



**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
Tuesdays	Coffee and Chat	9:30 am – 12 pm	Donation	YECC
Tuesdays	Cards – Canasta	12 pm – 2 pm	\$2.00	YECC
Wednesdays	Mahjong	9:30 am – 12 pm	\$2.00	YECC
Thursdays	Cards – Players’ Choice	9:30 am – 12 pm	\$2.00	YECC
Thursdays	Total Body Fitness	10 am – 11 am	\$7.00	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
July 6	NEW: Contract Bridge	12:00 – 3:30 pm	YECC	\$2.00
July 6	Freewill Shakespeare Festival	8 pm – 10:30 pm	WHP	\$20.00
July 7	Cholesterol	11:00 – 12:00	YECC	\$2.00
July 8	Physician-Assisted Dying	10:30 – 12:00	YECC	\$2.00

YECC- Yellowbird East Community Centre

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

Please Note:

There’s still time to join the SWESA program coordinator and fellow SWESA members at **[Shakespeare in the Park on July 6](#)**. We will take in the sights and sounds of Romeo and Juliet under the iconic Heritage Amphitheatre surrounded by Hawrelak Park. We will meet at a central location ([map here](#)) at 7:30 pm before making our way to our seats for the 8:00 pm start. Maps will be distributed upon registering or click [HERE](#) for further information.

Join SWESA for a ride in a beautifully refurbished trolley car that dates back to the early 1900s. On your trip, get views of the river valley you wouldn’t otherwise see and feel the breeze coming in through the window as you savor the spectacular journey across the 100-year-old High Level Bridge. **July 14 7:00 pm – 8:00 pm** The car leaves at 7:00 sharp! Member \$15.00; Non-member \$20.00

SWESA will welcome contract bridge players on Wednesdays from 12:00 pm – 3:30 pm! Mr. Chhina will be available to help beginners ease in to playing alongside experienced bridge players. For more information, please contact Jennifer or Mr. Chhina at 780-695-3488.



There is still space available for the **July 11 trip to River Cree.**

Five different lunch options are available free as well as a \$5 playing voucher. The bus will leave YECC at 10:00 am and return at approximately 3:00 pm. **Cost:** Member FREE; Non-member \$5

Stay Connected:

[The Works Arts and Design Festival](#) - June 23 to July 5

For 13 days every summer, Edmonton transforms into a massive celebration of art and design. As North America's largest, free outdoor art and design festival, the Works is an extravaganza of visual art, design and entertainment that attracts artists and patrons from around the globe. Over 200 performances and events and more than 50 exhibitions at 30 venues ranging from skyscrapers, to restaurants, to businesses, to galleries take over downtown.

For more information about specific locations and times, please click [HERE](#).

[Sand on Whyte](#) - July 1 to July 10 (open from 10 am to 10 pm)

Sand carving is a performance art, much like ice carving. Professional sand-carving artists, Wilfred Stijger and Edith van de Wetering from the Netherlands and Patricia Leguen from Saskatoon will create sand-carving masterpieces for you to enjoy.

[Celtic Gathering](#) - July 9 and 10 (10 am – 5 pm) at Fort Edmonton Park

Discover Celtic culture to the fullest, and join the biggest annual Celtic get-together in Northern Alberta. Watch traditional dancing, piping and drumming competitions. Find out what the Heavy Games are all about and be entertained as cabers are tossed and hammers thrown.

Volunteer Opportunities:

SWESA has numerous open volunteer opportunities. For more information, click [HERE](#).

July 4 - 8, 2016

587-987-3200

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www.Swedmontonseniors.ca