



# Winter 2015

# Program Guide

January 2015 – April 2015



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Yellowbird East Community Centre - 10710 19 AVE NW  
587-987-3200      [swedmontonseniors.ca](http://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 is 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:

- SWESA has introduced a \$30 membership fee which enables you to participate in SWESA's programs at member rates. The membership year runs from January 1, 2015, to December 31, 2015.
- Valid membership from other senior centres may be recognized for participation in SWESA programs and special events at member rates.
- 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 our Yellowbird East Community Centre office. 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](mailto:swesa.programs@gmail.com) for registration inquiries.
- Payment is by cash or cheque.

## 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 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 (YECC), 10710 19 AVE NW. The majority of our programming runs from this location.
- Our second location is the Seniors Lounge in Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road. Programs offered here include Coffee Chat n' Cards, Go Go Gadgets, Toonie Talks and Introduction to Facebook.

## HOLIDAYS - CENTRE CLOSED:

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

Monday, February 16, 2015 – Family Day

Friday, April 3, 2015 – Good Friday

Monday, April 6, 2015 – Easter Monday

# Winter 2015 Programming

## THE ARTS

### 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 – 3:00pm  
(January – April 2015)

**Location:** Yellowbird East Community Centre

**Cost:** \$2 drop-in fee or \$20 registration fee for the January to April session.

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

### 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  
(January – April 2015)

**Location:** Yellowbird East Community Centre

**Cost:** \$2 drop-in fee or \$20 registration fee for the January to April session.

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

## **Knitting Group**

Come and join the Knitting Group at SWESA! This is an informal drop-in program offered Friday afternoons. Bring your own projects and work in a fun, social space. There is no instructor, but members are able to share ideas and learn from each other. Note: If this is your first time at the group please call ahead! The group occasionally meets offsite for independent field trips.

**When:** Fridays from 12:00pm – 3:00pm

(January – April 2015)

**Location:** Yellowbird East Community Centre

**Cost:** \$2 drop-in fee or \$20 registration fee for the January to April session.

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

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## *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: \$9 drop-in, \$63/8 week session

Non-member rate: \$15 drop-in, \$105/8 week session

## **Let's Walk**

Join SWESA's Walking Group and get moving! This program will introduce you to the benefits of walking as we enjoy the outdoors and explore SouthWest Edmonton. After our walks, we encourage participants to stay for coffee and refreshments. Please bring a water bottle and dress for the weather! SWESA sun visors are also available for purchase at a cost of \$10.

**When:** Thursdays, 10:00am – 11:00am

*(The start date for Let's Walk will be dependent on the weather and walking conditions. Stay tuned for more information in an upcoming issue of SWESA News)*

**Location:** Yellowbird East Community Centre

**Cost:**

Member rate: \$5 one-time registration fee per 12 week session

Non-member rate: \$15 one-time registration fee per 12 week session

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

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## **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 these informal drop-in programs.

**When:**

Terwillegar Community Recreation Centre, 2051 Leger Road

Mondays and Wednesdays, 1:00pm - 4:00pm

Yellowbird East Community Centre, 10710 19 AVE NW

Tuesdays and Thursdays, 9:30am - 12:00pm

**Cost:** A \$1 - \$2 donation for coffee and refreshments is suggested.

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 3 days before the event.

### **When:**

Wednesday January 28, 2015, from 12:00pm – 2:00pm

Wednesday February 25, 2015, from 12:00pm – 2:00pm

Wednesday March 25, 2015, from 12:00pm – 2:00pm

**Location:** Yellowbird East Community Centre

**Cost:** The cost for our Luncheons varies depending on the menu items available. Typical costs have ranged from \$5 - \$15.

*NOTE: The Seniors Lounge at TCRC will be closed on the above dates.*

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## *HEALTH and WELLNESS*

### **NEW Toonie Talk: Moving Matters**

Join experienced professionals and cover all of the physical activity basics. The course will include current research recommendations, practical tips on incorporating activity into your life, and will 'debunk' common myths of physical activity.

**When:** Tuesday, February 3, 2015, from 9:30am – 12:00pm

**Location:** Yellowbird East Community Centre

### **Cost:**

Member rate: \$2 fee

Non-member rate: \$4 fee

Registration is required. There is a maximum of 20 participants for this session.

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## TECHNOLOGY

### **Go Go Gadgets**

In partnership with 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, January 12, 2015, from 1:00pm - 3:00pm

Monday, March 9, 2015, from 1:00pm - 3:00pm

Yellowbird East Community Centre

Thursday, February 12, 2015, from 11:00am - 12:00pm

Thursday, March 26, 2015, from 11:00am - 12:00pm

#### **Cost:**

Member rate: \$2 fee

Non-member rate: \$4 fee

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

### **NEW Introduction to Facebook**

In partnership with Edmonton Public Library, this session will introduce participants to the social media site *Facebook*. Learn the basics and get connected!

**When:** Monday, February 9, 2015, from 1:00pm - 3:00pm

**Location:** Terwillegar Community Recreation Centre

#### **Cost:**

Member rate: \$2 fee

Non-member rate: \$4 fee

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

## **NEW Introduction to iPads**

Interested in learning more about iPads? EPL will be bringing in 10 devices for participants to try! Join us for this introductory session and learn the basics.

**When:** Thursday, April 23, 2015, from 11:00am – 12:00pm

**Location:** Yellowbird East Community Centre

**Cost:**

Member rate: \$2 fee

Non-member rate: \$4 fee

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

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## *GENERAL INTEREST*

## **NEW Toonie Talk: Finding Balance and Preventing Falls**

Anyone can fall, but as you age, the risk increases. One in three Alberta seniors will fall each year. The good news is that you can take steps to prevent falls. This interactive presentation identifies falls risk factors and provides key actions and resources to prevent a fall before it happens.

**When:** Tuesday, January 20, 2015, from 10:00am – 11:30am

**Location:** Yellowbird East Community Centre

**Cost:**

Member rate: \$2 fee

Non-member rate: \$4 fee

Registration is requested.

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# 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 January 7, 2015

**Location:** Yellowbird East Community Centre

**Cost:**

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

Non-member rate: \$4 drop-in fee (includes coffee and refreshments)

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

## **NEW Bridge**

Due to popular demand, SWESA will be offering Bridge on Wednesday mornings. Join us for a friendly game in a fun environment! Both beginners and experienced players are welcome.

**When:** Wednesdays, 9:30am – 12:00pm starting January 7, 2015

**Location:** Yellowbird East Community Centre

**Cost:**

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

Non-member rate: \$4 drop-in fee (includes coffee and refreshments)

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

## *SPECIAL EVENTS*

### **Annual General Meeting (AGM)**

Members and guests are invited to attend SWESA's third Annual General Meeting (AGM). Come and hear about SWESA's plans for the future. There will be entertainment and light refreshments available.

**When:** Wednesday, April 22, 2015, from 6:30pm – 8:30pm

**Location:** Yellowbird East Community Centre

Please RSVP by contacting [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com) or 587-987-3200.

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### **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 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 would like more information about volunteer opportunities, contact us at 587-987-3200 or [swedmontonseniors@gmail.com](mailto:swedmontonseniors@gmail.com).

## **Stay Tuned!**

As we work to develop more programming, we may be introducing new classes and events 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](http://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 SWESA's Program Coordinator at 587-987-3200 or [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com)

## Schedule of Events

*Legend:*

Terwillegar Community Rec Centre = TCRC

Yellowbird East Community Centre = YECC

SWESA does not run programming on the following holidays:

Monday, February 16, 2015 – Family Day

Friday, April 3, 2015 – Good Friday

Monday, April 6, 2015 – Easter Monday

### Weekly Programs/Events

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>
Mondays	Gentle Yoga	10am – 11am	YECC
Mondays	Quilting Group	11:30am – 3pm	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	Bridge	9:30am – 12pm	YECC
Wednesdays	Coffee Chat n' Cards	1pm – 4pm	TCRC
Thursdays	Coffee Chat n' Cards	9:30am - 12pm	YECC
Thursdays (Spring)	Let's Walk!	10am - 11am	YECC
Fridays	Art Group	9:30am – 12pm	YECC
Fridays	Knitting Group	12pm – 3pm	YECC

## Special Programs/Events

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>
Monday, January 12, 2015	Go Go Gadgets	1pm – 3pm	TCRC
Tuesday, January 20, 2015	Toonie Talk: Finding Balance	10am – 11:30am	YECC
Wednesday, January 28, 2015	Lunch Social	12pm – 2pm	YECC
Tuesday, February 3, 2015	Toonie Talk: Moving Matters	9:30am – 12pm	YECC
Monday, February 9, 2015	Introduction to Facebook	1pm – 3pm	TCRC
Thursday, February 12, 2015	Go Go Gadgets	11am – 12pm	YECC
Wednesday, February 25, 2015	Lunch Social	12pm – 2pm	YECC
Monday, March 9, 2015	Go Go Gadgets	1pm – 3pm	TCRC
Thursday March 26, 2015	Go Go Gadgets	11am – 12pm	YECC
Wednesday March 25, 2015	Lunch Social	12pm – 2pm	YECC
Thursday, April 23, 2015	Introduction to iPads	11am – 12pm	YECC
Wednesday, April 22, 2015	Annual General Meeting	6:30pm – 8:30pm	YECC

*Thank you to **the Compassion Network** for generously printing  
SWESA's Winter 2015 Program Guide*