



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	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 5	SWESA CLOSED	9 am – 3 pm		BOTH
September 6	Jam Session	12 pm – 2 pm	\$2.00/\$5.00	YECC
September 9	Chronic Pain Management	9:30 am – 12 pm	\$10.00	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:**

Thank you to everyone who made it to our August potluck lunch!



September 5-9, 2016

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

**The AMA Mature Drivers'** course has been postponed. If you are interested in this course, please register ASAP by contacting the program coordinator.

Participate with AMA's professional driving instructor in this two-day classroom-only course to review your knowledge of the rules of the road, signage, merging, lane changing, intersections, safe driving tips and strategies. Receive tips on driving in adverse conditions, information on licensing standards in Alberta, and strategies to assist you in maintaining your independence.

**When:** Thursday, September 22 and Friday, September 23 from 9:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55; Non-member \$55 **Registration is required.**

### **Stay Connected:**

**The Edmonton International Folk Dancers** Invite you to learn dances at their open house on Fridays! No partner or experience needed. Open to all ages. Call 780-435-0871 for more information.

**When:** Fridays - September 16, 23 and 30 from 8:00 pm – 9:00 pm

**Location:** McKernan Community Hall (11341 - 78 Avenue)

**Cost:** Free - drop-in charges outside of the listed dates

### **Seniors' Centres of the Future - Survey**

Increasingly, people are choosing to stay in their home neighbourhoods as they age, and this survey is part of a larger study exploring the role that senior centres might play in the future to help seniors "age-in-place". In essence, the question being asked is: What should senior centres look like in the future? Anyone who is interested is invited to participate in this study by completing the [survey](#). In particular, if you work with or care for a senior, are beginning to think about and plan for retirement, or are a senior yourself, the study coordinators would love to hear from you.

### **Seniors' Housing Forum**

This event connects seniors, their families and caregivers with resources and supports to promote aging in place. The goal of the forum is to educate participants about the range of housing options and community resources available for older adults and to guide individuals in planning appropriate future housing for themselves and/or significant others.

**When:** Saturday, September 24 from 9:00 am – 2:30 pm

**Location:** Central Lions Seniors' Recreation Centre (11113 - 113 Street)

**Cost:** Free – Please email [cmacinnis@mysage.ca](mailto:cmacinnis@mysage.ca) to register or call 780-809-8604.

**Registration is required.**

### **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](mailto:programs@swedmontonseniors.ca).

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