



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
Wednesdays	Contract Bridge <b>NEW</b>	12 pm – 3:30 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

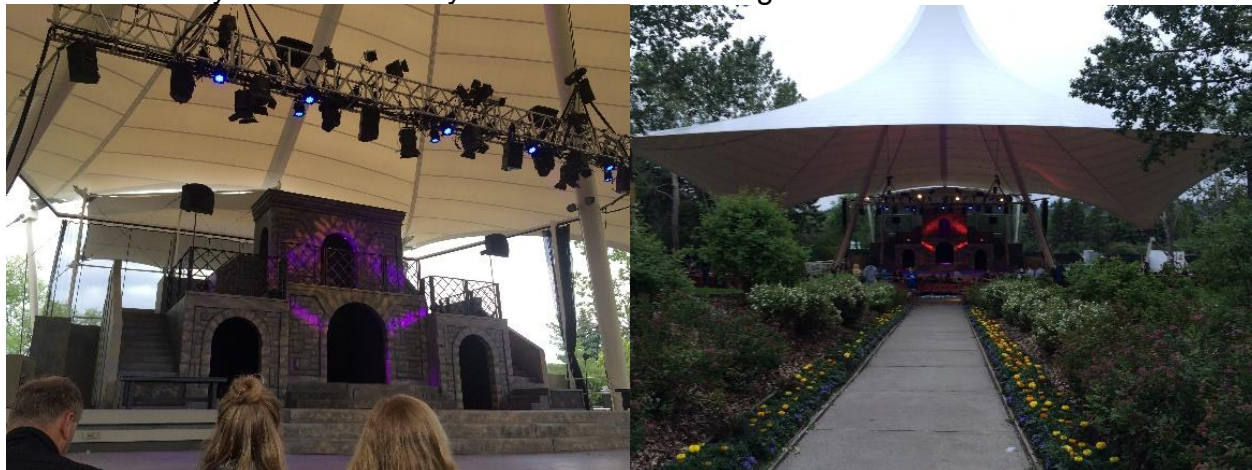
**\*Most drop-in programs have a discounted session fee.**

**Upcoming Programs**

Date	Program	Time	Location	Cost
July 11	Bus Trip to the River Cree	10:00 – 3:00	YECC	FREE
July 12	Cholesterol	11:00 – 12:00	YECC	\$2.00
July 12	SWESA Jam Session	12:00 – 2:00	YECC	\$2.00
July 12	Global Economics	12:30 – 2:00	YECC	\$2.00
July 14	Old Strathcona Streetcar	<b>7:00pm – 8:00pm</b>	SAB	\$20.00
July 15	Dog Days of Summer	1:00 – 3:00	YECC	FREE

**Please Note:**

We had such a great time at the Freewill Shakespeare Festival’s production of Romeo and Juliet. We recommend that everyone add this to your bucket list of things to do in Edmonton.



July 11 - 15, 2016

587-987-3200

[Swesa.programs@gmail.com](mailto:Swesa.programs@gmail.com)  
[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

**The cholesterol session** with the Sobeys/Safeway dietician was cancelled last minute due to a booking miscommunication. We have rebooked for Tuesday, July 12 at 11:00 am. We wish to extend our sincerest apologies to our members for the inconvenience. The acting Health Care Consultant rushed over to SWESA with a loaded prize basket as a gesture towards those who attended. We drew names from the list of attendees and the winner is... **MARNE EDWARDS!** Thank you all for your patience and understanding!



There are still spaces available on the **Strathcona Streetcar tour**. Family and friends are welcome to join us as we take in a view of the early evening sun over the North Saskatchewan River from the comfort of this historic streetcar. **Cost: \$15.00 per person**

**NEW Global Economic and Stock Markets Update - Mid- Year Review for Retirement Savings**

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. Tuesday, July 12 from 12:30 pm – 2:00 pm **Cost:** Member \$2; Non-member \$5

**The July luncheon** is coming up on Wednesday, July 20 from 12:00 pm – 2:00 pm. We will be barbecuing hotdogs with all of the fixings. Please register by July 15.

**Ukrainian Cultural Village Day Trip** The bus will depart YECC at 9:00 am and return at 3:00 pm on Wednesday, August 10. History is brought to life at this open-air museum where costumed role-players recreate the life of early Ukrainian pioneers that settled in east central Alberta from 1892-1930. Our group will learn about the workings of farming, churches and religion and architecture. We will hear stories of hardships and triumphs in Canada's oldest and at one-time largest bloc settlement of Ukrainian pioneers.

We will explore east central Alberta's cultural and agricultural roots before enjoying an authentic Ukrainian meal of kovbasa, pyrohy and holubtsi care of the Friends of the Ukrainian Village. The meal alone is worth the trip!!! **Cost:** \$45.00 per person (includes bus, entrance and meal) Your seat will be confirmed upon payment.

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