



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

[Click HERE](#) for our **REGULAR WEEKLY PROGRAMS**

Upcoming Programs

Date	Program	Time	Cost	Location
February 13	Book Club	9:30 – 11:30	\$5.00/s	YECC
February 13	Go Go Gadgets	1:30 – 3:00	\$2.00	TCRC
February 14	Home Supports: The 5 W's	11:00 – 11:30	FREE	YECC
February 14	SWESA Songbirds	12:00 – 2:00	\$2.00	YECC
February 14	Guitar Lessons	12:00 – 2:00	\$2.00	YECC
February 15	Qigong	10:30 – 11:30	\$7.00	YECC
February 15	CPP/OAS w Service Canada	1:00 – 2:30	\$2.00	YECC
February 17	CommUNITY Drumming	1:00 – 2:00	\$10.00	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:

Home Supports: The Who, What, When, Where and Why

The Edmonton Seniors Home Supports Program is a referral service that gives seniors referrals to vetted service providers who offer snow removal, yard help, housekeeping, and minor home repair services. As of January 2017, SWESA has taken over the program for the southwest and hired Barbara Newell as our Home Supports Coordinator. She welcomes you all to this free casual meet and greet session during the regular morning coffee group at YECC.

Come join us in extending a warm welcome and learn more about this program. Barbara will be working out of the YECC location on Mondays and Wednesdays from 9:00 am – 2:00 pm.

Stop by any time. Find more information about the program [here](#).

Date: Tuesday, February 14 from 11:00 am – 11:30 am

You may join fellow SWESA members for coffee any time after 9:30 am.

Income Assistance for Seniors

Service Canada staff will be here to go over the Old Age Security (OAS) pension, the Canada Pension Plan (CPP), and the Guaranteed Income Supplement (GIS). What do these programs offer, and what will work for you?

Date: Wednesday, February 15 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

February 13-17, 2017

587-987-3200

programs@swedmontonseniors.ca

www.Swedmontonseniors.ca

SWESA COMMUNITY Drumming Circle

SWESA is hosting a CommUNITY drumming circle! Many cultures practice drumming as a spiritual or religious passage and interpret drummed rhythm similarly to spoken language or prayer. Drumming has developed over millennia to be a powerful art form.

This session will provide a social, engaging, and uplifting experience with many opportunities to create and express ourselves. No musical experience is required.

Date: Friday, February 17 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$12



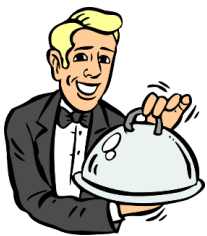
Medicinal Marijuana Session at SWESA

Thank you to the educator from [Canadian Cannabis Clinics](#) who swooped in and saved the day! CMC Clinic had to cancel on us and with little notice, CCC was here to ensure that our members had the chance to ask all their questions about medicinal marijuana and the new legislation.



Barbados Event: The Canadian Multicultural Education Foundation apologizes for the inconvenience, but the Black History Month trip has been **cancelled**. We are working together to offer another trip soon. Please email us to let us know that you have received this message. programs@swedmontonseniors.ca

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



REGISTRATIONS COMING DUE

The **February luncheon** is February 22 from 12:00 pm – 2:00 pm at the cost of \$15. Registration and payment are due by noon on February 17.

The menu: garlic chicken, roasted potato, rosemary buttered carrots ABC salad (apples, broccoli, and cranberries), and fresh homemade buns.

The **Fat Tuesday Pancake Brunch** is February 28 from 11:30 am – 1:30 pm. Registration is due on February 17 at noon.

Stay Connected:

[Orchestra Borealis](#) is a 60-piece volunteer orchestra which performs large-scale classical works by well-known composers and contemporary pieces by Canadian composers. As part of their outreach initiative, seniors are invited to attend the February 12 3:00 pm concert at the South Pointe Community Centre (11520 Ellerslie Road) at a reduced rate of only \$5 by presenting one of the [coupons](#).

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