



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	Beginner Contract Bridge	12:30 pm – 3:00 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

Upcoming Programs

Date	Program	Time	Location	Cost
July 25	Hot Fudge Sundae Day	12:30 – 2:00	YECC	\$6.00
July 26	EPL – Online Learning	10:00 – 11:30	YECC	\$2.00
July 27	Zendoodles	10:00 – 12:00	YECC	\$10.00
July 27	Christmas in July	1:00 – 3:00	YECC	\$15.00

Please Note:

We have some fun and artistic classes coming up this week!

NEW Zendoodles with Debbie!

Zendoodles are miniature abstract art. It is easy to learn for even the novice artist and it is FUN! Zendoodling is a relaxing and meditative art form. It brings out the inner you! In this introductory workshop with Debbie, you will create works of art but also learn how to deliberately create a mood, focus, and state of mind through repeating patterns from simple to complex. There are no rules and no mistakes. Bring a positive attitude and an open mind for this morning session.

When: July 27 from 10:00 am – 12:00 pm **Location:** YECC **Cost:** Member \$10

NEW Christmas in July: A Card Making Workshop

Join us for an early start on your holiday preparations. This workshop is geared to beginners who are interested in trying their hand at card making. All materials and step-by-step instructions will be provided. Those experienced with card making are also welcome to attend and encouraged to bring past projects to keep beginners inspired. All participants will leave with six handmade Christmas cards. **When:** July 27 from 1:00 pm – 3:00 pm **Location:** YECC **Cost:** Member \$15

Thank you to the Edmonton Japanese Community Association for their session on Ikebana! The arrangements were beautiful and delicate! We look forward to hosting you again.



Stay Connected:

K Days (formerly known as Capital Ex) is 10 days of fun. Enjoyed by thousands of people during the heart of summer, the grounds at Northlands are transformed into an arena of endless games, rides, entertainment, concerts, shopping, food and family activities. The parade kicks off the festivities on July 22 at 10:00 am. K Days runs from July 22 to July 31. Click [here](#) for the festival page.

The **57th Annual Sourdough Raft Race** is on Saturday, July 23rd.

Toonie Pancake Breakfast served at Terwillegar Park starting at 9:00 am

Rafts launch from Terwillegar Park at 11:00 am

For event details, contact – Office (780) 406-0235 Email: sourdgh@telusplanet.net

The Primary Care Network, Edmonton Southside would like to arrange and host a focus group of individuals who have a vested interest in how driver fitness is measured. The Driver Fitness Network, headed by an occupational therapist, has created a protocol to determine driver fitness. Your input will help us to determine if anything has been overlooked or needs to be considered further regarding driver fitness, and in some cases, eventual driver cessation.

No meeting date has been set, but we hope to arrange something for the end of August. The meeting will be held at the main ESPCN office (3110 Calgary Trail). If you are interested, please let us know your availability – morning, afternoon, or evening and we will let you know when we plan the event. Please contact Karoline.kiddine@edmontonsouthsidepcn.ca at 780-395-2624 if you are interested.

Volunteer Opportunities:

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

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