



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs

**Upcoming Programs**

Date	Program	Time	Cost	Location
<b>February 20</b>	<b>CLOSED for Family Day</b>			<b>BOTH</b>
February 21	Go Go Gadgets	10:30 – 12:00	\$2.00	YECC
February 21	Jam Session	12:00 – 2:00	\$2.00	YECC
February 21	Wills and Estates	12:30 – 2:30	\$2.00	YECC
February 22	SWESA LUNCHEON	12:00 – 2:00	\$15.00	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:**



SWESA will be closed at both locations on Monday, February 20 for the Family Day holiday.

Our program coordinator will be away from February 17 until March 2. Both locations will be open during regular hours, and the phone will be attended to as well.

Please call 587-987-3200 to get in touch with one of our volunteers regarding SWESA programs.



Edmonton Community  
Legal Centre

**Wills and Estates**

The Edmonton Community Legal Centre provides effective advocacy and access to justice in a supportive environment to persons living with low income. Join fellow SWESA members to learn more about wills, powers of attorney, and personal directives.

**When:** Tuesday, February 21 from 12:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

## **Stay Connected:**

### **CRC Consulting/Centre for Race and Culture - Refugee Awareness for Inclusive Societies**

This workshop will provide an opportunity to learn more about

- Refugee pathways to Canada
- Historical and current context of refugees
- Barriers and opportunities when working with refugee individuals and families
- Practice using reflective tools to build equitable practice and welcoming and inclusive communities

The workshop is facilitated by Niga Jalal, a skilled facilitator with first-hand experience coming to Canada as a refugee as a youth. Don't miss this great opportunity to learn more about refugees to Canada, particularly for staff who are working with refugee families.

**Date:** Wednesday, February 22 from 9:00 am – 3:30 pm

**Location:** Green and Gold Room at Commonwealth Recreation Centre (11000 Stadium Rd. NW)

**Cost:** FREE You may register for the session online [HERE](#).

### **Millwoods Seniors Association: Symphony Orchestra and Downtown Tour**

We'll tour the ESO backstage and have lunch there (included) and go for a tour downtown. We'll be taking an Edmonton Transit bus.

**Date:** Friday, March 3 from 10:30 am – 3:30 pm

**Location:** 2610 Hewes Way (2<sup>nd</sup> Floor of the Millwoods Library)

**Cost:** Member \$5; Non-member \$7 + ETS bus fare Maximum 15 participants

Please register by calling 780-496-2997 by February 27.

### **SEESA – Monthly Evening Dance and Live Music** (Andreas and Mike perform)

Join the South East Edmonton Seniors Association for a fun evening.

**Date:** Friday, March 10 from 7:00 pm – 10:00 pm Doors open at 6:30 pm

**Location:** SEESA (9350 82 St. NW)

**Cost:** Your \$10 admission includes refreshments & cash bar. Tickets are available only at the door. For information, please phone 780-468-1985.

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



#### **Meal Delivery Volunteers**

Edmonton Meals on Wheels is looking for daytime volunteers to help deliver meals this winter by helping us cover gaps in the delivery schedule. Frequency of shifts could range from twice a month to three times a week.

Visit [mealsonwheelsedmonton.org](http://mealsonwheelsedmonton.org) for more information, or call Erin at 780-429-2020.