



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs

Upcoming Programs

| Date | Program | Time | Cost | Location |
|------------|-------------------|---------------|--------|----------|
| January 30 | Go Go Gadgets | 1:30 – 3:00 | \$2.00 | TCRC |
| January 31 | Go Go Gadgets | 10:30 – 12:00 | \$2.00 | YECC |
| January 31 | SWESA Songbirds | 12:00 – 2:00 | \$2.00 | YECC |
| January 31 | Guitar Lessons | 12:00 – 2:00 | \$2.00 | YECC |
| February 1 | Qigong | 10:30 – 11:30 | \$7.00 | YECC |
| February 1 | Carrot Cake Day | 1:30 – 3:30 | \$5.00 | TCRC |
| February 2 | River Cree Casino | 10:00 – 3:00 | \$5.00 | YECC |

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](#).

Please Note:



The River Cree Casino (February 2) We still have a few seats left. We will be departing YECC at 10:00 am and will return for 3:00 pm.

The cost is \$5.00 per person and includes transportation, a \$5.00 playing voucher and a free lunch of five menu options. Please register [here](#) or call 587-987-3200.

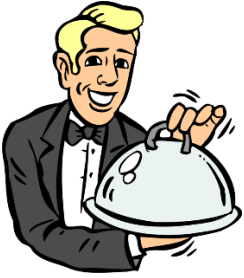
Medicinal Marijuana in Canada: How Does It Work? (February 7)

Cannabinoid Medical Clinic treats the needs of patients suffering from chronic illnesses including, but not limited to, multiple sclerosis, epilepsy, cancer, arthritis, anxiety, glaucoma, and post-traumatic stress disorder.

Join fellow SWESA members for a session by a CMClinic educator to discuss the process of getting a referral to the clinic, finding effective treatment for chronic and serious conditions, and navigating the new medical marijuana regulatory system.



REGISTRATION AND PAYMENT ARE REQUIRED BY FEBRUARY 10 TO RESERVE YOUR SEAT FOR THE FEB. 26 BEAVER REGIONAL ARTS SOCIETY TRIP TO HOLDEN, ALBERTA.



REGISTRATIONS COMING DUE:

The **February luncheon** is February 22 from 12:00 pm – 2:00 pm at the cost of \$15.00. Registration and payment are due by noon on February 17.

The **Fat Tuesday Pancake Brunch** is February 28 from 10:00 am – 12:00 pm. Registration is due by noon on February 17.

Stay Connected:

The Wellness Project: Masculinity and Mental Health

Ron Klok of Cornerstone Counselling will focus on specific issues related to men, especially the ideas around what it means to be a real man. We will explore current cultural definitions and models of masculinity and how these have a bearing on men's mental health. Finally, we will look at what masculine strength and mental health could look like and come away with some concrete practical strategies to get us there.

Date: Thursday, January 26 from 7:00 pm - 9:00 pm

Location: South Pointe Community Centre (11520 Ellerslie Road)

Cost: \$25.00 Register at southpointecommunity.ca/the-wellness-project or call 780-438-4523.

Dot to Dot in the Sky – Astronomy

This introduction to astronomy, based on Joan Galat's **Dot to Dot in the Sky** series published by Whitecap Books, offers both modern science and the stories ancient cultures once told to explain the night sky. Discover how to locate constellations, tell the difference between stars and planets, and learn how black holes and supernovas occur. Joan's enthusiasm for stargazing is contagious and will leave you ready to explore the mysteries of the night sky on your own.

Date: Wednesday, February 8 from 7:00 pm - 8:00 pm

Location: Whitemud Crossing Library (4211 - 106 Street)

Cost: FREE Please note that the presentation will be filmed and arrive before 7:00 pm.

Ten Healthy Habits of Financial Management

Join a chartered professional accountant and learn information and tips for becoming a better money manager.

Date: Wednesday, February 8 from 7:00 pm - 8:30 pm

Location: Riverbend Library (Riverbend Square - Rabbit Hill Road and Terwillegar Drive)

Cost: FREE Please call 780-944-5311 for more information or to register.

Volunteering: Please contact programs@swedmontonseniors.ca or 587-987-3200 to volunteer.

Jan. 30 – Feb. 3, 2017

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca