



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 NEW	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 18	Book Club	9:30 – 11:00	YECC	\$5.00
July 18	Ikebana: Japanese Flowers	10:00 – 11:00	YECC	\$15.00
July 20	SWESA Luncheon	12:00 – 2:00	YECC	\$10.00
July 22	Mindful Aging	10:00 – 12:00	YECC	\$2.00
July 18	Book Club	9:30 – 11:00	YECC	\$5.00/season

Please Note:

Ikebana - Japanese Flower Arranging

Ikebana is the Japanese art of flower arrangement. It is creative expression within certain rules of construction. Join the Edmonton Japanese Community Association for this educational presentation.

When: Monday, July 18, from 10:00 am – 11:00 am at the Yellowbird East Community Centre.

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

Ukrainian Cultural Village Day Trip The bus will depart YECC at 9:00 am and return for 3:00 pm on Wednesday, August 10th. 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)

July 18 - 22, 2016

587-987-3200

Swesa.programs@gmail.com

www.Swedmontonseniors.ca



Thank you to Joan Brady from [Dying with Dignity](#) - Edmonton Chapter for taking the time to come and educate SWESA and community members on the new physician-assisted dying legislation. We had a great time, and everyone left feeling well informed.

Stay Connected:

The City of Edmonton would like to bring to your attention a proposed project planned for Terwillegar Park. As one of Edmonton's most popular parks, Terwillegar Park has a significant demand for parking, and the city is proposing to expand the parking lot. The City of Edmonton would like your feedback on this proposed plan. Feedback can be provided either online at edmonton.ca/terwillegarpark from July 4 - July 17, 2016 or in person at Terwillegar Park on July 16, 2016, from 10 am to 4 pm. Please contact Bill Bunker at bill.bunker@edmonton.ca or at [780-496-7036](tel:780-496-7036) for more information.

Volunteer Opportunities:

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

July 20th Luncheon – We are looking for volunteers to assist with running the BBQ and to help with cleanup. If you are willing and able, please contact Jennifer.

Photographers – Almost everyone has a cell phone or a camera these days. Why not put them to good use? Members get the bird's-eye view, and we want to see it all from your perspective. Jennifer could use your photos in our weekly newsletters, local community advertising and on our social media page!

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