



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	12pm-3pm	YECC

**Upcoming Programs:**

Date	Program	Time	Location
February 8	Go Go Gadgets – Hoopla (movies/music)	1:30 – 3:00pm	TCRC
February 9	Pancake Day (registration mandatory)	10:00 – 12:00pm	YECC
February 10	Arthritis 101	12:30 – 2:30pm	YECC
February 10	TCRC Book Club	1:00 – 3:00pm	TCRC
February 12	AGE OF LOVE – Movie and Pizza Night	6:30 – 9:30pm	YECC

**Please Note:**

**THE ARTHRITIS 101 SESSION WILL TAKE PLACE AT YECC from 12:30 – 2:30pm**

The 2016 United Cycle discount coupon for SWESA members is available [HERE](#).

We require all registrations for the **AGE OF LOVE** movie and pizza night by **February 10<sup>th</sup>**. This promises to be a great evening out with SWESA and community members. If you have not paid for your registration, please do so at your earliest convenience. **Watch the trailer [HERE](#).**

**The February luncheon** is now fully booked. Please confirm your attendance or let us know if you are not able to attend.

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



We had our cake and veggies too! Thank you to all who joined us for **CARROT CAKE DAY!**

It was the perfect excuse to enjoy some tasty treats and spend some time with great company.

Pictured (top left clockwise): Dave Ettinger, Graham Scott, Peggy Scott, Judy Speight, Yvonne Goulet and Maureen Ettinger.

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

### **Stay Connected**

#### **PETROLIA SENIORS' GROUP (55+) - February 16th**

Invites YOU to enjoy LUNCH and a PROGRAM (\$15) - 11:45 a.m. (sharp) to 2:00 p.m. at Greenfield Community Hall, 3803 - 114 Street. This month's presentation will be **Tribute to Black History Month - Descendants of Black Pioneers - RSVP by February 12.** Debbie Dobbins and Mark Lewis. Call: Nick --780-435-1045 or Betty --780-434-0711.

**Volunteer Opportunities** SWESA's Board committees are making constant progress to support our growth. Do you have ideas and experience to lend to these working groups?

**Marketing and Communication Committee Member** – join the team helping to promote awareness of SWESA and get the word out and promote programs and events.

**Fundraising Committee Member** – join the team of people developing different ways to raise revenue for SWESA's programs.

**Photographer** - Capture the spirit of SWESA's membership by taking photos at events, working alongside the occasional professional photographer.

If you are interested in any of these roles, please contact Jennifer at [swesa.programs@gmail.com](mailto: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.

February 8-12, 2016