



**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 30	Go Go Gadgets	1:30 – 2:30	TCRC	\$2.00
May 31	SWESA Jam Session	12:00 – 2:00	YECC	\$2.00
June 1	That's Not Garbage!	10:00 – 11:00	YECC	\$2.00
June 1	Arthritis	2:00 – 3:30	TCRC	\$5.00

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:

SWESA members are invited to attend the annual “**Older, Better, Bolder**” event on Thursday, June 9th from 9:30 – 2:30pm at the West End Seniors Activity Centre. They are providing a bus for SWESA members and admission FREE of charge. Pack your own lunch or purchase a bison burger or other lunch options on site. For a detailed agenda of the event, please click [HERE](#). Thank you WESAC! To register, contact Jennifer at 587-987-3200. Space is limited.

WELCOME TO JUNE! The monthly program calendar can be found [HERE](#).

SENIORS WEEK – The Southwest Edmonton Community Leagues, along with SWESA would like to invite everyone to the annual pancake breakfast held at Blue Quill Community Hall. 11304-25 Avenue on Tuesday June 7th from 9:00 – 11:00am. If you are able to volunteer with the cooking, serving, or cleaning up, please contact Carol at carolbigam@gmail.com or 780-434-7558

Councillor Andrew Knack will be returning to SWESA on **Friday, June 10 from 1:00 – 3:00 pm** at the YECC site. 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.

Stay Connected:

GeriActors Summer School - Introduction to storytelling, acting, and improve - GeriActors is thrilled to announce their first summer session - This program is perfect for anyone wanting to learn more about our performance/acting company, the GeriActors & Friends.

The GeriActors have been turning stories into plays for the last fifteen years. Join us this June and learn how to turn your own stories into moments of theatre to share with others.

No experience necessary and all abilities welcome.

The program will finish with a final performance for family & friends.

June 16 – July 14, Thursdays from 1 – 3pm (*Final Performance on July 14*)

Location: SAGE Auditorium - 15 Sir Winston Churchill Square

Cost: \$20. Please call 780-423-5510 for more information or to register.

Seniors Housing Info Event - Forest Terrace Heights Community League

June 1, 1 – 3:15 at Fulton Place Community League (6115 Fulton Road).

Are you or a loved one thinking of downsizing but not sure about the different options? Guest speakers at this [event](#) will help you understand types of housing options. Registration isn't required, but will help with planning. For more information or to register, contact Connie at connie@forestterrace.org or 780-462-1442. This event is FREE.

Spring Festival - Edmonton Korean Seniors College Society

June 4, 7 p.m. at the River Community Church (11520 Ellerslie Road).

[Festival](#) performances include the Evergreen Choir Senior College Choir, Edmonton Men's Mission Choir, Saxophone performance by Soomgyul, Korock Drum People, Fan dance by Korean Canadian Women's Association, Jeon's Taekwondo, Youth band and two violins. Large groups are welcome to attend the festival. Contact 780-990-4645 or 780-430-7244 for more information. This event is FREE.

Volunteer Opportunities:

The SouthWest Edmonton Community Leagues and SWESA are hosting the Annual Seniors Week Pancake Breakfast. We need your help on Tuesday June 7th.

Please contact Carol at 780-434-7558 or carolbigam@gmail.com

Pancake Flippers and Kitchen Helpers 7:15am – 11:00am

Servers 8:45am – 11:00am

Floor runners 8:45am – 11:00am

Clean up and take down 11:00am – 1:00pm