



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 7	Jam Session	12:00 – 2:00	\$2.00	YECC
February 7	Medicinal Marijuana	1:00 – 2:30	\$2.00	YECC
February 8	Qigong	10:30 – 11:30	\$7.00	YECC
February 8	Lower Your Taxes	1:30 – 3:00	\$2.00	TCRC
February 10	Edmonton Waste	1:00 – 3:00	\$5.00	Self-drive

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:**



**Edmonton Waste Management tour** For those attending on Friday, please take the Anthony Henday north to the Aurum Road exit. Make sure to take Aurum Road east. Then once through the first gate, take the first sharp right to the administration building and go inside. The tour will begin there. We do have a shuttle booked to take us from building to building. For more directions, click [HERE](#).



**Medicinal Marijuana in Canada: How Does It Work?**

Canadian Cannabis Clinics treat 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 through a stringent marijuana regulatory system.

Join fellow SWESA members for a session with an 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.

**When:** Tuesday, February 7 from 1:00 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

February 6-10, 2017

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



**BARBADOS TRIP:** 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](mailto: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 will take place on 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 on February 28 from 10:00 am – 12:00 pm. Registration is due at noon on February 17.

**Stay Connected:**

**SENIORS' CENTRE WITHOUT WALLS**

Are you someone who... finds it hard to leave home for extended periods of time? Would like to stay socially connected and enjoy talking with people? Would like to participate in fun activities and/or educational, health and wellness programs? Now you can do this from the comfort of your own home. Click [here](#) to learn more about the [Seniors' Centre Without Walls \(SCWW\)](#)!

**ENDURING STARS**

See the big stars of the bygone Hollywood era on the big screen at this film series organized by the Edmonton Film Society! These classic films feature enduring stars, such as Marilyn Monroe, James Stewart, and Cary Grant, who will never fade from the public conscious.

*High Society* (1955, colour, 107 min., PG) Grace Kelly, Bing Crosby, Frank Sinatra

This film is a musical remake of *The Philadelphia Story* and Kelly's last film before she became a real-life princess. She finds herself in the middle of a comic mess when her ex-husband drops by for her upcoming wedding. The confusion melts the ice princess's frosty exterior.

**Date:** Monday, February 6 at 8:00 pm

**Location:** Royal Alberta Museum (12845-102 Avenue)

**Cost:** \$5.00 per senior Find out more [HERE](#).

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

**VOLUNTEER DRIVERS - Drive Happiness**

If you enjoy chatting with seniors and still like to drive, Drive Happiness would love to hear from you. Drivers make their own schedules and select where they will drive. A small reimbursement to go towards your gas and vehicle wear and tear is offered. Even two hours a week can change a senior's life. Please call [780-424-5438](tel:780-424-5438), ext. 2 for details.

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