



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 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 15	Book Club	9:30 am – 11 am	YECC	\$5.00/season
August 18	Vitamins and Supplements	10 am – 12 pm	YECC	\$2.00

Please Note:

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

SWESA wishes to extend a gracious THANK YOU to Mimi Tindall and Pat Diduck for sharing their time and talents in editing our Fall Program Guide.

THERE WILL BE NO FITNESS CLASS ON AUGUST 18.

The August 17 SWESA luncheon will be a potluck at the cost of \$5 plus a food item (non-dessert) to suit 8 people. Please RSVP to Jennifer and let us know what you are bringing.

Vitamins, Supplements and Other Medications

Join us for this brief talk that will include the benefits and uses of vitamins and supplements as well as which ones interact with medications. There will also be time for a question and answer session.

When: Thursday, August 18 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$2; Non-member \$4 **Registration is requested.**



Russian Culture Day

The Canadian Multicultural Education Foundation has once again invited us to attend one of their first-class tours. This time, in partnership with the Jewish Senior Citizen's Centre, we discover Edmonton's Russian culture through a tour of St. Barbara's Cathedral and a taste of Russian food at the Jewish Senior Citizen's Centre. SWESA will be closed during this time. Beryl will meet SWESA members in the parking lot and accompany you on this tour. Register quickly. This trip will fill fast.

When: Friday, August 26 from

Where: Yellowbird East Community Centre 10710 - 19 Avenue
Pick up at 9:15 am and drop off at 2:15 pm

Cost: FREE

Please register with SWESA's program coordinator by August 18.

Stay Connected:

The Edmonton Latin Festival (ELF) It's the hottest festival in Edmonton! ELF is a vibrant, energetic, two-day annual outdoor festival held the third week of August. Many activities are featured: international live musical artists and dancers, savory authentic Latin food, beer gardens, a kid's booth, and an artisan marketplace. No passport is required! Best of all, this first-class event is absolutely FREE! For more information, click [HERE](#).

When: Saturday, August 13 and Sunday, August 14 from 12:00 pm – 11:00 pm

Location: Churchill Square

The 35th Annual Edmonton International Fringe Theatre Festival

The Edmonton International Fringe Theatre Festival is held every August. Produced by the Fringe Theatre Adventures, it is the **oldest Fringe Theatre Festival in North America**. Enjoy a unique, evolving Edmonton experience, commonly known as *fringing*. And, *fringing* is for everyone. It is an opportunity to get swept up in an international artistic force.

It is a starting point, a journey, and a celebration – and it unites all!

When: Thursday, August 11 - Sunday, August 21

Location: Various sites throughout Old Strathcona

For more information, please check out the website [here](#).

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.