



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	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
June 7	Seniors' Pancake Breakfast	9:00 – 11:00	Blue Quill	FREE
June 8	Seniors' Tea at AB Legislature	10:00 – 2:00	AB Leg.	\$5.00 (bus)
June 9	Google It – Genealogy	10:00 – 12:00	YECC	\$10.00
June 9	Older, Bolder, Better	8:30 – 3:00	YECC	FREE
June 10	Councillor Andrew Knack	1:00 – 3:00	YECC	FREE

YECC- Yellowbird East Community Centre **TCRC** – Terwillegar Community Recreation Centre

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

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

Please Note:

Former President of the Edmonton branch of the Alberta Genealogical Society, John Althouse, returns to SWESA for this presentation “Google It!”, examining the power of the Google search engine as a source of family history information. You will gain tips on how to maximize your chances of finding the information you want while deciphering nonessential information.

June 6-10, 2016

587-987-3200

Swesa.programs@gmail.com
www.Swedmontonseniors.ca



There are still spots available on the trip to the Alberta Legislature to attend the Seniors' Tea and for the Older, Better, Bolder event at the West End Seniors Activity Centre. Call Jennifer to register.

Seniors' Week – The Southwest Edmonton Community Leagues, along with SWESA would like to invite everyone to the annual pancake breakfast held at the Blue Quill Community Hall, 11304 25 Avenue **on Tuesday, June 7th** from 9:00 – 11:00 am. If you are able to volunteer with the cooking, serving, or cleanup, 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 has 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.

Stay Connected:

Petrolia Seniors' Group – Monthly lunch and program Greenfield Community Hall 3803 - 114 Street
Program: Roy Harback on Guitar - Old-time Songs and Sing-a-long. Cost: \$15.00
Please confirm your attendance with Nick at 780-435-1045 or Betty at 780-434-0711.
Play Bridge Wednesdays – 12:00 pm – 3:00 pm - For info, please call Joan at 780-436-1434.

Central Lions 50th Anniversary - [Open House and Family Fun Day](#)

June 11, 9:00 am - 4:00 pm at 11113-113 Street - We have an exciting day planned: CLSA clubs and classes, a treasure hunt, pancake breakfast, a large outdoor stage with music and dance performances, not to mention classic cars, a fire rig from Station 5, Prince Rupert and Queen Mary Park's Beer Garden and a BBQ lunch! Many outdoor activities are planned for all day (with a good rain plan in place): bocce, lawn bowling, a kids' area with arts and crafts, balloon animals and many Edmonton family attractions including the Valley Zoo, Muttart Conservatory and River Valley Day Programs, and exciting giveaways from Safeway and our big Anniversary Raffle and 50/50 draw.

Edmonton Mozart Month – [Full website here](#)

Sunday, June 12 (2:30 pm) @ Whitemud Crossing Library Theatre [The Viennese Ballroom - 1785-95](#)
Featuring an ensemble of original and modern instruments playing ballroom music by Wolfgang Amadeus Mozart and Ludwig van Beethoven prepared for the Habsburg Court in Vienna.
Tickets: \$15 general admission at the door.

Volunteer Opportunities:

Cooking Instructor – Do you have a passion for cooking and a coveted family recipe that you would be willing to share with SWESA friends? Are you organized, outgoing and well-spoken? SWESA is looking for energetic, and intuitive volunteers to lead cooking demonstrations as part of a new program venture for the fall, "Family Fare Between Friends".
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