



SouthWest Edmonton
Seniors Association

NEWS

LUNCH SOCIAL

Join SWESA members for the first **LUNCH SOCIAL** of 2015. Come and enjoy lasagna, Caesar salad, buns, desserts, and tea and coffee with good company!!! Please confirm your attendance at least three days prior to the event. Cost: \$8.00, members; \$12.00, non-members.

Date: January 28th

Time: 12:00 noon to 2:00 p.m.

Where: Yellowbird East Community Centre (YECC)

BECOME A MEMBER OF SWESA

A fee of \$30.00 will enable you to participate in SWESA's programs, activities, luncheons, and camaraderie at member rates. In addition, you will receive regular copies of our newsletter, **SWESA News**, to keep you abreast of what's happening at your Centre.

NOTE: SWESA's Board has arranged that as of January 1, 2015, all members are eligible to receive a 15% to 20% discount at City of Edmonton sports and fitness facilities. For further information, contact 587-987-3200 or swesa.programs@gmail.com.

NEW SWESA PROGRAM: due to popular demand, SWESA is offering **BRIDGE** Wednesdays starting January 7, 9:30 a.m. to 12:00 noon, YECC, \$2 drop-in fee (includes coffee and refreshments). Both beginners and experienced players welcomed for a friendly game in a fun environment.

SWESA is planning to introduce two new programs in **early February** – an **EXERCISE CLASS** and **BOOK CLUB** (books provided by Edmonton Public Library). Stay tuned for further information, or consult our website.

SWESA's **WINTER 2015 PROGRAM GUIDE**, listing the programs and activities scheduled from January 1st, 2015, to April 30th, 2015, is now available. Pick up your copy at YECC or TCRC. For further information, consult SWESA's website: www.swedmontonseniors.ca.

“TOONIE TALKS”: Cost \$2.00 *per session per member*; \$4.00 *per non-member*. Registration is requested.

- **Finding Balance and Preventing Falls**: Tuesday, January 20th, 10:00 to 11:30 a.m., YECC. This interactive presentation identifies risk factors for falls and provides key actions and resources to prevent falls before they happen.
- **Moving Matters**: Tuesday, February 3rd, 9:30 a.m. to 12:00 noon, YECC. Includes practical tips on incorporating activity into your life and current research recommendations. Also “debunks” common myths of physical activity.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by Petrolia Seniors Group on Tuesday, January 20th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Speaker: Paula Streat. Topic: Laughter Yoga! A unique concept where anyone can laugh as a form of exercise in a group which soon turns into spontaneous laughter and makes one feel more healthy and energetic. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
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SWESA E-mail: swedmontonseniors@gmail.com
SWESA website: www.swedmontonseniors.ca