



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	Walking Group	11 am – 12 pm	\$5.00/season	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
September 12	Quilting Six-week Class	11:30 – 3 pm	\$70	YECC
September 12	Spanish for Beginners	10 am – 12 pm	\$55	YECC
September 12	Sorting and Organizing Photos	1 pm – 3 pm	\$20	YECC
September 12	Go Go Gadgets	1:30 pm– 3 pm	\$2	TCRC
September 13	Regs. for Your Financial Advisor	10 am – 12 pm	\$2	YECC
September 14	Sleep, the Silent Killer	1 pm – 3 pm	\$2	YECC
September 15	Antiques Interest Group	1 pm – 3 pm	\$5	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:

REGISTRATION DEADLINES



Tom Russell at the New Moon Folk Club: September 16

Seniors' Candy Cane Tea at the Edmonton Valley Zoo: September 30

A Taste of Tuscany at the Muttart Conservatory: September 30

For more details, please see the SPECIAL EVENTS section in our

Fall 2016 Program Guide [HERE.](#)

September 12-16, 2016

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca

Stay Connected:

The Mid-Autumn Festival is a centuries-old tradition that is celebrated in many countries in the Asia-Pacific Region. Steeped in folklore and tradition, this Chinese festival is about the Lady in the Moon and her reunion with her earthbound husband at the full moon of each year. Traditionally, families and couples spend time together under the beauty of the full moon, sharing moon cakes. Children play with lanterns while listening to the legend of the Lady of the Moon and her companion, jade rabbit.

Website: <https://www.eventbrite.ca/e/mid-autumn-lantern-festival-tickets-26835194790>

Date: Saturday, September 10 from 1:00 pm – 10:00 pm

Location: Churchill Square (100 Street & 102 Avenue)

Cost: Free

Heritage Point - Community League Day

Community League Day is a great opportunity to come out and meet your neighbours and learn more about the league and the benefits of membership. We are offering free document shredding (12:00 pm – 3:00 pm) and a free family movie in the park (7:00 pm – 10:00 pm) for league residents. You also can buy your 2016-17 league membership at the event. SWESA will be hosting an information booth from 11:30 am – 3:00 pm too so stop by!

Date: Saturday, September 17 from 12:00 pm – 3:00 pm

Location: Johnny Bright School parking lot (331 Rutherford Rd SW)

Cost: Free There is no need to register for this event.

Minding Stress Alberta Health Services will be delivering a two-part program at Whitemud Crossing. In two sessions you will:

- Understand the impact of stress and learn steps to build awareness of your stressors
- Learn practical stress-management skills to create an effective stress management plan

Register online: <http://edmontonpl.evanced.info/signup/eventdetails?eventid=52433&lib=1016>

Date: Wednesdays, September 21, 28 from 6:00 pm – 8:30 pm

Location: Whitemud Crossing Edmonton Public Library (4211 - 106 Street)

Cost: Free **Registration is required.**

Volunteering:

Have you seen our luncheon table centrepieces and decorations? Have they inspired you to want to put your creative touch on things? If you are interested in helping out, please contact the program coordinator.

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? Please read the job description [HERE](#).

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