



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

SWESA will be closed from August 20 until August 28.

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	Cost	Location
August 31	Potluck Luncheon	12 pm – 2 pm	\$5.00	YECC
Sept 1	Victoria Settlement	9 am – 3 pm	\$45.00	YECC
Sept 1 and 2	Mature Drivers (AMA)	9 am – 12 pm	\$55.00	YECC

Gentle Yoga will begin again on Monday, **September 12.**

Total Body Fitness will resume with a new instructor on Thursday, **September 15.**

Please Note:

The Victoria Settlement trip with SWESA is quickly approaching. If you were unable to attend our Ukrainian Village trip or if you would like to further build upon your knowledge of the settlement in Alberta, join us as we get a view of the changing of seasons on our way to Smoky Lake and the surrounding area.

When: Thursday, September 1 from 9:00 am – 3:00 pm

Location: Bus departs from and returns to Yellowbird East Community Centre

Cost: Member \$45; Non-member \$55 Cost includes bus, lunch and entry fees

Registration required by August 30.

SWESA would like to extend a THANK YOU to all members and volunteers who attended and assisted with our spring and summer programs. This has been our busiest summer to date, and we've enjoyed the laughter, the adventures and the fantastic company.



For a fun little video of some of this summer's highlights, please click the link below.
<https://animoto.com/play/juE4IIYstw01oSlqJpO9iA>

Stay Connected:

The focus group with the Driver Fitness Network went very well. SWESA would like to thank Ryan Sommer from the [Driver Fitness Network](#) and Doug Craig, general manager of Edmonton southside PCN for taking the time to come and make it convenient for us to share our questions and feedback.

If you would like to provide more feedback or were unable to attend the session at YECC, the following survey has been designed to develop an understanding of **driver opinion** when it comes to driver fitness - the cognitive and physical ability to operate a motor vehicle. CLICK [HERE](#) to take this survey.

This survey is designed for **family and friends of someone who may currently, or in the future, require testing for their ability** to operate a motor vehicle. CLICK [HERE](#) to take this survey.

Symphony Under the Sky returns for four irresistible nights of music ranging from classical gems to Hollywood hits, led by conductor Bob Bernhardt. And of course, we'll cap off the weekend with an exciting evening of music from around the world. And Symphony Under the Sky couldn't possibly conclude with anything other than Tchaikovsky's majestic *1812 Overture*.

When: Thursday, August 25 – Sunday, August 28

Location: William Hawrelak Park

Cost: \$25 - \$45 per ticket For more information, click [HERE](#).

Volunteering:

SWESA is currently looking for volunteers to work as a part of our newly established program committee. We are looking for volunteers who would like to work with the board director and the program coordinator to further develop, monitor, and review all of SWESA's programs. If you are interested in learning more, please email programs@swedmontonseniors.ca.

We are looking for a photo archivist. Are you tech savvy and well organized? Have a look at the job description [HERE](#).

August 22-26, 2016

587-987-3200
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