

HAPPY SPRING!!!

Welcome to Spring!! **DON'T FORGET SWESA'S:**

ANNUAL GENERAL MEETING

WEDNESDAY, APRIL 20th, 2016

Yellowbird East Community Centre (YECC)
10710 – 19 Avenue NW, Edmonton, Alberta

Registration and refreshments: 6:30 p.m.

Meeting: 7:00 p.m.

Guest Speaker: Michael Walters, Councillor, Ward 10

Come meet our Board members and hear what SouthWest Edmonton Seniors Association (SWESA) is planning for individuals 55 years of age and older. Official Business includes: election of new Board members and receipt of Financial Statements. SWESA's **Spring/Summer 2016 Program Guide** will be available at the meeting.

SWESA is looking for volunteers to help with its Committees. We particularly need help with our Fund Raising Committee. Please call our office at 587-987-3200 or Carol at 780-434-7558 if you can help.

IMPORTANT DATES TO REMEMBER:

- **April 6th: Moving Matters**, Wednesday, April 6th, 9:00 to 11:00 a.m., YECC. Kinesiologist Devin Clark will help us look at the research and recommendations for activity and how to balance it in our lives. Cost: members, \$5.00; non-members, \$10.00. Registration required.

- **April 10th – 16th:** National Volunteer Week.
- **April 19th:** **Journal and Memoir Writing**, Tuesday, April 19th, 9:30 a.m. to 12:30 p.m., YECC. Journal and memoir writing techniques will be discussed. Writing prompts will be used, and our writing will be further developed through exercises and editing guides. Cost: members, \$25.00; non-members, \$35.00. Registration is required.
- **April 27th:** SWESA's monthly Lunch Social, 12:00 noon to 2:00 p.m., YECC. Preregistration required. Cost to be determined.

“TOONIE TALKS:” Cost: \$2.00 *per session per member*; \$4.00, *per non-member*. Registration is requested.

- **Fraud and Identity Theft Prevention:** Friday, April 15th, 1:00 to 2:30 p.m., YECC. Detective Bill Allen (Edmonton Police Services) and Wei Woo (Mackie Research) will help you learn how to protect yourself and your loved ones against the most common scams, frauds, and identity thefts that specifically target seniors.
- **Go Go Gadgets:** Monday, April 18th, 1:30 to 3:30 p.m., TCRC
- **Go Go Gadgets:** Friday, April 26th, 10:00 to 11:30 a.m., YECC.

OTHER PROGRAMS:

- **Greenfield Community Luncheon** sponsored by **Petrolia Seniors' Group** on Tuesday, April 19th, 11:45 a.m. to 2:00 p.m. at Greenfield Community Hall, 3803 – 114 Street. Speaker: Joachim Hengge, **Reflections of Syria, Its People, Its Culture**. Cost: \$15.00. Contact Nick at 780-435-1045 to register.

SWESA Centre: Yellowbird East Community Centre
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