



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 20	Book Club	9:30 – 11:00	YECC	\$5.00/season
June 20	Reinvent Your Medicine Cabinet	1:00 – 3:00	TCRC	\$2.00
June 21	International Sushi Day	12:00 – 1:00	YECC	\$12.00
June 22	Edmonton Historical Building Tour	11:00 – 12:30	YECC	\$10.00

YECC- Yellowbird East Community Centre TCRC – Terwillegar Community Recreation Centre
Please refer to our Spring/Summer 2016 Program Guide [HERE](#) for further details.

Happy Father's Day



June 20-24, 2016

587-987-3200

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www.Swedmontonseniors.ca

Please Note:

TCRC is closing for the summer this week so stop by to close out another fantastic season.
The Seniors Lounge will be open for the last day on June 22.

Thank you to our phenomenal team of volunteers who keep this space running!

The **Reinvent Your Medicine Cabinet** session at TCRC is coming up on Monday. Registration is not required. Ardelle Viau will speak about what essential oils actually are, what to look for when purchasing essential oils, which oils are best for the most common everyday ailments and how to properly use essential oils.

In honor of **International Sushi Day**, join us at the YECC location on June 22 to sample some non-intimidating presentations with the “Crispy Kyoto Roll” and the “Alberta Beef Roll”. We will have a few exotic offerings to expand your knowledge and your comfort level!

COST: \$12.00/members, \$18.00/non-members **Registration required by June 20!**

SWESA Visits the Sherlock Holmes Exhibit at Telus World of Science

Inside the exhibition, you will become Holmes’ eyes and ears as he tackles a baffling new case in a world steeped in innovation and experimentation. Audiences of all ages will explore areas of forensic science that enabled Sherlock Holmes to solve crimes, and brings to life the historic underpinnings of author Sir Arthur Conan Doyle’s rich and vibrant stories. [Click HERE to see the trailer!](#)

When: Wednesday, July 13 from 12:00 pm – 3:00 pm

Location: 11211 142 Street NW, Edmonton, AB - **This is a self-drive program.**

Cost: Member \$25; Non-member \$30 (includes admission)

[RSVP by June 30. Few spots left!](#)

Stay Connected:

Father’s Day BBQ – June 19 at the [Devonian Botanic Garden](#)

Located on Hwy 60, 5 km North of Devon, 20 minutes from West Edmonton Mall Alberta T7Y

Phone:780-987-3054

Bring your father to a special BBQ event to enjoy burgers, craft beer, and a fresh-baked rhubarb pie. Following the meal, you can enjoy a tour of the garden led by horticulturists to experience all the tastes of the garden! WEBSITE: www.devonian.ualberta.ca

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

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.

June 21, 6:30 pm – 8:30 pm

Volunteer Opportunities:

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

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