



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
January 18	YECC Book Club	9:30 – 11:00	YECC
January 19	Tax Free Savings Accounts	10:00 – 12:00	YECC
January 19	SWESA Scrapbooking group	1:00 – 3:00	YECC
January 20	Moving Matters	9:00 – 11:00	YECC

Please Note:

SWESA extends warmest of THANKS to the Japanese Tea Ceremony Master and her assistant who led us through a lovely tea ceremony on January 12. We hope to work closely with the Edmonton Japanese Community Association in the future.

The Tax Free Savings Account Toonie Talk was printed as a 10-2pm program, it should have been listed from 10-12 on January 19.

For more details about any of our programs, please have a look at our Winter 2016 SWESA Program Guide [HERE](#).

Stay Connected

Southwest Seniors' Outreach Society has two upcoming bus outings:
Please phone 780-435-9515 for more information.

1. **Thursday, February 4, 2016:** Horizon Stage in Spruce Grove presents: "Rosie and the Riveters." This group revisits the spirit of gospel music, infused with the charm of the 1940s. Bus departs from St. Agnes Church (10832 – 62 Ave) @12:45 p.m. Cost is \$31/person (includes show, comfy coach bus and driver tip).
2. **Sunday, February 28, 2016:** Showcase Bands, Grant MacEwan. Consisting of vocalists, horns and rhythm section, these dynamic groups will present a broad spectrum of contemporary popular music drawing from the repertoires of many different genres of music. Bus departs from St. Agnes Church (10832 – 62 Ave) @ 6:15 p.m. Cost is \$10/person (includes show, school bus and driver tip).

Riverbend Retirement Residence by Revera

Calling Crib Players – Thursdays at 6:30pm (in the fitness room)

Whether you just want to learn the game or just need some great team mates - our card groups are always welcoming outside seniors to join in @ - 103 Rabbit Hill Court, Edmonton. **Jolyn Hall: Lifestyle Consultant** - office phone: [780-391-3873](tel:780-391-3873)

PETROLIA SENIORS' GROUP (55+)

Invites YOU to come to enjoy LUNCH and a PROGRAM (\$15) The third Tuesdays (except July and August) 11:45 a.m. (sharp) to 2:00 p.m. at Greenfield Community Hall 3803 - 114 Street

January 19th – How the Budget will Affect Seniors Richard Feehan - MLA for Rutherford

Volunteer Opportunities

Do you have office administration and organization skills? SWESA is looking for part-time volunteers to help out with the front desk and with general office tasks from time to time. If you are available to help, 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 have a look at our detailed volunteer job descriptions on our website [HERE](#).