



SouthWest Edmonton
Seniors Association

NEWS

TABLE TOP OLYMPICS!

Join other SWESA members on Wednesday, March 11th, 1:00 to 3:00 p.m., to compete in **TABLE TOP OLYMPICS** at Yellowbird East Community Centre (YECC) for fun and prizes. Enjoy games such as Weight “Squeeze” Lifting, “Threading,” Long Jump, “Stacking,” Pole Vault, “Chop Sticks,” Basketball, etc., and refreshments. Registration required. Cost: members, \$5.00; non-members, \$8.00.

IMPORTANT DATES TO REMEMBER:

- **March 8th:** Daylight Saving Time begins at 2:00 a.m.. Remember to set your clock ahead one (1) hour.
- **March 19th:** Closing date for call for interest for volunteers to join SWESA’s Board.
- **March 25th:** 12:00 noon to 2:00 p.m.. Hop into Spring with our Easter themed lunch.
- **April 22nd:** 6:30 to 9:00 p.m., SWESA’s Annual General Meeting.

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

- **Go Go Gadgets:** Monday, March 9th, 1:00 to 3:00 p.m., Terwillegar Community Recreation Centre (TCRC). 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!!!
- **Introduction to Twitter:** Monday, March 16th, 1:30 to 3:00 p.m., TCRC. Learn what twitter is and how to use it.

- **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.

OTHER PROGRAMS:

- **Chinese New Year Celebration** hosted by **ASSIST Community Services** at **SAGE**, #14 Winston Churchill Square, Friday, March 6th, 12:30 to 3:00 p.m. Bus will be at YECC approximately 11:30 a.m.. Limited seating; registration required. Call 587-987-3200 or contact swesa.programs@gmail.com. Light lunch will be provided; no cost.
- **Free Galaxyland Night at West Edmonton Mall** on Friday, March 6th, 7:30 to 10:30 p.m. Limited number of tickets available. Call 587-987-3200. Please bring a donation for the Edmonton Food Bank.
- **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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