



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
August 1	CLOSED FOR CIVIC HOLIDAY		BOTH	
August 3	SWESA @ SW Farmers' Market	3:45 pm – 7:30 pm	TCRC	FREE

Please Note:

**Our August calendar is available on our website [HERE](#).
SWESA will be closed from August 20th until August 28th.**

Thank you to Debbie for her Zendoodles class. We loved it so much that we will be hosting her again in November. Stay tuned for our fall program guide.



Stay Connected:

The City of Edmonton offers FREE age-friendly phone chats to all seniors and caregivers. Participate in free educational sessions via phone from the comfort of your own home. These phone chats connect socially isolated or homebound seniors and their caregivers to health and wellness information from knowledgeable professionals. They promote healthy living and provide a unique opportunity to strengthen social connections. They are interactive, small group sessions, with a simple telephone call. You can check out “Brain Games”, “Rio Olympics chats” and other health topics [HERE](#).

Edmonton Pickleball Club

The Edmonton Pickleball Club is presenting its first annual Summer Classic tournament with men’s, women’s and mixed doubles play with beginner to advanced skill levels. Registration is on a first come, first served basis and closes August 15. Spectators are welcome. For more information, email Mikaeli at mikaelicavell@telus.net.

When: Friday, August 19 – Sunday, August 21

Location: Royal Gardens Community Centre (4030 - 117 Street)

Trip to the Calgary Zoo with Strathcona Place 55+ Centre – Wednesday, August 24

- Comfortable, air conditioned, washroom-equipped motor coach with DVD entertainment system and professional driver
- Experienced tour director who will keep your group entertained and informed
- **Trip Includes:** a coffee stop in Red Deer each way (at your own cost), admission into the zoo, tour guide and a \$10 lunch voucher
- **Location:** 10831 University Avenue - The bus leaves from the centre at 8 am and returns around 7 pm

Cost: Members \$94.00 + GST, non-members \$104.00 + GST

Please register with front desk or call [780-433-5807](tel:780-433-5807) for more information.

Registration confirmed at time of payment.

AMA's Mature Driver Course

Participate with AMA’s professional driving instructor in this classroom-only course to review your knowledge of the rules of the road, signage, merging, lane changing, intersections, safe driving tips and strategies. Receive tips on driving in adverse conditions, information on licensing standards in Alberta, and strategies to assist you in maintaining your independence.

When: Thursday, September 1 and Friday, September 2 from 9 am -12 pm (this is a two-day class)

Location: Yellowbird East Community Centre

Cost: Members \$55, non-members \$55

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.