



**SouthWest Edmonton
Seniors Association**

SouthWest Edmonton - A Great Place to Be 55+

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	11:30pm – 3pm	YECC

Upcoming Programs:

Date	Program	Time	Location	Cost
February 22	YECC Book Club	9:30 – 11:00	YECC	\$5.00 SF
February 22	Go Go Gadgets – Intro to Facebook	1:30 – 3:00	TCRC	\$2.00
February 23	Bus Trip to River Cree	10:00 – 3:00	YECC	FREE
February 23	Poetry Mini-Retreat	9:30 – 12	YECC	\$25.00
February 23	Ins and Outs of Email with EPL	10:00 – 11:30	YECC	\$2.00
February 24	Hawaiian Luau Lunch Social	12:00 – 2:00	YECC	\$10.00
February 26	Love Yourself – Dr. Sheryl Rist	10:30 – 12:30	YECC	\$10.00

Please Note:

When I ask new SWESA members why they are joining, I often hear that they are lonely and overwhelmed with life's changes. The loss of loved ones, health challenges or having to adjust to a recent retirement are all very common responses. Our "Love Yourself Through Grief and Anxiety" session with Dr. Sheryl Rist was designed to help you through these changes. Her skill set includes acupuncture, acupressure, homeopathy, nutrition, reiki, energy healing, counselling, and lifestyle coaching. Join us Friday, February 26.

COST: Member \$10; Non-Member \$15 – RSVP by Tuesday February 23.

"The Age of Love" screening and pizza night was a great success. The décor, the food, and the company were wonderful. [Papa John's](#) at the Terwillegar location supplied us with a variety

of pizzas and a few pizza cutters too! I can not **THANK YOU** all enough for your assistance and attendance. Hopefully, we will see some additional programs like this in the summer months. Please let us know if we could have done anything to enhance your experience at this event.



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

Stay Connected

A Seniors United Now (SUN) Chapter Event – www.seniorsunitednow.com

Thursday February 25, 2016 at 1:00 pm

Finding Balance and Preventing Falls. Fall Prevention isn't about stopping falls. It's about continuing to enjoy life's simple moments. The good news is that you can take steps to prevent falls from happening to you. Members and non-members welcome **free of charge**.

Call 780-449-1816 or email to unitenow@telus.net. Whitemud Crossing EPL, Room 4211-106 Street

Yellowbird Community League is excited to be bringing a community garden to our neighbourhood! We are still early in the planning stage, and would love input and support from all our community members. Interested in contributing or joining? Email us: garden@yellowbirdcl.com

Volunteer Opportunities

Seniors Column Writer – write a short column for seniors four to five times/year using all the SWESA program information and adding a paragraph of your own thoughts.

Photo Archivist – help to organize SWESA's electronic and printed photos to best reflect our history.

Information Gatherer-Cultural - research on the internet and phone to develop a list of cultural organizations in southwest Edmonton.

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