



SouthWest Edmonton
Seniors Association

NEWS

Welcome to *SPRING* and ***DON'T FORGET SWESA's:***
ANNUAL GENERAL MEETING

WEDNESDAY, APRIL 2, 2014

Yellowbird East Community Centre (YECC)
10710 – 19 Avenue, Edmonton, Alberta

6:30 p.m. Registration and Refreshments
7:00 p.m. Welcoming Remarks and Meeting

Come and hear SWESA's plans for the future and the results from SouthWest Edmonton Seniors' Needs Analysis. Guest speaker. Official Business includes: electing new Board members, rescinding current Bylaws, approving recommended Bylaws, receipt of Financial Statement, and adoption of proposed budget.

PLEASE ACCEPT SWESA'S APOLOGIES for the cancellation of events at YECC on March 10th and 11th (due to lack of water). **PLEASE NOTE:** **Go Go Gadget Help** will be rescheduled at TCRC.

PANCAKE LUNCHEON: On March 4th, Bob, Grace, Jerry, and Yvonne prepared and served pancakes and sausages to about twenty people in YECC's meeting room. The event, thoroughly enjoyed by all, was planned by SWESA members who attend **Coffee, Chat n' Cards** at YECC and will, hopefully, be the first of many such "food experiences."

GOOD NEWS!!! Gentle Yoga will be scheduled for another 6-week series starting Monday, April 7th. Note: if there is enough interest, **Gentle Yoga** will continue throughout the summer.

Upcoming SWESA events:

Healthy Eating for Seniors: A Nutritional Tour: A tour conducted by a registered dietitian of Save-on Foods (main entrance, 14161 23rd Avenue) on Wednesday, March 26th, at 10:45 a.m. Register at **Coffee, Chat 'n Cards** or 587-987-3200. Please advise if you have any food allergies. **(NOTE: TOUR IS ALREADY COMPLETELY BOOKED.)**

“CHILI FEST”: April 8th, 11:30 a.m. to 1:00 p.m. at YECC. Chili, buns, salad and dessert for only \$7.00 (members) or \$10.00 (non-members). Since space is limited, pre-registration is required. Please confirm your attendance at YECC or TCRC or by calling 587-987-3200.

“Toonie Talks:” (NOTE: Registration is required for ALL talks. Please confirm attendance at YECC or TCRC or by calling 587-987-3200.)

- **Understanding Arthritis:** Monday, March 31st, 1:00 to 2:00 p.m. at Terwillegar Community Recreation Centre (TCRC).
- **Understanding Arthritis:** Thursday, April 10th, 10:00 to 11:00 a.m. at YECC.
- **Home Care and Accessing Continuing Care:** Tuesday April 15th, at 10:00 to 11:00 a.m. at YECC or Wednesday, April 16th, 1:00 to 2:00 p.m. at TCRC.

Join us for COFFEE, CHAT 'N CARDS at:

- YECC, **Tuesdays and Thursdays**, 9:30 a.m. to 12:00 noon.
- TCRC, **Mondays and Wednesdays**, 1:00 p.m. to 4:00 p.m.

SWESA's Programs at YECC:

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

SWESA Centre: Yellowbird East Community Centre (YECC)

10710 - 19 Avenue NW

SWESA phone: 587-987-3200

SWESA E-mail: swedmontseniors@gmail.com

SWESA website: www.swedmontseniors.ca