



**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 9	TCRC reopens	1:00 – 4:00	TCRC	By donation
January 10	Jam Session	12:00 – 2:00	YECC	\$2.00
January 11	Qigong	10:30 – 11:30	YECC	\$7.00
January 11	Fire Safety for Seniors	11:00 – 12:00	YECC	\$2.00
January 13	Massage	11:00 – 12:00	YECC	\$2.00

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 9-13, 2017

587-987-3200
 programs@swedmontonseniors.ca
www.Swedmontonseniors.ca

Please Note:

MEMBERSHIP

2017 memberships are now available! Thank you to those who already have renewed. If this is an indication of what 2017 holds for us, it is going to be a GREAT year!

Membership information can be found [HERE](#).



When we start a new year here at SWESA, it is important to us that we provide an opportunity for our entire membership to give feedback and suggestions about what we do well, what we can do better and what you, the members, would like to see in our future. Please take a moment to complete this anonymous 10-question survey and make sure that your opinions and thoughts are heard.

This survey will close on Sunday, January 22 at 10:00 pm. [CLICK HERE](#) to begin.

Stay Connected:

The Canadian Multicultural Education Foundation (CMEF) extends invitations to their first two upcoming cultural events for seniors for 2017.

The CMEF, together with the Confucius Institute, invites SWESA to join in "[Celebrating Lunar New Year](#)". This exciting day offers a variety of cultural talks and activities. Learn all about Lunar New Year—Year of the Rooster, which begins on January 28, 2017.

Wednesday, January 25 from 10:30 am – 2:00 pm

Bus and lunch provided free for seniors (50 tickets)

The CMEF, in partnership with the Marcus Garvey Centre for Unity, offers "[Celebrating Barbados](#)" during February's Black History Month. Learn about this island's history and culture.

Friday, February 17 from 12:00 pm – 2:00 pm

Bus and lunch provided free for seniors (30 tickets)

Please note: To register, email or call the program coordinator with your first and second choice of these events. Those who were unable to attend the first trip due to lack of spaces, will be given priority on the second trip. Thank you to CMEF for such wonderful experiences.

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

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.

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