



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	Darts	12 pm – 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

***Most drop-in programs have a discounted session fee.**

Upcoming Programs

Date	Program	Time	Location	Cost
May 2	Beginners’ Quilting Series (6 weeks)	11:30 am – 3:00 pm	YECC	\$60.00
May 2	Darts – First drop-in session	12:00 pm – 3:00 pm	YECC	\$2.00 drop in
May 3	SWESA Jam Sessions begin	12:00 pm – 2:00 pm	YECC	\$2.00 drop in
May 5	SWESA Walking Group	1:00 pm – 2:00 pm	YECC	\$5.00/season
May 6	Diabetes Self-Management (6 weeks)	9:30 am – 12:00 pm	YECC	\$10.00/series

YECC- Yellowbird East Community Centre **TCRC** – Terwillegar Community Recreation Centre

Please refer to our Spring/Summer 2016 Program Guide [HERE](#) for further details.

Please Note

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.

Alberta Health Services’ Better Choices, Better Health Team (6-week workshop)

In 2009, there were almost 206,000 Albertans living with diabetes, which is more than double the number from 15 years ago. Today, more than 9,000,000 Canadians, or one in four, live with diabetes

May 2-6, 2016

587-987-3200

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

or pre-diabetes — a condition that, if left unchecked, is a risk factor for developing type 2 diabetes.

When/Where: Fridays from May 6 to June 10 (9:30 am – 12:00 pm), Yellowbird East Community Centre

Cost: Member \$10; Non-member \$20

Stay Connected

The Power of Happiness Information Session - Alberta Caregivers Association

Wednesday, May 4 (1:30 – 3:30 pm) Fulton Place School, 10310 - 56 Street

This is a FREE session.

Learn how to harness the power of happiness at this [information session](#). RSVP by May 3 to Sheryl at [780-453-5088](tel:780-453-5088) or spreiss@albertacaregivers.org. Refreshments will be provided.

Athabasca Day Trip – Seniors Association of Greater Edmonton (15 Sir Winston Churchill Square)

Friday, May 6 depart SAGE at 9 am - \$47 members, \$57 non-members

Spend the day either checking out the town or attending the Annual Senior Choir Fling (seniors' choirs from small towns across Alberta will perform). Lunch will be provided.

Pre-register by calling 780-423-5510 ext. 301.

Spring Fashion Show - Grandmothers of Alberta for a New Generation

Thursday, May 12 (2:00 pm) Southminster-Steinhauer United Church, 10740 - 19 Avenue

Tickets \$30 in advance – Please call 780-437-1896.

Keheewin Building Housing Choices Community Meeting #2

To help meet current and future housing needs, the undeveloped building site in Keheewin located at 1910 - 105 Street will be home to a future housing development. The development will be a mix of market and affordable housing with a range of density from townhouses to low-rise apartments, 58-182 homes depending on the type of residential development chosen. Based on input received at the first community meeting, the City will be sharing a number of proposed alternatives for the vacant building site in Keheewin. Your input will help determine the form of development and any additional features or elements that could be incorporated as a benefit to all community residents.

JOIN THE CONVERSATION: Tuesday, May 17, 4:30 pm - 9:00 pm

Presentations at 5:00 pm and 7:00 pm (repeated) Keheewin School, 1910 - 105 Street

For more information, visit: edmonton.ca/buildinghousingchoices

Email: buildinghousingchoices@edmonton.ca

Phone: 780-496-6293

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 the language. If you are interested, please phone the office at 587-987-3200.

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