



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

[For a listing of our regular weekly programs, please click HERE. Print this email.](#)

**Regular 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
Mondays	Coffee and Chat	1 pm – 4 pm	Donation	TCRC
Tuesdays	Coffee and Chat	9:30 am – 12 pm	Donation	YECC
Tuesdays	Jam Session (bi-weekly)	12 pm – 2 pm	\$2.00	YECC
Tuesdays	Guitar Lessons (bi-weekly)	12 pm – 2 pm	\$2.00	YECC
Tuesdays	SWESA Songbirds (bi-weekly)	12 pm – 2 pm	\$2.00	YECC
Tuesdays	Cards – Canasta	12 pm – 3 pm	\$2.00	YECC
Wednesdays	Mahjong	9:30 am – 12 pm	\$2.00	YECC
Wednesdays	Qigong	10:30 am – 11:30 am	\$7.00	YECC
Wednesdays	Coffee and Chat	1 pm – 4 pm	Donation	TCRC
Wednesdays	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	Location	Cost
January 2	SWESA is closed		BOTH	
January 3	Guitar Lessons	12:00 – 2:00	YECC	\$2.00
January 3	SWESA Songbirds	12:00 – 2:00	YECC	\$2.00
January 4	Qigong	10:30 – 11:30	YECC	\$7.00

Please be sure to check registration requirements and program details in our [Winter Program Guide](#). To register, email or call the program coordinator at 587-987-3200 or click [HERE](#).

January 2 – 6, 2017

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



**Stay Connected:**

**Southwest Seniors' Outreach Society - Luncheon and Entertainment**

**Date:** Thursday, January 5

**Location:** St. Agnes Church (10832 62 Avenue)

**Cost:** \$10 members/\$12 non-members Please call [780-435-9515](tel:780-435-9515) for information.

**Seniors United Now - Current Senior Licensing Issues: Myths and Facts**

Presenters: Caroline Gee and Rick Robie from the Alberta Motor Association  
Planning ahead - mobility options and resources available to keep you mobile  
Licensing process in Alberta, AMA's mature driver programs, safe driving tips  
Members and non-members are welcome.

**Date:** Friday, January 13 Registration at 1:00 pm, presentation at 1:30 pm

**Location:** Whitemud Library (4211 106 Street, just south of Whitemud Drive)

**Cost:** FREE

**Petrolia Seniors' Group (55+) - Luncheon and Entertainment**

"Protect Yourself from Fraud and Identity Theft" Detective Linda Herczeg,  
Edmonton Police Service, Crimes Section

**Date:** Tuesday, January 17 from 11:45 am to 2:00 pm

**Location:** Greenfield Community Hall (3803 114 Street)

**Cost:** \$15 Please call Betty at 780-434-0711 to confirm your attendance or for more information.

**Volunteering:** Please contact [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) or **587-987-3200** to volunteer.

**Contract bridge instructors:** This fall, a small (but mighty) group of folks got together to practice and learn the game of contract bridge. These folks have varying levels of experience but would all benefit from some formal instruction. If you are an avid bridge player with an hour or so available on Wednesday afternoons (from 12:30 pm – 2:30 pm) to give back to your local community, please contact the program coordinator.

**Volunteer receptionists:** If you are outgoing, friendly and well-organized, please contact the program coordinator for more information regarding the role and responsibilities of this position.

**Document formatter:** SWESA is looking for assistance with the annual report. It is four pages in length, and all the content will be written by SWESA board members. We need a helper to add pictures, charts and/or graphs and provide the final polish on the report. If you are not a whiz at these computer skills, perhaps your children or grandchildren might be (those young ones tend to go circles around us). Please contact Ellen at [communications@swedmontonseniors.ca](mailto:communications@swedmontonseniors.ca) for more information.

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