



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 25	Go Go Gadgets – “Zinio Magazines”	1:30 – 2:30	TCRC
January 26	Intro to Facebook	10:00 – 11:30	YECC
January 27	SWESA Lunch Social – RSVP Required	12:00 – 2:00	YECC
January 20	Moving Matters	9:00 – 11:00	YECC

Zinio is a multi-platform distribution service for digital magazines, with more than 5,500 magazines from a wide range of publishers.

Please Note:

The January 27th Lunch Social will consist of soups and a “build-your-own” sandwich buffet. COST: SWESA members, **\$10.00**; non-members, **\$12.00**. Please RSVP.

Our next lunch social on February the 15th, will be a Hawaiian Luau including live entertainment and delicious exotic food.

COST: SWESA members, **\$10.00**; non-members, **\$15.00**. Please RSVP.

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

CALL FOR PHOTOS!

Do you have SWESA event photos? Please let Jennifer know. We are trying to create a scrapbook with pictures of past events to showcase SWESA's growth since inception.

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

Stay Connected

Do you have a hard time completing your **basic taxes**? You may be in luck. SWESA has a volunteer member who is willing to help you with your taxes. Appointments are now being accepted for February 17 & 19. Please call Jennifer 587-987-3200 for more info.

Heritage Senior Stop-in Centre. (316 Saddleback Road, Edmonton)

OPEN: Monday to Saturday - 10:00– 4:00

DAILY: Coffee & conversation 10:00 – 12:00 **MEMBERSHIP:** \$20.00/year

CARDS: (1-4pm daily)

- Monday - Crib
- Tuesday - Canasta (Hand & Foot)
- Wednesday - Whist
- Thursday - Open
- Friday - Canasta (Hand & Foot)
- Saturday - Canasta (Hand & Foot)

Volunteer Opportunities

Do you have office administration and organization skills? SWESA is looking for volunteers to help at the front desk and with general office tasks.

SWESA's luncheons are a lot of work, but always well worth it. We are seeking volunteers to help setup and take down luncheon equipment or to help in preparing the meal with our volunteer kitchen team. If you can assist with the registration table or selling 50/50 tickets, we can also utilize your assistance.

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.