



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 – 3 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	11:00 am – 12:00 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 19	Book Club	9:30 – 11:00	\$5.00/season	YECC
September 21	SWESA LUNCHEON	12:00 – 2:00	\$10.00	YECC
September 21	TCRC Closed	1:00 – 3:00		
September 22-23	AMA Mature Drivers	9:00 – 12:00	\$55.00	YECC

Please be sure to check registration requirements and program details in our [Fall Program Guide](#).

**Please Note:**

**REGISTRATION DEADLINES:**



**AMA Mature Drivers:** due September 19

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

**A Taste of Tuscany at the Muttart Conservatory:** due September 30

For more details, please see the **SPECIAL EVENTS** portion of our Fall 2016 Program Guide [HERE](#).

If you know that you are going to attend ANY SWESA event, please do let us know. This week, there were two programs that had been cancelled or postponed due to illness and unforeseen

September 19 -23, 2016

587-987-3200

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

circumstances. In the event that there are changes, the registrants are telephoned directly. Although we do our best to make sure that all members are informed, only registered participants will receive a phone call. Notice is also sent through mass email.

All SWESA registrations can be received at 587-987-3200 or [programs@swedmontseniors.ca](mailto:programs@swedmontseniors.ca)

**The September luncheon** will be a fall feast theme. We will offer beef and chicken stew options with fresh buns and salads September 21 at YECC from 12:00 pm – 2:00 pm at a cost of \$10 for members and \$12 for non-members. Please RSVP no later than Monday.

**The AMA Mature Drivers** course is running September 22-23 at YECC from 9:00 am – 12:00 pm. There are still spaces available. Please register with the program coordinator.



Our Tuesday  
Hand and Foot  
Canasta Group  
is growing.

Join us at YECC  
from 12 pm – 3 pm.

### **Stay Connected:**

#### **Dementia: The Silent Thief**

CARP - Edmonton Chapter, the Alzheimer Society of Alberta and North West Territories & the Early Onset Dementia Association

Dementia is a cruel disease. It robs its victims of their memories and, eventually, their faculties. It also robs the victim's family and friends of the person they know and love. The three organizations are pleased to present a workshop to raise awareness, provide information and present opportunities to influence change. Register by emailing [Edmonton@carp.ca](mailto:Edmonton@carp.ca).

**Date:** September 29, 9:00 am – 1:00 pm (registration at 8:30 am)

**Location:** Old Timers' Cabin (9430 Scona Road)

**Cost:** \$10 Lunch is provided

### **Volunteering:**

There are so many ways in which you can contribute to SWESA with your time and experience. Look at the opportunities [HERE](#) for more information.

Fill out an application form or contact us to talk about volunteering at SWESA.

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