



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	10 am – 11 am	YECC
Mondays	Quilting Group	11:30 am – 3 pm	YECC
Mondays	Coffee and Chat	1 pm – 4 pm	TCRC
Tuesdays	Coffee and Chat	9:30 am – 12 pm	YECC
Tuesdays	Cards – Canasta	12 pm – 3 pm	YECC
Wednesdays	Mahjong	9:30 am – 12 pm	YECC
Wednesdays	Coffee and Chat	1 pm – 4 pm	TCRC
Thursdays	Cards – Players' Choice	9:30 am – 12 pm	YECC
Thursdays	Total Body Fitness	10 am - 11 am	YECC
Thursdays	Walking Group	1 pm – 2 pm	YECC
Fridays	Art Group	9:30 am – 12 pm	YECC
Fridays	Knitting/Stitching Group	11:30 am – 3:30 pm	YECC

Upcoming Programs

Date	Program	Time	Location	Cost
April 4	Mindful Aging	1:30 – 3:00	TCRC	\$2.00
April 5	Horticultural Society: Small Space Gardens	10:00 – 12:00	YECC	\$20.00
April 6	Moving Matters	9:00 – 11:00	YECC	\$2.00
April 7	SWESA Walking Group	1:00 – 2:00	YECC	\$5.00/season

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

*- If you are registered for the Small Space Gardening session, please bring your own container, no larger than 38cm or 15 inches in diameter to take home your lovely potted arrangement.

Please Note

Payment is now due for the April 20th trip to the Enjoy Centre in St. Albert. Please make arrangements with Jennifer to come in and confirm your seat. You can find out more about this beautiful facility [HERE](#). Lunch is not included in this tour so please pack a bagged lunch or take some time to check out the Glass House Bistro Menu [HERE](#).

April 4 – 8, 2016

587-987-3200

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

The Annual SWESA AGM will take place on April 20th from 6:30 – 9:30pm at the YECC location. All are welcome to attend.

Thank you to everyone who attended our March Luncheon. The decorations were beautiful, the food was delicious and the company shared a whole lot of fun!



SWESA members Dave and Maureen.

Stay Connected

Make Tax Time Pay - Get your Taxes done for FREE. Confidential Tax preparation.
(subject to the eligibility requirements found [HERE](#))

Southminster-Steinhauer United Church location: 10740 -19 Avenue

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

For an Appointment Call: [780-686-6854](tel:780-686-6854) (please leave a message)

FREE Government House Tours

Every Sunday until October 30th (11am – 4pm) at 12845 – 102 Avenue.

Free public tours of Government House are available on Sundays and Holiday Mondays. Tour highlights include many works of the magnificent Government House art collection, the Premier's Den and the Alberta Room.

Te Deum Singers Concert - Let There Be Song

April 10, 2016 (2 – 3:30PM) at Lendrum MB Church - 11210 -59 Avenue

Welcome choral music fans to the “Let there be Song!”

The concert will feature anthems from the 19th and 20th century, by composers including Bruckner, Kopylov, Martin Shaw and Chilcott. It will conclude with the premier of “Let There Be Song,” a work by Edmonton musician and composer, Jared Samborski, written specifically for the Te Deum Singers. Edmonton. Contact Cathryn Heslep, cathes@shaw.ca for more information.

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.