



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	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	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
Thursdays	Walking Group	1 pm – 2 pm	YECC
Fridays	Art Group	9:30 am – 12 pm	YECC
Fridays	Knitting/Stitching Group	11:30 am – 3:30 pm	YECC

### Upcoming Programs

Date	Program	Time	Location	Cost
March 28	Closed for Easter Monday			

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

#### Please Note

- **GENTLE YOGA at Riverbend on Wednesdays is cancelled indefinitely.**
- **TOTAL BODY FITNESS**  
Our fitness instructor will be away **March 31, 2016**. Class this day is **cancelled**.
- **WALKING GROUP**  
Spring into the new season with the SWESA walking group. Group leader and SWESA member, Val, is back to get you active and outdoors! **Thursday, April 7, 1 pm @ YECC.**
- Thank you to all of our SWESA members and the members of the SouthWest Seniors Outreach Society for making our trip to Holden a success. Stay tuned for open registration in January to return to Holden for the Patsy Cline Project by Lisa Brokop.



## FROM ALL OF US AT SWESA!

### Stay Connected

**Petrolia Seniors Group (55+) invites you to enjoy lunch and a program (\$15)**  
**Tuesday, April 19 - 11:45 am - 2:00 pm, Greenfield Community Hall, 3803 - 114 Street.**  
Joachim Hengge – “Reflections of Syria, Its People, Its Culture”

**Royal Alberta Museum – All free lectures begin at 7 pm (doors open at 6:15 pm)**

- **“Quilts: Uncovering Hidden Treasures”** – (please click for [video](#) preview)  
**Wednesday, March 23**  
Lucie Heins, Acting Curator, Western Canadian History  
Lucie Heins talks about her work with The Alberta Quilt Project, where she has been documenting heritage quilts across our province. In the process, fascinating stories have been unearthed. Join us, and discover Alberta's history one quilt at a time.
- **“Preserving Value: Conservation of the Royal Alberta Museum's Collections”**  
**Wednesday, April 6**  
Carmen Li, Head, Conservation  
Carmen Li leads this lecture. From rubber stamps to iron lungs to beaded moccasins, find out how the museum's conservators tailor conservation treatments and approaches to preserve what is significant for each object!

**“Compassion, Choices and Controversy: A Discussion on Physician-Assisted Death”**  
**Thursday, April 21 - 7:00 pm – 9:00 pm, Old Timers Cabin, 9430 Scona Road**

Physician-assisted death is about to become legal in Canada. With the changes in the law, many medical, legal and ethical questions arise. Who will be eligible? Will the law apply to mental illness? Non-terminal conditions? Will these changes affect the doctor/patient relationship? What role does the individual and the family play in the process? What about palliative care? Join us for a stimulating discussion with a panel of medical professionals who will be providing their unique perspectives. Please click [here](#) to RSVP.

### Volunteer Opportunities

**Board of Directors** – Would you like to serve on the SWESA Board of Directors?  
Please click [here](#) to read and obtain an Expression of Interest form.