



**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	10:00 am – 11:00 am	\$7.00	YECC
Mondays	Quilting Group	11:30 am – 3:00 pm	\$2.00	YECC
Mondays	Coffee and Chat	1:00 pm – 4:00 pm	Donation	<b>TCRC</b>
Tuesdays	Coffee and Chat	9:30 am – 12:00 pm	Donation	YECC
Tuesdays	Cards – Canasta	12:00 pm – 3:00 pm	\$2.00	YECC
Wednesdays	Mahjong	9:30 am – 12:00 pm	\$2.00	YECC
Wednesdays	Beginner Contract Bridge	12:30 pm – 3:00 pm	\$2.00	YECC
Wednesdays	Coffee and Chat	1:00 pm – 4:00 pm	Donation	<b>TCRC</b>
Thursdays	Walking Group	11:00 am – 12:00 pm	\$5.00/season	YECC
Thursdays	Total Body Fitness	10:00 am – 11:00 am	\$7.00	YECC
Fridays	Art Group	9:30 am – 12:00 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 26	Go Go Gadgets	1:30 pm – 3:00 pm	\$2.00	TCRC
September 27	Go Go Gadgets	10:30 am – 12:00 pm	\$2.00	YECC
September 27	SWESA Songbirds	12:00 pm – 2:00 pm	\$2.00	YECC
September 28	An Introduction to Qigong	10:00 am – 11:00 am	\$30.00	YECC
September 29	U of A Human Ecology	10:00 am – 12:00 pm	\$5.00	U of A

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

**Please Note:**

**REGISTRATION DEADLINES:**



**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](#).

September 26 - 30, 2016

587-987-3200  
programs@swedmontonseniors.ca  
[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

## **Stay Connected:**

**Seniors Community English Gatherings** The Edmonton Mennonite Centre for Newcomers, through their [PEGASIS](#) initiative, is welcoming immigrant seniors (55+) to join in for English conversation practice. They offer a fun learning environment with activities and games, outings to discover things you can do in Edmonton, and information about the people or places that can help you with your needs.

**When:** Mondays and Wednesdays through December 15

**Where:** Southside Primary Care Network, 3110 Calgary Trail (contact Salima at 780-434-4713)

**Cost:** Free – Refreshments are provided.

**Gotta Minute Film Festival** PATTISON Onestop and the [Film and Video Arts Society of Alberta \(FAVA\)](#) are delighted to bring this new festival of outstanding media art to the Edmonton public and to viewers far and wide. The program will include dramatic, documentary, animated and experimental short films by seasoned and emerging filmmakers. A sister festival to the Toronto Urban Film Festival – [TUFF](#), GOTTA MINUTE is designed to capture and cultivate the hearts and minds of film lovers “on the go”. If you are not an LRT rider, you can view the [Gottaminutefilmfestival.com](#) in its entirety online for the duration of the festival.

**When:** Monday, September 26 – Sunday, October 2

**Where:** LRT platforms throughout Edmonton

**Cost:** Free

**Dreamspeakers Film Festival** Filmmakers, performers, and artists host this six-day celebration of Aboriginal culture, art, and heritage with screenings of some of the finest Aboriginal films, events, and industry workshops.

**When:** Tuesday, September 27 and Wednesday, September 28 (detailed program [HERE](#))

**Where:** [Metro Cinema at the Garneau](#), 8712 - 109 Street

**Cost:** Varies

**Jazz and Reflections** Enjoy an afternoon of jazz and spiritual reflection with the Kent Sangster trio. Kent has been an integral member of Canada’s jazz scene for over 10 years. A highly respected saxophonist, educator, band leader, composer-arranger, he approaches each project with passion for discovery and a confidence derived from years of experience.

**When:** Sunday, October 2 from 3:30 pm – 5:30 pm

**Where:** Ottewell United Church, 6611 - 93A Avenue

**Cost:** By donation at the door

## **Volunteering:**

There are so many ways you can contribute to SWESA with your time and experience. Please look [HERE](#) for more information.

## **Tacky Tourist Luncheon – Wednesday, October 26**

We are looking for assistance with setup including tables, chairs, decorations and refreshments.

**SWESA Songbirds** is a new social singing group at SWESA. If you have experience teaching voice, directing a choir, or are interested in helping to lead the group towards becoming confident singers, please let us know. This group meets one Tuesday per month.

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