



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 9	Driver Fitness Focus Group	9:30 – 11:00	YECC	FREE
August 9	Bone Health	11:00 – 12:00	YECC	\$2.00
August 9	Jam Session	12:00 – 2:00	YECC	\$2.00
August 10	Ukrainian Cultural Village	9:00 – 2:30	UCV	\$45.00
August 11	Making Tomorrow's Decisions	10:30 – 12:00	YECC	\$2.00
August 12	Nacho Day	12:30 – 2:00	YECC	\$6.00

Please Note:

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

There are still spots open on the **Ukrainian Village Trip**. If you would like to attend this cultural experience during the 125th year of Ukrainian Immigration to Canada, please call 587-987-3200 for more details or to register.

Focus Group on Driver Fitness: SWESA recently shared the Primary Care Network's interest in hosting a focus group on Driver Fitness and Cessation. Due to the amount of interest expressed, Ryan Sommer from the Driver Fitness Network is coming to SWESA to host an informal meeting, to get feedback from seniors as to their current experiences with driving fitness and cessation and his proposed Driver Fitness Network model.

When: August 9 at 9:30 am – 11:00 am

Where: Yellowbird East Community Centre – Coffee Room

All are welcome. You do not need to be a SWESA member to attend.



Our long-time fitness instructor, Jen Dick is leaving us! ☹

Jen has made the decision to move to Toronto to support her daughter who is on the national diving team and has just qualified for a world junior meet in Russia this December. We will miss Jen greatly and wish to thank her for her kind heart, bubbly personality and killer work outs! All of the best to you and your family Jen and GOOD LUCK to your girl!

Stay Connected:

The Edmonton Air Show: Excitement is in the air—literally. Get ready to be dazzled by tailslides, loops, snap rolls, hammerheads, low-level knife-edge passes and other incredible feats in the sky. From aerobatic biplanes and multi-engine aircrafts to bush planes and remote control airplanes, you'll find a variety of aircrafts as you celebrate the history and modern evolution of aviation.

When: August 6 and 7 from 10:00 am-6:00 pm with live performances at 2:00 pm and 4:00 pm.

Where: Villeneuve Airport, Highway 633, approximately 15 km from St. Albert, Alberta

More Information: The Website is [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.