



**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 – 2 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 16	Book Club	9:30 am – 11:00 am	YECC	\$5.00/season
May 17	SWESA Jam Session	12:00 pm – 2:00 pm	YECC	\$2.00
May 18	Aging in Place	1:30 pm – 3:00 pm	TCRC	\$2.00
May 23	CLOSED FOR VICTORIA DAY		BOTH	CLOSED

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:



SWESA extends our heartfelt sympathy to all those affected by the recent wildfire in Fort McMurray. With thousands of families displaced, and many still not sure when and if they will return home, SWESA will waive our annual membership fee for any Fort McMurray residents; and extend a warm invitation to join our programs where we provide opportunities for friends and neighbours to come together. We encourage our members to support ongoing efforts as you are able. There are numerous ways to help. We found [this list](#) (provided by MacLean's) to be helpful.

May 16-20, 2016

587-987-3200

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

Councillor Andrew Knack will be returning to SWESA on **Friday, June 10 from 1:00 – 3:00 pm.** Join us for this Seniors' Week event hosted by SWESA. Councillor Knack is a strong advocate of our community league system and served on both the Meadowlark and Jasper Park Community Leagues. He is pleased to be able to meet with SWESA members to answer and address any questions or concerns that you feel are important. He is currently responsible for three City Council Initiatives - Seniors, Transit and Post-Secondary.



Our Spring/Summer Programs are in full swing: (pictured from top clockwise) Monday darts with Fred and Jim, Walking Group with Gwen and Harriot and Walking Group with Gwen and Val.

Stay Connected:

Around the World with Fabulous @50 - Prince of Wales Armouries - 10440 108 Avenue
Celebrate travel and diversity at our spring event. The travel theme comes to life with the Cheeky Coutures Travelling Fashion Show and travel-related booths featuring clothing, products and tours. Travel consultants will give tips and advice on the best deals and on travelling solo. Motivational Humorist Zandra Bell's alter-ego Shirley Best will deliver a hilarious presentation called Travelling with the Stars: The Intrepid Woman's Guide to Reality Vacations.

The diversity side features authentic food and displays from several cultures and performances by Lakota Tootoosis, a Cree hoop dancer who has danced in Taiwan and throughout North America, and the Hawaiian Holiday Polynesian Dance and Drumming Group.

There will be unique booths of jewellery, clothing and products that focus on travel. There will be food, entertainment and displays with guest speakers throughout the day.

Tickets \$10 at the door. FREE parking

May 14, 2016 from 10:00 am to 5:00 pm

Riverbend Community League Bedding Plant Sale - Brookside Hall - 5320-143 Street

Join us for quality bedding plants, perennials and compost at great prices.

May 28, 2016 from 12:00 pm to 4:00 pm.