



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
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
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 27	Seeking Young Henry	10:00 – 12:00	YECC	\$10.00
June 28	SWESA Jam Session	12:00 – 2:00	YECC	\$2.00
June 28	Photo Organization at Go Go Gadgets	10:00 – 11:30	YECC	\$2.00
June 29	SWESA @ SW Farmers' Market	3:45 – 7:30	TCRC	FREE
July 1	CLOSED FOR CANADA DAY			

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:

TCRC is now closed for the summer. We will reopen our Seniors' Lounge on September 7.



**Happy
Canada Day**



The July events calendar can be found online [HERE](#)

Reservations for the Strathcona Streetcar tour are still open until July 8th.

When: Thursday, July 14 from 7 pm to 8 pm

Location: 8379 103 Street NW - North side of the Strathcona Farmers' Market building

Pay parking is available on east and west sides of Gateway Boulevard (103 Street) across from the Strathcona Terminus. Free meter street parking after 6:00 pm.

Cost: Member \$15; Non-member \$20



Stay Connected:

U of A Department of Physics Astronomical Observatory – Thursdays from 12 pm – 1 pm

View the sun through the observatory's safe solar-filtered telescopes! Every day the sun looks different, and you may see sunspots, filaments, and/or prominences. Visits to the observatory are free, and all members of the public are welcome!

[Directions](#) to the Centennial Centre for Interdisciplinary Science (CCIS) Building

SERVUS Pay-What-You-Can Sundays at the Citadel

The [Citadel](#) holds a certain number of seats to every Pay-What-You-Can performance (approximately 1/4 of the seats). Tickets go on sale at 3 pm for that evening's performance and patrons line up to purchase their tickets, often as early as noon for larger shows. Tickets are sold on a first-come first-serve basis, in-person only. Though tickets are on a pay-what-you-can basis, the Citadel posts suggested prices ranging from \$5 to \$20 per play. For contact information, click [HERE](#).

Seniors' Bridge



Join us every Wednesday afternoon at 12:30 pm in the Greenfield Community Hall (3803 114 Street NW) for bridge. For more information, contact Joan Hardin at (780) 436-1434.

Volunteer Opportunities:

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

June 27 – July 1, 2016

587-987-3200

Swesa.programs@gmail.com

www.Swedmontonseniors.ca