



Fall 2014

Program Guide

September 2014 – December 2014



Yellowbird East Community Centre - 10710 19 AVE NW
(587) 987-3200 swedmontonseniors.ca

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Who is SWESA?

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest non-profit seniors organization. SWESA is currently developing social, cultural and recreational programs and a gathering place for individuals 55+ living in southwest Edmonton.

With over 400 members, SWESA is growing every day. Run by a group of passionate volunteers, SWESA's mission is to provide opportunities for adults 55+ in southwest Edmonton to pursue healthy and satisfying lives through engagement in a variety of programs and through social connections.

SouthWest Edmonton – A Great Place to Be 55+

Important Information

MEMBERSHIP:

- There are no membership fees to become a part of SouthWest Edmonton Seniors Association (SWESA) for 2014. SWESA will be introducing a \$30 membership fee for the 2015 calendar year.
- Valid membership from other senior centres may be recognized for participation in SWESA programs and special events.
- SWESA Members will receive priority at registration. Non-SWESA Members may be put on a waiting list at the time of registration and can be 'bumped' to give priority to SWESA members.

REGISTRATION:

- Registration can be taken in person at Yellowbird East Community Centre location. Registration for select classes or events may be taken over the phone or through email. Please contact 587 987 3200 or swesa.programs@gmail.com for registration inquiries.
- We only accept cash or cheques.

CANCELLATIONS & REFUNDS:

- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable for cancelled classes.
- No refunds will be given to participants if they withdraw from a program of their own volition.
- In the event of a medical or family emergency, please contact the Program Coordinator to discuss refunds. Refunds are provided at the discretion of the Program Coordinator.

DISCLAIMERS/LIABILITY:

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.

- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of the SouthWest Edmonton Seniors Association's Board of Directors, staff or volunteers.

LOCATION OF CLASSES:

- SWESA operates from two locations. Our main site and office location is Yellowbird East Community Centre, 10710 19 Ave NW. The majority of our programming runs from this location.
- Our second location is the Seniors Lounge in the Terwillegar Community Recreation Centre, 2051 Leger Road. Programs offered here include Coffee Chat n' Cards, Go Go Gadgets, Toonie Talks and Intro to Google Maps.

HOLIDAYS - CENTRE CLOSED:

SWESA will be closed on the following holidays. There will be **no** programming running at either location on:

Monday, September 1, 2014 (Labour Day)

Monday, October 13, 2014 (Thanksgiving)

Tuesday, November 11, 2014 (Remembrance Day)

December 24, 25 and 26, 2014 (Christmas)

SWESA will be closed on select days over the 2014/2015 Christmas and New Year period. Updated information will be available on the website at swedmontonseniors.ca and in person at Yellowbird East Community Centre.

Fall 2014 Programming

The Arts

Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawing, water colour, mixed media) and create art in a social, supportive environment. *Note: There is no instructor for this program and we do not allow oil paints or strong scents in studio due to participant allergies*

When: Fridays from 9:30am – 12:00pm
(September 5 – December 12, 2014)

Location: Yellowbird East Community Centre

Cost: \$2 drop-in fee or \$20 registration fee for the September 5 to December 12 session.

This is a drop-in program. Registration is not required.

Quilting Group

This program is for people who love to quilt! Participants bring their own projects and materials and work alongside fellow quilters. There is also a 'quilt block of the month'. Both experienced quilters and beginners are welcome!

When: Mondays from 11:30am – 2:00pm
(September 8 – December 8, 2014)

Location: Yellowbird East Community Centre

Cost: \$2 drop-in fee or \$25 registration fee for the September 8 to December 8 session.

This is a drop-in program. Registration is not required.

Fitness

Gentle Yoga

This course will introduce you to the holistic benefits of yoga. Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket to class. Suitable for all fitness levels and abilities. Poses may be performed with a chair.

When: Mondays, 10:00am – 11:00am

Location: Yellowbird East Community Centre

Cost:

Member rate: \$7 drop-in, \$35/6 week session

Non-member rate: \$10 drop-in, \$50/6 week session

Let's Walk

Join SWESA's Walking Group and get moving! This 5-week program will introduce you to the benefits of walking as we enjoy the outdoors and explore SW Edmonton. After our walks, we encourage participants to stay for coffee and refreshments in our Coffee Room.

*Please bring a water bottle and dress for the weather!

When: Thursdays, 10:00am – 11:00am

(September 11 – October 9, 2014)

Location: Yellowbird East Community Centre

Cost:

One-time \$2 registration fee (no visor)

One-time \$10 registration fee (visor)

This is a drop-in program. Registration is not required.

Social

Coffee, Chat n' Cards

We have two Coffee, Chat n' Cards locations for you to meet new people and have some FUN! Join us weekly for coffee, refreshments and conversation at this informal drop-in program.

When:

Terwillegar Community Recreation Centre, 2051 Leger Road
Mondays and Wednesdays, 1:00pm - 4:00pm

Yellowbird East Community Centre, 10710 19 Avenue NW
Tuesdays and Thursdays, 9:30am - 12:00pm

Cost: We suggest \$1 - \$2 donation for coffee and refreshments

These are drop-in programs. Registration is not required.

Lunch Socials

Come and enjoy a good meal with good company. Each event will feature a new theme and menu item(s). Registration is required. We ask that you confirm your attendance at least 7 days before the event.

Thanksgiving Luncheon

When: Wednesday, October 8, 2014 from 12:00pm – 2:00pm

Location: Yellowbird East Community Centre

Cost: TBD. Details will be available closer to the date.

Christmas Potluck

When: Tuesday, December 16, 2014 from 12:00pm – 2:00pm

Location: Yellowbird East Community Centre

Cost: \$2 plus a food item that feeds 3-4 individuals.

Health and Wellness

Meditation

This session will introduce participants to the benefits of meditation for the mind and body. We will learn why we should meditate, how to meditate as well as learn the foundations of breath and gentle movements to help quiet the mind. Please bring a mat or blanket and loose fitting clothing - whatever makes you feel most comfortable.

*Suitable for all levels and abilities

When: Wednesdays from 1:00pm - 2:00pm
(September 10 to October 15, 2014 - 6 week session)

Location: Yellowbird East Community Centre

Cost:

Member rate: \$5 drop in, \$25/6 week session

Non-member rate: \$8 drop in, \$40/6 week session

Toonie Talk: Nutrition Tour

Join SWESA and a Registered Dietitian for a tour of your local grocery store. We will meet at the Save on Foods Magrath, 14161 23 Avenue to discuss food labels and healthy eating choices.

*Please note any allergies or health concerns when registering.

When: Wednesday, September 24, 2014 11:00am - 12:00pm

Location: Save on Foods Magrath, 14161 - 23 Avenue

Cost: \$2 fee

Registration is required. There is a maximum of 15 participants for this program.

Self Help Massage Tips

An experienced Registered Massage Therapist will lead you through this interactive session. Learn to use everyday items as simple self-treatment tools to help decrease pain and increase your overall wellness. Handouts provided. Please bring a water bottle and wear a loose, comfortable t-shirt. *Suitable for all abilities and fitness levels

When: Tuesday, September 30, 2014 2:00pm - 4:00pm

Location: Yellowbird East Community Centre

Cost: \$20 per participant. The materials used in class will also be available for purchase at an additional cost of \$2.

Registration is required. There is a maximum of 12 participants for this program

Toonie Talk: Alzheimer's Disease & Other Dementias

This session will introduce activities that maximize the abilities and independence for an individual with Alzheimer's disease. Learn how to make the most of the memories that your loved one has retained. Safely and effectively manage the difficult behaviors symptomatic of the disease.

When: Tuesday, September 9, 2014 12:30pm – 2:00pm

Location: Yellowbird East Community Centre

Cost: \$2 fee

Toonie Talk: Caregiver Stress

Identify the signs of poor work/life balance, learn tips and strategies to help ease your caregiving duties and learn about ways to take care of yourself.

When: Monday, September 29, 2014 1:00pm – 3:00pm

Location: Terwillegar Community Recreation Centre

Cost: \$2 fee

Toonie Talk: Introduction to Diabetes

This interactive session will introduce participants to Diabetes. Information will include prevention and warning signs, strategies to manage the disease, and the differences between type 1 and type 2 diabetes.

When: Thursday, October 9, 2014 12:30pm – 2:00pm

Location: Yellowbird East Community Centre

Cost: \$2 fee

Technology

Go Go Gadgets

In partnership with the Edmonton Public Library, this interactive session is all about gadgets! Technology experts can show you how to use your eReader, tablet, iPad, mobile phone, laptop or other 'gizmos'. Remember to bring along your gadget and your questions.

When:

Terwillegar Community Recreation Centre

Monday, September 15, 2014 1:00pm - 3:00pm

Monday, November 3, 2014 1:00pm - 3:00pm

Yellowbird East Community Centre

Thursday, October 23, 2014 10:30am - 12:00pm

Thursday, November 20, 2014 10:30am - 12:00pm

Cost: \$2 fee

Registration is required. There is a maximum of 8 participants for each session.

Introduction to Google Maps

In partnership with the Edmonton Public Library, this session will introduce participants to Google Maps. Learn the basics of this useful tool so you can get where you want to go. *Please note participants need to have an understanding of the basic internet and/or app functions of their device. For sessions on specific gadget related questions, please see the Go Go Gadgets program.

When: Monday, October 6, 2014 1:00pm - 3:00pm

Location: Terwillegar Community Recreation Centre

Cost: \$2 fee

Registration is required. There is a maximum of 10 participants for this program.

General Interest

Toonie Talk: Fraud and Identity Theft Prevention

Learn how to protect you and your loved ones against the most common scams, frauds, and identity theft that specifically targets seniors. Includes a presentation from Edmonton Police Service.

When: Tuesday, September 16, 2014 1:00pm – 2:30pm

Location: Yellowbird East Community Centre

Cost: \$2 fee

Driving and Beyond Workshop

In partnership with Edmonton Transit System, AMA and West End Seniors Activity Centre this interactive event will provide participants with important transportation information. Highlights include presentations from transportation agencies around the City of Edmonton and a luncheon.

When: Thursday, October 16, 2014 10:00am – 2:00pm

Location: West End Seniors Activity Centre
9629 176 Street NW

Cost: \$7 fee

*Stay tuned for more information. SWESA may be offering transportation from Yellowbird East Community Centre to this event.

Games

Mah Jongg

Come and learn this fun, traditional Chinese tile game! Both beginners and experienced players are welcome.

When: Wednesdays, 9:30am – 12:00pm starting September 10

Location: Yellowbird East Community Centre

Cost: \$2 drop-in fee (includes coffee and refreshments)

This is a drop-in program. Registration is not required.

SWESA is also looking to introduce more game and card programming at our Yellowbird East Community Centre location. If you have a specific interest, please contact Alex at swesa.programs@gmail.com or 587 987 3200.

Special Events

Party in the Park

SWESA will be participating in the annual 'Party in the Park' Music Festival at Blue Quill Community Hall. Join us for a day of entertainment, music and fun!

When: Saturday, September 13, 2014 12:00pm – 12:00am

Location: Blue Quill Community Grounds, 11304 – 25 Avenue NW

Cost: FREE

*Please note that this is an EXTERNAL community event sponsored by the Blue Quill Community League and South West Area Council.

'Welcome Back' Event

Fall is just around the corner! SWESA invites our members and the SouthWest Edmonton community to our annual Welcome Back Event. Meet fellow members, speak with SWESA's board members and enjoy some good food.

When: Wednesday, September 17, 2014 5:30pm – 8:00pm

Location: Yellowbird East Community Centre

Cost:

Members: \$5 per person

Non-members: \$7 per person

Fit Forever Festival

Vision for an Age Friendly Edmonton Presents the Fit Forever Festival. Highlights include a Resource Fair, panel presentation from fitness experts in the community, workshops and a catered lunch. Connect and learn about fitness at this informative, interactive event.

When: Tuesday, October 7, 2014 9:00am – 4:30pm

Location: Northgate Lions Seniors Citizens Recreation Centre
7524 – 139 Avenue NW

Cost: \$15 fee includes lunch and workshops

Registration deadline is September 26, 2014.

Volunteer Appreciation Event

Save the date! Our volunteers mean a lot to us, and we want to show you our appreciation. This event will be open to members who have contributed in some way to the SouthWest Edmonton Seniors Association. Details will be available closer to the date, but expect food and entertainment!

When: Wednesday, November 5, 2014 12:00pm – 2:00pm

Location: Yellowbird East Community Centre

Book Shoppe

SWESA has a Book Shoppe in the Coffee Room at Yellowbird East Community Centre. There is a large selection of books available for \$1 and Personal Health Diaries for \$3. All proceeds go towards supporting programming at SWESA. We also accept book donations. Please contact Alex at 587 987 3200 to arrange for donation drop off.

Volunteers

Volunteers are an important and integral part of our organization – without our volunteers we wouldn't be where we are today! There are many ways you can contribute your time and talents. Volunteer roles include special event and committee volunteers, program volunteers, personal phone callers and many more. If you are interested in volunteering, or want more information, contact us at 587 987 3200 or swedmontonseniors@gmail.com

Stay Tuned!

As we work to develop more programming, we may be introducing new classes and events in the Fall that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the Seniors Lounge at Terwillegar Community Recreation Centre, and/or on SWESA's website at swedmontonseniors.ca. New programs may also be featured in issues of SWESA's newsletter - *SWESA News*.

Contact Information

If you have any questions or would like more information about programming, please contact Alex at 587 987 3200 or swesa.programs@gmail.com

Schedule of Events

Legend:

Terwillegar Community Rec Centre = TCRC

Yellowbird East Community Centre = YECC

West End Seniors Activity Centre = WESAC

SWESA does not run programming on the following holidays:

Monday, September 1, 2014 (Labour Day)

Monday, October 13, 2014 (Thanksgiving)

Tuesday, November 11, 2014 (Remembrance Day)

December 24, 25 and 26, 2014 (Christmas)

Weekly Programs/Events

Date	Program	Time	Location
Mondays	Gentle Yoga	10am – 11am	YECC
Mondays	Quilting Group	11:30am – 2pm	YECC
Mondays	Coffee Chat n Cards	1pm – 4pm	TCRC
Tuesdays	Coffee Chat n Cards	9:30am -12pm	YECC
Wednesdays	Mah Jongg	9:30am -12pm	YECC
Wednesdays	Meditation	1pm – 2pm	YECC
Wednesdays	Coffee Chat n Cards	1pm – 4pm	TCRC
Thursdays	Coffee Chat n Cards	9:30am -12pm	YECC
Thursdays (September/October)	Let's Walk!	10am -11am	YECC
Fridays	Art Group	9:30am – 12pm	YECC

Special Programs/Events

Date	Program	Time	Location
Tuesday September 9	Toonie Talk: Alzheimers	12:30pm – 2pm	YECC
Saturday September 13	Party in the Park	12pm -12am	Blue Quill
Monday September 15	Go Go Gadgets	1pm – 3pm	TCRC
Tuesday September 16	Toonie Talk: Fraud and Identity Theft Protection	1pm – 2:30pm	YECC
Wednesday September 17	Welcome Back Event!	5:30pm – 8pm	YECC
Wednesday September 24	Toonie Talk: Nutrition Tour	11am – 12pm	Save on Foods Magrath
Monday September 29	Toonie Talk: Caregiver Stress	1pm – 3pm	TCRC
Tuesday September 30	Self Help Massage Tips	2pm – 4pm	YECC
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Monday October 6	Intro to Google Maps	1pm - 3pm	TCRC
Thursday October 9	Toonie Talk: Diabetes	12:30pm – 2pm	YECC
Tuesday October 7	Forever Fit Festival	9am – 4:30pm	Northgate
Wednesday October 8	Thanksgiving Luncheon	12pm – 2pm	YECC
Thursday October 16	Driving and Beyond	10am – 2pm	WESAC
Thursday October 23	Go Go Gadgets	10:30am – 12pm	YECC
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Monday November 3	Go Go Gadgets	1pm - 3pm	TCRC
Wednesday November 5	Volunteer Appreciation Event	12:00pm – 2:00pm	YECC
Thursday November 20	Go Go Gadgets	10:30am – 12pm	YECC
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Tuesday December 16	Christmas Potluck	12pm – 2pm	YECC