



**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	Cost
March 7	Fundamentals of Retirement	10:00 – 12:00	YECC	\$2.00
March 7	Go Go Gadgets – eVideo (theatre in video)	1:30 – 2:30	TCRC	\$2.00
March 8	Everything you need to know about continence	11:00 – 12:00	YECC	\$2.00
March 9	TCRC Book Club – Cancelled indefinitely			
March 9	Gentle Yoga for Beginners	12:00 – 1:00	RRR	\$7.00

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

SWESA is excited to share with you that we will be offering an additional yoga class weekly on Wednesdays from 12-1 at the **Riverbend Retirement Residence**. This will be a beginner class and will be run by SWESA's long-time instructor, Linda Vaudan.
103 Rabbit Hill Rd, Edmonton, AB T6R 2V3

Please Note:

If you have not completed our survey yet, there is still time.

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.**

Final payment of the Holden Bus Trip to see **Steve Pineo's Elvis Show** is due on **March 11th**. There are a few seats available due to cancellations.



CRAZY HAT PARTY. Let's get our creative juices flowing! Join us and show off your creative, colourful and weird hats at the March luncheon. The decorating team is already hard at work planning some fun for all of our guests. March 23 from 12-2 at the YECC location. Please RSVP.

SWESA is happy to confirm that we are officially part of [The Heart Safe Community.](#) The Heart Safe Community Public Access to Defibrillation (PAD) Program is operated by Alberta Health Services (AHS) Emergency Medical Services (EMS) and is one of the first province-wide Automated External Defibrillator (AED) registration programs in Canada. The program promotes increased survival from sudden cardiac arrest through educating and empowering the public to:

- ♥ Recognize the signs and symptoms of a cardiac emergency
- ♥ Call 911 – Emergency Medical Services for help
- ♥ Provide cardiopulmonary resuscitation (CPR)
- ♥ Use an Automated External Defibrillator (AED)

Our new AED can be found just inside of the coffee room doors at the YECC site.

Stay Connected

PETROLIA SENIORS' GROUP (55 LUNCH and a PROGRAM (\$15)

March 15th from 11:45 a.m. to 2:00 p.m. - Greenfield Community Hall 3803 - 114 Street
Judy Dube from Grandmothers for a New Generation "Reflections from the Uganda National Grandmothers' Conference".

For more information or to CONFIRM your attendance Call: Nick --780-435-1045

Royal Alberta Museum: March 9th at 7 pm in the Museum Theatre.

Doors open at 6:15 pm and all lectures are **FREE**.

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.

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

YECC Book Club Leader – Lead a reading and discussion group for seniors of various short stories, novels, fiction, non-fiction and biographies ranging from the classics to today's bestsellers. This group meets monthly on Monday's from 9:30 a.m. until 11:30 a.m.