



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 18	YECC Book Club	9:30 am – 11:00 am	YECC	\$5.00/season
April 18	Go Go Gadgets	1:30 pm – 3:30 pm	TCRC	\$2.00
April 19	Memoir Writing	9:30 am – 12:00 pm	YECC	\$25.00
April 20	Bus Trip to Enjoy Centre	10:30 am – 3:00 pm	YECC	\$20.00
April 20	SWESA AGM	6:30 pm – 9:30 pm	YECC	FREE
April 21	SWESA Walking Group	1:00 pm – 2:00 pm	YECC	\$5.00/season

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

Please Note

There are still seats available on the April 20th Enjoy Centre bus trip. If you would like to join us, please contact swesa.programs@gmail.com or 587-987-3200.

The **SWESA AGM** is scheduled for April 20th. All SWESA members are welcome to attend. The annual financial report, board organization and other important items will be covered. Refreshments will be served at 6:30 pm, the meeting commencing at 7:00 pm. **No need to RSVP.**

April 18-22, 2016

587-987-3200

Swesa.programs@gmail.com
www.Swedmontonseniors.ca

Our Volunteer Appreciation Tea was a super success. Although we wish all of our volunteers could have attended, we spent a beautiful afternoon with great company and heard some very important messages. SWESA is growing and maturing. Thank you to each and every one of you who has contributed to making SWESA a great place to be 55+!



A special thank you to our guest speaker, Natalie Mikus, and to Philip and Marie Lan for their ballroom dance performance.

Stay Connected

The Alberta Provincial Government is developing a provincial transit strategy and is asking for public input. Transportation is an important issue for seniors and the disabled.

Visit www.alberta.ca/provincial-transit-engagement.cfm for additional information, including the public online survey.

Twin Brooks Community League – Spring Share and Swap

Join fellow gardeners for a seed and slip swap. This group is aiming to eventually get a club together with the long-term goal of creating a seed sanctuary. There will be Chinese beans, Middle Eastern seeds and Jamaican Callaloo seeds brought from local residents.

Thursday, May 12 at 6:30 pm - 11341 12 Ave. NW

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.

Creative Document Development - SWESA is looking for individuals who can put the final formatting touches on it's formal documents, such as adding pictures and other special touches to improve readability. For more details, [click here](#).

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