



**SouthWest Edmonton  
Seniors Association**

*SouthWest Edmonton - A Great Place to Be 55+*

**Join us for our regular weekly programs:**

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>
Mondays	Gentle Yoga	10am – 11am	YECC
Mondays	Quilting Group	11:30am – 3pm	YECC
Mondays	Coffee and Chat	1pm – 4pm	TCRC
Tuesdays	Coffee and Chat	9:30am - 12pm	YECC
Tuesdays	Cards – Canasta	12pm – 3pm	YECC
Wednesdays	Mah Jongg	9:30am – 12pm	YECC
Wednesdays <b>(NEW)</b>	Gentle Yoga	12pm – 1pm	<b>RRR</b>
Wednesdays	Coffee and Chat	1pm – 4pm	TCRC
Thursdays	Cards – Players’ Choice	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

**(RRR) Riverbend Retirement Residence - 103 Rabbit Hill Rd, Edmonton, AB T6R 2V3**

**Upcoming Programs:**

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
March 14	<a href="#">YECC BOOK CLUB</a>	9:30 – 11:00	YECC	\$5.00/season
March 16	Rate Your Plate	2:00 – 3:00	TCRC	\$2.00
March 18	Love Yourself Through Grief and Anxiety	10:30 – 12:30	YECC	\$10.00

Please refer to our [Winter Program Guide](#) for more details.

- **Rate Your Plate:** Registered Dietician, Megan Wallace, previously had presented at both of the Boosting Your Memory sessions at SWESA. Due to positive feedback of her presentation and personality, we have asked her to do her own session at our TCRC location. She will speak about planning portion-wise meals and snacks. Please RSVP. Welcome back, Megan!

### **Please Note:**

**SWESA's Volunteer Tea** is taking place April 12<sup>th</sup> (1pm – 3pm) at YECC. The Volunteer Committee is very excited about this event as the plans come together. Please note that invitations will be sent to those who have submitted a volunteer application form and are listed in our new volunteer database. If you have not submitted a volunteer application, you can pick one up at either SWESA location or on the SWESA website [here](#). Please contact Jennifer with any questions.



**The April 5<sup>th</sup> “Small Space Gardening” (9am – 11am @ YECC)** session, presented by the Edmonton Horticultural Society has more details available. The cost will be \$20.00 per person. Please bring your own container, no larger than 38cm or 15 inches in diameter to take home your lovely potted arrangement. You must pre-register for this session so that the facilitators can purchase and pack all of the class materials.

### **Stay Connected**

#### **The Royal Alberta Museum - Quilts: Uncovering Hidden Treasures**

March 23<sup>rd</sup> - 7pm in the Museum Theatre

Doors open at 6:15 pm. All lectures are FREE.

Lucie Heins, Assistant Curator, Western Canadian History

The Alberta Quilt Project is documenting heritage quilts throughout Alberta. In the process, other fascinating stories have been unearthed. Discover Alberta's history one quilt at a time.

#### **The Stephen Lewis Foundation's Grandmother to Grandmother Campaign is hosting a Fabric Frenzy Fundraiser.**

April 9<sup>th</sup> from 9:30am – 3:30pm at Strathearn United Church (8510-95 Ave, Edmonton)

Fabric, yarn and notions at bargain prices - all to support a great cause. There are even fine fabrics available for a fraction of the retail cost. Please call Phyllis at 780-469-6327.

#### **Vintage Movies in a Vintage Theatre - Capitol Theatre at Fort Edmonton Park Starting March 3, every Thursday at 730 pm**

All movies have been carefully picked by Artistic Director Dana Andersen who will greet you and introduce the movie each week. The first films in the [Cinema Series](#) are *Lawrence of Arabia* (1962), *Life of Brian* (1979) and *Waking Ned Devine* (1998).

Tickets are available online and may also be available at the door for \$12 (cash only).

### **Volunteer Opportunities**

Are you interested in serving on the SWESA Board of Directors? Please click [here](#) to read and obtain an Expression of Interest Form.