



**SouthWest Edmonton  
Seniors Association**

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

**Join us for our regular weekly programs**

Date	Program	Time	Cost	Location
Mondays	Gentle Yoga	10 am – 11 am	\$7.00	YECC
Mondays	Quilting Group	11:30 am – 3 pm	\$2.00	YECC
Mondays	Coffee and Chat	1 pm – 4 pm	Donation	TCRC
Tuesdays	Coffee and Chat	9:30 am – 12 pm	Donation	YECC
Tuesdays	Cards – Canasta	12 pm – 3 pm	Donation	YECC
Wednesdays	Mahjong	9:30 am – 12 pm	\$2.00	YECC
Wednesdays	Coffee and Chat	1 pm – 4 pm	Donation	TCRC
Thursdays	Cards – Players' Choice	9:30 am – 12 pm	Donation	YECC
Thursdays	Total Body Fitness	10 am - 11 am	\$7.00	YECC
Thursdays	Walking Group	1 pm – 2 pm	\$5.00/season	YECC
Fridays	Art Group	9:30 am – 12 pm	\$2.00	YECC
Fridays	Knitting/Stitching Group	11:30 am – 3:30 pm	\$2.00	YECC

**Upcoming Programs**

Date	Program	Time	Location	Cost
April 11	<del>Oral and Systemic Health</del> <b>CANCELLED</b>	1:00 pm – 2:30 pm	TCRC	\$2.00
April 12	Volunteer Tea	1:00 pm – 3:00 pm	YECC	FREE
April 13	Magrath Save On Tour	10:00 am – 12:00 pm	On site	FREE
April 14	SWESA Walking Group	1:00 pm – 2:00 pm	YECC	\$5.00/season
April 15	Fraud and Identity Theft	1:00 pm – 2:30 pm	YECC	\$2.00

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

**Please Note**

**The April 11 session on Oral and Systemic Health has been cancelled due to low enrollment.**

**All SWESA volunteers are invited to attend our Volunteer Appreciation Tea** on Tuesday, April 12 from 1:00 pm – 3:00 pm at our YECC site. There will be light refreshments, entertainment, and some small tokens of appreciation. Please accept this notice as an open invitation for all past and present volunteers. If you are unable to attend, THANK YOU for making SWESA so great!

April 11-15, 2016

587-987-3200

[Swesa.programs@gmail.com](mailto:Swesa.programs@gmail.com)  
[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

# AGM

## ANNUAL GENERAL MEETING

The **SWESA AGM** is scheduled for April 20<sup>th</sup> for 6:30 pm to 9:30 pm. All SWESA members are welcome to attend. The annual financial report, board organization and other important items will be covered. Light refreshments will be provided. **No need to RSVP.**

### Stay Connected

**Make Tax Time Pay** - confidential tax preparation for free

(subject to the eligibility requirements found [HERE](#))

Southminster-Steinhauer United Church - 10740 19 Avenue

Thursdays: April 7, 14, 21, 28 from 1:00 pm – 5:00 pm & 6:30 pm – 9:00 pm

For an appointment, call 780-686-6854 and leave a message.

**Greenfield Community Luncheon** sponsored by Petrolia Seniors' Group

Tuesday, April 19<sup>th</sup> from 11:00 am - 2:00 pm at Greenfield Community Hall, 3803 – 114 Street

Speaker: Joachim Hengge, "Reflections of Syria, Its People, Its Culture"

Cost: \$15.00 - Please call Nick at 780-435-1045 to register.

**Civil Law Series: Wills and Estates** - Edmonton Community Legal Centre

April 19, May 10 and May 31 at 6:30 pm

Stanley Milner branch – downtown

These [presentations](#) are open to the public and no registration is required.

### **Home Instead Seniors Care – Family Workshops**

Workshops are at our Family Education Training Centre at our West Edmonton office at 13B Fairway Drive (in Westbrook mall, near 119 St. & 37 Ave. in Aspen Gardens area)

**Alzheimer's Family Caregiver Training** - Thursday, April 21 - 6:00 pm to 8:00 pm

**Caregiver Stress & Avoiding Burnout** - Tuesday, April 26 - 6:00 pm to 8:00 pm

**Cooking Under Pressure** - Tuesday, May 3 - 1:30 pm to 3:30 pm

Please PRE-REGISTER at least 3 business days prior; email confirmation will be sent to you.

Maximum 14 registrants per workshop; early registration is recommended.

### 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.