



SouthWest Edmonton
Seniors Association

NEWS

NEW PROGRAMS

Calling all readers.... Join **SWESA's Book Club** starting Wednesday, February 11th, 1:00 to 2:30 p.m. at Terwillegar Community Recreation Center (TCRC). Group will meet monthly; cost: \$5.00. A number of books (provided by Edmonton Public Library) will be available for selection.

Get your heart pumping just a little bit faster in time for Valentine's Day by joining **SWESA's Fitness Class** starting Thursday, February 12th, 10:00 to 11:00 a.m. at Yellowbird East Community Centre (YECC). Sessions will run weekly through April 30th. Cost: \$5, drop-in fee (members); \$8, drop-in fee (non-members); \$50, for all twelve sessions (member rate).

MORE PLAYERS ARE NEEDED for **SWESA's BRIDGE GROUP** on Wednesdays, 9:30 a.m. to 12:00 noon, YECC; \$2 drop-in fee for members (includes coffee and refreshments). Both beginners and experienced players welcomed for a friendly game in a fun environment.

AND MORE PLAYERS ARE ALSO NEEDED FOR MAH JONGG on Wednesdays, 9:30 a.m. to 12:00 noon, YECC; \$2 drop-in fee for members (includes coffee and refreshments).

DON'T FORGET TO BECOME A MEMBER OF SWESA

For a \$30.00 fee you can participate in SWESA's programs, activities, luncheons, and camaraderie at member rates for all of 2015. In addition, you will receive regular copies of our newsletter, **SWESA News**, to keep you abreast of what's happening at your Centre.

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

- **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.
- **Introduction to Facebook**: Monday, February 9th, 1:00 to 3:00 p.m., TCRC. This session, in partnership with Edmonton Public Library, will introduce participants to the social media site, **FACEBOOK**. Learn the basics and get connected!!!
- **Go Go Gadgets**: Thursday, February 12th, 10:30 a.m. to 12:30 p.m. YECC. This is an interactive session about gadgets in partnership with Edmonton Public Library. Technology experts will teach you how to use your eReader, tablet, iPad, mobile phone, laptop, or other “gizmos.” Remember to bring your gadget and your questions!!!

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by Petrolia Seniors Group on Tuesday, February 17th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Speaker: Detective Bill Allen, Edmonton Community Police, and Weichurn Woo, Mackie Research. Topic: **Fraud and Identity Theft Protection**. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre

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