



SouthWest Edmonton
Seniors Association

NEWS

GREETINGS LIZA!!!

Please join SouthWest Edmonton Seniors Association (SWESA) in welcoming Liza Bouchard as its new Program Coordinator. Liza, originally from Nova Scotia, has lived in Alberta since May 2005. Her educational background includes a Bachelors of Arts with a Major in Psychology and joint Minors in Sociology and Religious Studies.

Liza previously worked eight years in non-profit program, volunteer, and database management for Goodwill Industries of Alberta, Mill Woods Family Resource Centre, and Edmonton Seniors Coordinating Council. In her "spare time," she is kept busy with family activities (including caring for her two-year old).

IMPORTANT DATES TO REMEMBER:

- **March 19th:** Closing date for call for interest for volunteers to join SWESA's Board.
- **April 12th – 18th:** Volunteer Week.
- **April 14th:** SWESA's Volunteer Appreciation Event, Yellowbird East Community Centre (YECC).
- **April 15th:** Bingo Afternoon, starting 1:00 p.m., YECC.
- **April 22nd:** 6:30 to 9:00 p.m., SWESA's Annual General Meeting.
- **May 27th:** Popovich Theatre will perform its 40's, 50's, and 60's Show Comedy & Rock Around the Clock, YECC. Watch **SWESA News** for further details!!!

HOP INTO SPRING....

SWESA is holding its Easter themed lunch on **March 25th**, 12:00 noon to 2:00 p.m., YECC. Cost: \$8.00, members; \$12.00, non-members.

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

- **Foot Care Talk:** Tuesday, March 17th, 10:00 to 11:00 A.M., YECC. Interactive session with prizes. Explains why we must look after those ten little toes and seriously underappreciated feet (given that the total forces on them can equal hundreds of tons in an average day).
- **Dare to Age Well:** Wednesday, March 18th, 10:00 to 11:30 a.m., YECC. **FOR WOMEN ONLY.** Provides cutting edge information on various taboo topics related to healthy ageing.
- **Go Go Gadgets:** Thursday, March 26th, 10:30 a.m. to 12:00 noon, 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!!!
- **Better Choices, Better Health:** Tuesday, April 7th, 11:00 a.m. to 12:00 noon, YECC. An hour overview of a free six week workshop for those with a chronic condition such as diabetes, high blood pressure, asthma, depression, arthritis, etc.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors** Group on Tuesday, March 17th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
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SWESA phone: 587-987-3200
SWESA E-mail: swedmontseniors@gmail.com
SWESA website: www.swedmontseniors.ca