



**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 26	Go Go Gadgets (EPL Genealogy)	10:00 – 11:30	YECC	\$2.00
April 27	SWESA Lunch Social	12:00 – 2:00	YECC	\$10.00
April 29	SWESA Walking Group	1:00 – 2:00	YECC	\$5.00/season

YECC - Yellowbird East Community Centre TCRC - Terwillegar Community Recreation Centre
Please refer to our [Winter Program Guide](#) for further details.

Please Note

Walking Group will meet on Friday, April 29th from 1:00 to 2:00 instead of Thursday for this week.

Go Go Gadgets April 26 – EPL Genealogy

Come learn about the range of online genealogy tools the library has – Ancestry Library and Heritage Quest are just some of the resources available to library cardholders. The best part about them: they're free!

The Program Coordinator will be away from April 28th - May 2nd. Your calls and emails will be returned as soon as possible.

If there is an urgent matter, please contact Carol Bigam at 780- 434-7558.

Year of the Pulse! For anyone who attended the Save On Foods nutrition tour, the recipe booklet for Pulses (cooking with beans, peas, lentils and chickpeas) that you were interested in, can be found at www.pulsecanada.com. Pulses are nutritious, economical, grown in Alberta, and versatile in cooking and baking.

SPRING/SUMMER 2016 PROGRAM GUIDE



We are pleased to announce that our [Spring/Summer 2016 Program Guide](#) is now available online! **Registration is now open.** Due to SWESA's growing membership and expanding programs, all payments and registrations, (with the exception of drop-in programs and Toonie Talks) must be received before your registration is confirmed.

Stay Connected

Public Consultation on Seniors' Drug Policies - Join Dr. Bob Turner, your MLA for Edmonton-Whitemud, for a public consultation on seniors' drug policies. Noel Somerville from Public Interest Alberta's Seniors Task Force will be this session's guest speaker. If you have any questions or wish to be notified of future consultations, please contact the Edmonton-Whitemud Constituency Office by e-mail at edmonton.whitemud@assembly.ab.ca or by phone at 780-413-5970.

April 26, 2016 from 7:00 pm - 9:00 pm

Multipurpose Room #4 Terwillegar Recreation Centre 2051 Leger Road NW

Gary Faulkner from Glenrose Rehabilitation Hospital "Rehabilitation of Ill and Injured Patients" Petrolia Seniors' Group invites you to come to enjoy lunch and a program.

May 17, 2016 from 11:45 am to 2:00 pm at 3803 - 114 Street. Greenfield Community Hall
For more information and to confirm your attendance call: Nick 780-435-1045.

Volunteer Opportunities

Spanish Conversationalist – Hola! The Spanish class has just completed its lessons and is looking for someone who is conversant in Latin American Spanish to join them in casual group discussions throughout the spring and summer. This class has learned many Spanish words and wants to practice its phrase and sentence development by chatting (in Spanish) with someone conversant in Spanish. If you are interested, contact the office at 587-987-3200.