



SouthWest Edmonton
Seniors Association

NEWS

HAPPY EASTER!!!

Welcome to the change of season and ***DON'T FORGET SWESA'S:***

ANNUAL GENERAL MEETING

WEDNESDAY, APRIL 22nd, 2015

Yellowbird East Community Centre (YECC)

10710 19 Ave NW, Edmonton, Alberta

Registration and refreshments: 6:30 pm

Meeting: 7:00 pm

Guest Speaker: Michael Walters, Councillor, Ward 10

SWESA's Easter themed lunch had a great turnout. Many thanks to the volunteers who helped make the event a success. Also thanks to Swish Flowers for the donation of flower centerpieces for each table and Rutherford Heights for donating the dessert.

DON'T FORGET: SWESA's Book Club meets Wednesday, April 8th, at Terwillegar Community Recreation Center (TCRC), 1:00 pm to 3:00 pm. We are starting another book club on April 20 from 9:30 am – 11:00 am at YECC. This club will run every third Monday.

IMPORTANT DATES TO REMEMBER:

- ***April 12th – 18th:*** Volunteer Week.
- ***April 14th:*** SWESA's Volunteer Appreciation Event, YECC.
- ***April 15th:*** Bingo Afternoon, starting 1:00 pm., YECC.
- ***May 27th:*** Popovich Theatre will perform **Comedy and Rock Around the Clock** featuring 40's, 50's, and 60's music, YECC.

Dinner at 6:00 pm.; show from 7:00 pm to 8:00 pm. Total cost: \$30.00, members; \$45.00, non-members. Preregistration required.

- **September 2nd:** Bus trip to The Rosebud Theater Summer **Opera** House featuring **The Wizard of Oz**. Highway coach bus will depart from YECC at 7:30 a.m. for a delicious 11:00 am lunch and the 1:00 pm show. Cost: \$95.00, members; \$115.00, non-members. Preregistration required; limited space.

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

- **Better Choices, Better Health:** Tuesday, April 7th, 11:00 am to 12:00 pm, 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.
- **Medication Use:** Monday, April 13th, 1:00 pm to 2:30 pm, TCRC. A guide to the correct use and disposal of medications – both prescription and over the counter.
- **Slowing Down the Aging Brain:** Friday, April 17th, 10:30 am to 12:00 pm, YECC. Learn about the cognitive, emotional, physical, and social benefits of recreational therapies/practices for seniors and tips to improve your quality of life. Also aging in place, slowing down cognitive decline, and wellness as a way of life.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors** Group on Tuesday, April 21st, 11:45 am to 2:00 pm at Greenfield Community Hall, 3803 114 St. Speaker: Rocy Ward, Native Counselling Services, on **Indian Residential Schools**. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
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