



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 | \$2.00 | 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 | \$2.00 | YECC |
| Thursdays | Total Body Fitness | 10 am – 11 am | \$7.00 | YECC |
| Thursdays | Walking Group | 11 am – 12 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 |
|---------|---------------------------------|---------------|----------|---------|
| June 13 | Freedom to Healthy Feet | 10:00 – 2:00 | YECC | \$10.00 |
| June 13 | Go Go Gadgets - Coding | 1:30 – 2:30 | TCRC | \$2.00 |
| June 14 | Non-fiction Writing with Audrey | 9:30 – 12:00 | YECC | \$25.00 |
| June 14 | SWESA Jam session | 12:00 – 2:00 | YECC | \$2.00 |
| June 15 | SWESA Father’s Day Luncheon | 12:00 – 2:00 | YECC | \$10.00 |
| June 16 | Alternative Investing | 10:00 – 11:30 | 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.

Please Note:

SWESA wishes to express our sincerest THANKS for our fantastic team of volunteers at the Annual SW Community League’s Pancake Breakfast. Our can-do spirit served about 1,120 pancakes to community members. Thank you to all of our members who took the time to come down. We had a fabulous turn out!

June 13 – 17, 2016

587-987-3200

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There are still appointments available for the Freedom to Healthy Feet assessments.

The Walking Group will be meeting earlier in the day now that the weather is warmer. Those who attend our 10:00 am fitness class can join the walking group at 11:00 am, getting in an additional bit of cardio with a great group of SWESA members.

Lori Redberger will be joining us for **TCRC Go Go Gadgets** this week. It will be a fun, interactive program that will demonstrate how simple commands are used in our digital world (like games, websites, etc.). For example, it shows the procedure a programmer uses to create the steps to make a character move across the screen. I am hoping that after seeing and playing with the website, everyone will feel empowered and knowledgeable about a little part of our digital world.

Some **knitting group** members are taking a field trip! [Olds College's Fibre Week](#) is an annual, week-long celebration. Every June, the campus is immersed in activities and events related to fibre: workshops, programs, a merchant mall, fleece shows and sales, evening social events, and a great community! YECC will still be open to those who do not wish to attend the event.

Stay Connected:

Legal Documents You Should Have - SAGE (#15 Sir Winston Churchill Square)

June 14, 10:00 am

Cost: Free

A lawyer will present information on essential planning documents such as personal directives, power of attorney and wills. Pre-register by calling 780-423-5510 ext. 301.

World Elder Abuse Awareness Day Proclamation Event - Central Lions Seniors Recreation Centre (11113 - 113 Street)

June 15, 11:30 am – 1:00 pm

Cost: Free

A group of local organizations (Seniors Protection Partnership, Canadian Mental Health Association and Good Samaritan Society-C.H.O.I.C.E.) is hosting an event to mark World Elder Abuse Awareness Day. Displays will provide information on resources available to professionals, seniors and family members. The GeriActors & Friends will perform a play with the theme of ageism, how it is a contributing factor to elder abuse and why people fail to get involved. An official proclamation will be made by the City of Edmonton. The Honourable Lori Sigurdson, Minister of Seniors and Housing, will be in attendance.

Wills and Estates Workshop - Stanley Milner Library (#7 Sir Winston Churchill Square)

June 21, 6:30 pm – 8:30 pm

Join the Edmonton Community Legal Centre as we learn about wills, powers of attorney and personal directives. This presentation is open to the public, and registration is not required.

Volunteer Opportunities: If you are planning to attend the June 15th luncheon and can help with set-up, service or take down and clean up, please contact Jennifer.

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