



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 9	Be a Super Star! Save a Life!	10:00 am – 12:00 pm	YECC	\$2.00
May 9	Go Go Gadgets – Travel and Geography	1:30 pm – 2:30 pm	TCRC	\$2.00
May 10	Cautious Investing	10:00 am – 11:30 am	YECC	\$2.00
May 11	Embrace Your Space	11:00 am – 12:00 pm	YECC	\$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.

**Toonie Talk: Be a Super Star! Save a Life!**

Join Pierre Cardon, the Lead Clinical Medical Educator for Edmonton Fire Rescue Services and an Instructor Trainer for the Heart & Stroke Foundation of Canada as we prepare SWESA members to take action during a cardiac emergency.

**Toonie Talk: Embrace Your Space**

Organize and declutter your home to promote happiness, efficiency and peace of mind! Eliminate that which is worthless to make room for that which is priceless!

Maureen Thomas hosts this workshop that will examine the categories of clutter in our homes, offer strategies to declutter, explain how long we should keep important papers and information, and mention various community agencies who will accept donations or disposed items.

May 9-13, 2016

587-987-3200

[Swesa.programs@gmail.com](mailto:Swesa.programs@gmail.com)

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

## **Spring/Summer Gentle Yoga**

Feel free to drop in or register for our session with our long-time instructor Linda Vaudan as she works within each individual's ability. Gentle Yoga is suitable for people of all ages but can be especially helpful for seniors. Gentle movement and stretching through basic yoga poses can reduce swelling in joints while increasing joint mobility. Gentle Yoga improves balance which helps in reducing falls. Seniors' Yoga improves cardiovascular health, aids digestion and elimination, improves sleep, and lowers blood pressure and cholesterol. It also has been shown to speed recovery from surgery and aid in the grieving process.

**When:** Mondays, May 2 to August 29 from 10:00 am – 11:00 am (15 sessions)

**Location:** Yellowbird East Community Centre

**Cost:** Member \$100; Non-member \$145 for the season or Member \$7; Non-member \$10 per drop-in class **There will be no classes on May 23, August 1 and August 22.**

**Also at the SouthWest Outreach Centre:** St. Agnes Church, 10832 62 Avenue

**When:** Wednesdays from 10:00 am – 11:00 am (last class is June 15, reopens September 7)

**Cost:** Members - 8 classes/\$40, Drop-in - \$6/class and for non-members: Drop-in: \$7/class

## **Please Note:**

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



I would like to extend a special shout-out to Mike F. for his efforts in establishing SWESA's first ever jam session meeting. With a small group of four turning out at the first meeting, the halls at the YECC location were full of music and chatter Tuesday afternoon. Thank you, Mike!

## **Stay Connected:**

**Intergenerational Ballet Workshop - Mile Zero Dance:** 10816 95 Street

**When:** May 11, 12 – 1:30 pm

**Cost:** Free

This ballet class offers a gentle, slow pace and explores the fundamentals of ballet within a safe studio space. Focusing on basic technique, strength, flexibility, and coordination, this class is designed for those with limited or no ballet experience. All abilities welcome. No registration is required. For information, call [780-719-6585](tel:780-719-6585) or email [education@milezerodance.com](mailto:education@milezerodance.com).

## **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](#).

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