, and made available in paper form at the Coffee, Chat n' Cards locations.

You've told us we need to do a better job in communicating with you, and we agree. Until we have the volunteers and resources to produce a more formal newsletter, this is format we plan to follow. Interested in helping with the newsletter? Give us a call.

CHRISTMAS LIGHT BUS TOUR

On December 16th, SWESA members filled two ETS buses for the first annual Christmas Light Tour. After driving through Candy Cane Lane and circling the massive Christmas tree at City Hall, the buses parked at the Legislative Centre for hot chocolate and choir music. Santa Claus also provided a surprise visit!

COFFEE, CHAT 'N CARDS

Two seniors lounges are open now for people to drop in, have coffee, chat with other older adults or play a friendly game of cards. Join us at:

SWESA's Centre (Yellowbird East Community Centre)
Tuesdays and Thursdays, 9:30 a.m. to 12:00 noon

and/or

SWESA's Seniors Lounge (Terwillegar Community Recreation Centre)
Mondays and Wednesdays, 1:00 p.m. to 4:00 p.m.

over....

UPCOMING SWESA PROGRAMS – 2014

Gentle Yoga: for six Mondays, starting February 10th, 10:00 – 11:00 a.m., at Yellowbird East Community Centre, 10710 -19 Avenue NW. Cost: \$35.00 for SWESA members; \$45.00 for non-members; and \$6.00 drop-in, *per session*. Participants need a yoga mat and blanket. Activities can be done from a chair if you are unable to sit on the floor.

Gentle Fitness Activities: Starting February 13th, 9:30 – 11:30 a.m., the large hall at Yellowbird East Community Centre will be open Thursdays for gentle fitness activities -- i.e., ping-pong, bean bag throw, score-a-goal, weights, and ball bouncing. Note: indoor footwear must be worn.

“Toonie Talks:” SWESA will be presenting talks on a wide variety of topics dealing with health, fitness, elder abuse, nutrition, safety in the home, use of gadgets, etc., at our Drop-in Centres. Talks will be one hour and whenever possible will be given at both **Coffee, Chat ‘n Cards** locations. Cost *per talk per person*: a “toonie.”

SWESA’s First “Toonie Talks” -- Diabetes: What You Need to Know:

presented by the Canadian Diabetes Association on Tuesday, February 18th, 10 a.m. to 11:00 a.m., at Yellowbird East Community Centre, and Wednesday, February 19th, 1:00 to 2:00 p.m., at Terwillegar Recreation Centre, 2051 Leger Road. Cost: one “toonie.”

SWESA NEEDS ASSESSMENT

SWESA wants to thank all of you who participated this fall in the Needs Assessment. Over 200 people were surveyed, two focus groups were held and more than a dozen groups were interviewed. SWESA’s Board will use the information collected to confirm the programs and services seniors want to see developed through SWESA. The report, when completed and received, will be shared on SWESA’s website and in a future newsletter.

SWESA stands for SouthWest Edmonton Seniors Association. SWESA was formed to reflect the needs of people 55 and older in southwest Edmonton. Its goal is to provide social, cultural, and recreational programs and services that enhance your enjoyment of life.

SWESA Centre: Yellowbird East Community Centre

10710 - 19 Avenue NW

SWESA phone: 587-987-3200

SWESA website: www.swedmontonseniors.ca