

ANNUAL GENERAL MEETING

WEDNESDAY, APRIL 2, 2014

Yellowbird East Community Centre
10710 – 19 Avenue, Edmonton, Alberta

6:30 p.m. Registration and Refreshments
7:00 p.m. Welcoming Remarks and Meeting
Guest Speaker: Michael Walters, Councillor, Ward 10

SWESA's Annual General Meeting will include presentation of grant cheque from the City of Edmonton, as well as presentation of the results of SWESA's recent Needs Assessment. Discover what seniors in SouthWest Edmonton identified as their primary needs and concerns.

“Toonie Talks:”

- **Understanding Arthritis:** Wednesday, March 5th, 1:00 to 2:00 p.m. at Terwillegar Community Recreation Centre. Addresses the definition and types of arthritis, the warning signs, and the importance of a whole care team. Presented by the Arthritis Society.
- **Go Go Gadget Help:** Tuesday, March 11th, 10:00 a.m. to 12:00 noon, at Yellowbird East Community Centre. Do you need help with a new gadget or gizmo? Is it an e-Reader, tablet, camera, i-pad, lap-top, phone? Bring your new gadget with you and Edmonton Library staff will help you navigate through the electronic maze. **Note:** we need to know ahead of time what you are bringing.

- **Go Go Gadget Help:** Monday, March 17th, 1:00 to 3:00 p.m., at Terwillegar Community Recreation Centre. See description above.
- **Reducing the Stress of Family/Friend Caregiving:** Wednesday, March 19th, 1:00 to 2:00 p.m., Terwillegar Community Recreation Centre. Caregivers often find themselves in circumstances that create stress and strain. This presentation will help participants become aware of the stresses of caregiving and how our bodies react to stress. Strategies to reduce stress and increase well-being will be explored.

Healthy Eating for Seniors: A Nutritional Tour: Join us for a tour of Save-on Foods (main entrance, 14161 23rd Avenue) on Wednesday, March 26th, at 10:45 a.m. conducted by a registered dietitian. Maximize your wellbeing by eating nutritional foods. Register at **Coffee, Chat ‘n Cards** or 587-987-3200; also please advise if you have any food allergies.

SWESA COMMITTEES

SWESA will be establishing several new Board committees to work on various projects. If you are interested in volunteering -- or would just like more information, please contact SWESA.

Join us for COFFEE, CHAT ‘N CARDS 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.

SWESA’s Programs at Yellowbird East Community Centre:

- **Gentle Yoga:** Mondays, 10:00 – 11:00 a.m. Drop-in Fee: \$6.00.
- **Gentle Fitness Activities:** Thursdays, 9:30 – 11:30 a.m. Note: indoor footwear must be worn.

SWESA Centre: Yellowbird East Community Centre

10710 - 19 Avenue NW

SWESA phone: 587-987-3200

SWESA E-mail: swedmontseniors@gmail.com

SWESA website: www.swedmontseniors.ca