



**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 23	CLOSED FOR VICTORIA DAY		BOTH	
May 24	EPL MakerSpace!	10:00 – 11:30	YECC	\$2.00
May 25	SWESA Mother’s Day Luncheon	12:00 – 2:00	YECC	\$10.00
May 30	Go Go Gadgets - Facebook	1:30 – 2:30	TCRC	\$2.00

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:

EPL MakerSpace – Edmonton Public Library’s one stop creation shop.

Learn all about planning a perfect activity for those who have grandchildren in town over the summer months or those who are looking to keep up with the latest technology and equipment.

The Makerspace is in the Stanley Milner Library and open during regular branch hours. As one of the first in Canada, the MakerSpace is home to some incredible technology and equipment for creating, collaborating and sharing. They’ve got 3D printers, sound booths and even a green screen to bring your creative ideas to life. Wondering what else is available? A better question might be, “what’s not?”

That's Not Garbage! - It's true! With Edmonton's world-leading waste management system, hardly anything is truly garbage any more. You can reuse it, recycle it, compost it, grasscycle it, and Eco Station it... and soon the rest will be turned into biofuel! Let us tell you about it, and learn how residents can help Edmonton get to 90% waste diversion from landfill.

Here's what people are saying about this session: "I don't think most of us had a clue what the City of Edmonton was really doing beyond the blue bag. We were all taken back by the information provided and certainly didn't know that Edmonton was such a leader in the world of waste management."

"The presenter was full of information about how to properly dispose of items you no longer needed, and where to find recyclable materials that you do need, often for free. Don't miss this session on June 1 from 2-3:00 at our YECC location.

SWESA's walking group will be lead by Gwen this week as Val is away. Join the group as we explore areas close to our Yellowbird location. This friendly and social group makes the hour fly by. Thank you to Gwen for filling in this week!

Registration for the Elk Island National Park – Backstage Bison experience needs to be confirmed by May 20th. The cost for this self-drive daytrip is \$20.00 and will be refunded should the weather be inclement.

Stay Connected:

PIONEER HIGH TEA - Fort Edmonton Park, Johnson's Café, Hotel Selkirk

Step back in time to a unique pioneer high tea experience. Enjoy a selection of sandwiches and desserts made exclusively for the occasion by the culinary team, then indulge in a wide selection of high-quality teas. The perfect spot to catch up with friends and family. Admission to the Park is included with all Pioneer High Tea bookings. View the menu and reserve your spot.

Wednesdays from May 25 to August 31, 3 and 3:30 p.m.

Seniors (65+) \$34.25 + GST and Adults \$36.05 + GST

GOLDEN GIRLS FASHION SHOW - South East Edmonton Seniors Association (9350 82 St.)

The event features clothing and attire from Tan Jay and a trade show with a wide variety of products and services for women enjoying their Golden Age. Tickets on sale in advance \$15 each or bring-a-buddy deal of 2 for \$20. Call [780-468-1985](tel:780-468-1985) for information.

May 29, 1 p.m.

CREATIVE AGE EVENTS - North Edmonton Seniors Association (7524-139 Ave) June 8 and 9.

- **Visual Art Show & Sale** - 10 a.m.-3 p.m.

Paintings (oil, watercolour, acrylic, coloured pencil, washi chigiri-e), jewelry, stained glass, fibre arts and so much more.

- **Workshops in theatre, music, writing and visual arts**

- Art: Introduction to Pen and Ink (June 8, 9 a.m.-12 p.m.) \$20
- A Taste of Musical Theatre (June 8 and 9, 10 a.m.-1 p.m.) \$30
- Writing: 7 Point Plotting (June 8, 12:30-3:30 p.m.) \$20
- Skit Wits! (June 8 and 9, 1:30-4:30 p.m.) \$30
- Art: Coloured Pencils. It's all about technique (June 9, 9:30 a.m. -12:30 p.m.) \$20
- Writing: World Building (June 9, 12:30-3:30 p.m.) \$20

Register in advance for the workshops in-person at Northgate Lions Seniors Centre (7524 139 Ave). Review the [brochure](#) or call [780-496-6969](tel:780-496-6969) for information.