



**U'RE
COME**

For more program information:

VISIT US

SWESA Seniors Centre at
Yellowbird East Community Centre (YECC)
10710 19 Avenue
Edmonton, Alberta

***The office is open most mornings,
Monday to Friday from 9:00 a.m. to noon.***

SWESA Seniors Lounge at Terwillegar
Community Recreation Centre (TCRC)
2051 Leger Road NW
Edmonton, Alberta

***The lounge is open several afternoons
each week.***

CONTACT US

Website: swedmontonseniors.ca

By Phone: 587.987.3200 (24 hr voicemail)

By Email: swedmontonseniors@gmail.com

Mailing address: 88008 Rabbit Hill P.O.
Edmonton, Alberta T6R 0M5



**YOU
WELC**



AS A SWESA MEMBER YOU CAN:

Socialize

Our Coffee, Chat 'n Cards gatherings are a great way to meet new people. Social events including Christmas light bus tours, pancake breakfasts, and Chilifest will keep you actively socializing all year long.

Learn

The SWESA Toonie Talks and educational sessions cover a wide variety of topics sure to pique your interests.

Get Physical

Try the gentle drop-in yoga sessions, join the walking club, or explore other activity programs to keep you moving.



WELCOME TO THE FAMILY

Joining the SWESA family is easy.

Become a member

You benefit through member discounts on courses and activities. You will also receive regular issues of SWESA News with the latest information on upcoming programs. Application forms are available on the website and at SWESA locations listed on the back page.

Become a volunteer

You can meet new people, have fun and use your own particular talents and abilities to support programs that you and others can enjoy.

Become a sponsor

Support the programs and development of this centre and be profiled on the website.

Tell a friend

You can pass this brochure to others who should know about SWESA!

A GREAT PLACE TO BE 55+

Welcome to SouthWest Edmonton Seniors Association (SWESA), a new seniors organization developed with you in mind. SWESA provides you with opportunities to pursue a healthy and active life through a variety of unique programs and social connections.