



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	11:30am – 3:30pm	YECC

Upcoming Programs:

Date	Program	Time	Location
March 2	Sleep, The Silent Killer	2:00 – 3:30	TCRC
March 4	Health Below the Belt	1:30 – 3:00	YECC

Dr. Sheryl Rist's session on "**Love Yourself Through Grief and Anxiety**" was cancelled due to a scheduling conflict with the Canadian Multicultural Education Foundation field trip. She has rescheduled her SWESA presentation for Friday, March 18th from 10:30-12:30 at YECC.

Our "**Health Below the Belt**" session will be led by Dr. Adrian Wagg, who is currently the Medical Director for Seniors in the Edmonton Zone with Alberta Health Services and is a Professor of Healthy Ageing at the University of Alberta. Dr. Wagg also spent many years working as a Senior Lecturer and Consultant in Geriatric Medicine at the University College in London. If you have questions regarding Men and Women's health below the belt, we have an expert available for SWESA members.

Please Note:

It's been two months since we changed the layout, content and frequency of our SWESA communications.

Please take a few moments to complete our anonymous survey [HERE](#).

Your feedback and suggestions are important in shaping SWESA's communication plan. The survey will close on **March 7th, 2016**.

February 29 – March 4, 2016

If you are travelling with SWESA to **Holden on March the 20th**, please make sure you get your payment in **no later than March 11**.

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

Stay Connected

March 9 - Royal Alberta Museum (12845-102 Avenue Edmonton, AB T5N 0M6)

Emma Knight, Curatorial Assistant, Ethnology

Memory, Meaning-making and Collections

What happens when we touch artifacts? Hear about a two-year partnership with Anishinaabe and Cree seniors that led from exploring missionary collections to visiting museums in Washington D.C. Lectures start at 7 pm in the Museum Theatre. Doors open at 6:15 pm. All lectures are **FREE**.

Healthy Aging: Starting in March 2016, seniors can participate in free interactive, small group educational sessions via telephone from the comfort of their own home. This is an innovative pilot project that connects socially isolated or homebound seniors and their caregivers to health and wellness information from knowledgeable professionals. Seven different topics ranging from brain games, decluttering, financial education, personal wellness and reducing caregiver stress are designed to promote healthy living and provide a unique opportunity to strengthen social connections. [CLICK HERE FOR THE POSTER](#) and contact Dauna Thomson to register for one or all of the sessions: [780-735-3061](tel:780-735-3061) or email Dauna.Thomson@albertahealthservices.ca.

Volunteer Opportunities – For more information, please call 587-987-3200

Calling all musicians!!! The SWESA Volunteer Appreciation Tea is taking place April 12th, 2016 at YECC from 1-3pm. We have some very special people attending this event, and we would love to have a SWESA member serenade the audience. If you play an instrument or belong to a group or choir that would like to perform, please contact Jennifer.

Seniors Column Writer – Would you like to write a short column for seniors four to five times a year using the SWESA program information and then add a paragraph of your own thoughts?

Photo Archivist – How about organizing SWESA's electronic and printed photos to best reflect our history?

Information Gatherer-Cultural – Here's an opportunity to do internet research, phone for information, and develop a list of cultural organizations in southwest Edmonton.