



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

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Join us for our regular weekly programs:

Date	Program	Time	Location
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	Open Games	9:30am-12pm	YECC
Wednesdays	Coffee, Chat'n Cards	1pm-4pm	TCRC
Thursdays	Coffee, Chat'n Cards	9:30am-12pm	YECC
Thursdays	Total Body Fitness	10am-11am	YECC
Fridays	Art Group	9:30am-12pm	YECC
Fridays	Knitting/Stitching Group	12pm-3pm	YECC

Upcoming Programs:

Date	Program	Time	Location
February 3	Carrot Cake Day	10:00 - 11:00	YECC
February 3	Carrot Cake Day	1:00 - 2:00	TCRC
February 4	Cancer Screening and Detection	11:00 - 11:45	YECC

Please Note:

We wish to extend our gratitude to all of the volunteers who assisted with the January luncheon and a special Thank You to [SWISH Flowers Inc.](#) for their donation of the gorgeous centrepieces for the January luncheon. What a way to brighten January!



CORRECTION: The February luncheon, featuring a Hawaiian Luau with live entertainment and delicious food, will be held on **February the 24th** from 12:00 pm – 2:00pm. COST: SWESA members, **\$10.00**; non-members, **\$15.00**. Please RSVP.

Our TCRC site is always closed on the afternoons of the SWESA luncheons.

We require all registrations for the **AGE OF LOVE** movie and pizza night in by **February 8th**. This promises to be a great evening out with SWESA and community members. If you have not paid for your registration, please do so at your earliest convenience.

For more details about any of our programs, please refer to our Winter Program Guide [HERE](#).

Stay Connected

SWING 'N' SKATE - City Room at City Hall from 1 - 4 p.m. (Free)

Enjoy live swing, jazz and big band music on most Sundays throughout February. This free event is open to the public and all who want to jive. If you'd rather be outdoors, the music will be broadcast directly outside for the enjoyment of ice skaters on City Hall Plaza. Free skate rentals will be available on a first come, first serve basis.

CHINESE DUMPLINGS and CHINESE NEW YEAR FESTIVITIES

Twin Brooks Community Hall -11341- 12 AVE – Saturday February 27 from 2pm - 5pm.

Mother and Daughter team will demo " How to make Chinese dumplings" for all to sample. Many flavours including Halal chicken.

RSVP by February 17 to Ida at irichardsco@hotmail.com or [780-989-5431](tel:780-989-5431)

Volunteer Opportunities SWESA's Board has a few committees that are making constant progress to support our growth. Do you have ideas and experience to lend to these working groups?

Marketing and Communication Committee Member – join the team helping to promote awareness of SWESA and get the word out on programs and events.

Fundraising Committee Member – join the team of people developing different ways to raise revenue for SWESA's programs.

If you are interested in any of these roles, please contact Jennifer at swesa.programs@gmail.com or **587-987-3200**.

There are many exciting things happening at **SWESA** as we continue to grow. Please look at our detailed volunteer job descriptions on our website [HERE](#). Perhaps you can be of help.