



**SouthWest Edmonton
Seniors Association**

SouthWest Edmonton - A Great Place to Be 55+

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

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 11	Spanish Classes Start	10:00 – 12:00	YECC
January 11	Go Go Gadgets	1:30 – 3:00	TCRC
January 12	Japanese Tea Ceremony	10:00 – 11:00	YECC
January 13	TCRC Book Club	1:00 – 3:00	TCRC
January 14	Toonie Talk: Adult Vaccines	10:00 – 12:00	YECC
January 15	Genealogy: Getting Started	10:00 – 12:00	YECC

Please Note:

Our new card group has been meeting Thursday mornings with enough folks to play Euchre and Cribbage. If you are interested in joining, please contact Jennifer for more info as we will be looking at planning a weekly afternoon get together at YECC.

Stay Connected

SAGE AWARDS: CALL FOR NOMINATIONS

Do you know an Edmonton area senior who is making a special contribution to our community in their later years? The Sage Awards (Sage Seniors Association) celebrate the extraordinary accomplishments of older adults in ten categories. They support a positive perception of seniors and help reduce negative outcomes such as elder abuse and ageism. The Sage Awards will be presented at a celebration luncheon on May 11.

Recognizing a special senior is easy - submit the [nomination package](#) by February 1. For more information, please contact JoLynn Parenteau at [780-701-9017](tel:780-701-9017) or jlparenteau@mysage.ca.

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 **587-387-3200**.

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](#).