



**SouthWest Edmonton  
Seniors Association**

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

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**Join us for our regular weekly programs**

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

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

**Upcoming Programs**

Date	Program	Time	Location	Cost
<b>March 20</b>	<b>Bus Trip to Holden</b>	<b>12:00 – 7:30</b>	<b>YECC</b>	<b>\$55.00</b>
March 21	Go Go Gadgets – eLearning (Lynda.com)	1:20 – 3:30	TCRC	\$2.00
March 22	EPL + Tablet = Fun	10:00 – 11:30	YECC	\$2.00
March 23	SWESA Lunch Social - <b>CRAZY HAT PARTY</b>	12:00 – 2:00	YECC	\$10/Member \$15/NM
<b>March 25</b>	<b>CLOSED FOR GOOD FRIDAY</b>			

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

- **EPL + Tablet = Fun**  
Bring your iPad, tablet, or laptop and Edmonton Public Library staff will assist you in learning how to get the most out of your library card. Discover how to use your card to read books, listen to music, and read the latest magazines - all available free online!
- **TOTAL BODY FITNESS**  
Our fitness instructor will be away **March 31, 2016**. Class this day is **cancelled**.

## Please Note



**REMINDER - SWESA's Volunteer Tea is April 12<sup>th</sup> (1 pm – 3 pm) at YECC.** Plans are coming together, and the Volunteer Committee is very excited about this event. 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 may pick one up at either SWESA location or on the SWESA website [here](#). Please contact Jennifer with any questions.

## Stay Connected

### **Edmonton Lifelong Learning Association (ELLA)**

In partnership with the University of Alberta Faculty of Extension, ELLA offers stimulating courses in a friendly environment during a 3-week spring program held on the U of A campus from May 2 - 20, 2016. Review the [course guide](#) to see what's planned for this year. Registration begins March 14. To be eligible to attend this year's spring classes, obtain your annual ELLA membership for just \$20. Purchase [online](#) or by phone at [780-492-5055](tel:780-492-5055).

### **Vintage Movies in a Vintage Theatre - Capitol Theatre at Fort Edmonton Park Starting March 3, every Thursday at 7:30 pm**

All movies have been carefully selected 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).

### **Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign Fabric Frenzy Fundraiser - Strathearn United Church (8510-95 Avenue, Edmonton) April 9<sup>th</sup> from 9:30 am – 3:30 pm**

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

## Volunteer Opportunities

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

**YECC Book Club Leader** - Are you familiar with the online EPL services? Are you comfortable leading an informal conversation amongst peers? Please contact Jennifer for more information.