



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs

Upcoming Programs

Date	Program	Time	Cost	Location
March 7	Jam Session	12:00 – 2:00	\$2.00	YECC
March 8	Qigong	10:30 – 11:30	\$7.00	YECC
March 8	Exploring Diversity	1:30 – 3:00	\$2.00	YECC
March 10	Samosas With Pam	12:00 – 3:00	\$15.00	YECC
March 10	Facial Pampering	10:30 – 12:30	\$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:



Exploring Diversity and Inclusion

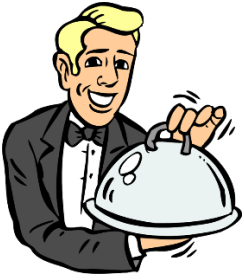
Diversity, Inclusion, Culture. These are all words now commonly used to describe our communities. Join facilitator Kaitlin Lauridsen from the Centre for Race and Culture to explore what these terms mean and offer discussions on how we can work towards creating inclusive spaces and communities for all.

Beauty by Deanna – Part I of II - Facial Pampering for YOU!

As we age, our skin changes and the products that we’ve known and loved may not be right for us anymore. There are millions of choices and shopping for these products and spending money on them before we know if they work, can be overwhelming. You are invited to a facial pampering session that will give you an opportunity to cleanse and moisturize your skin with the famous Mary Kay products. In addition, you will have an opportunity to use a foundation, eye makeup and lip color. The session is designed to be fun and informative - with a chance to win prizes!

Part II - Going Glam-ma - Monday, March 27 from 1:00 pm – 3:00 pm





REGISTRATIONS COMING DUE:

St. Patrick's Day Cèilidh - A ceilidh ("Kaylee" Irish pronunciation) is a traditional Scottish or Irish social gathering. In its most basic form, it simply means a social visit. Everyone is Irish on St. Patrick's Day, so put on every article of green clothing that you own and join us for music, snacks and fun with SWESA friends. **Registration is required by March 10.** Members \$15.00

The March luncheon will take place on March 29 from 12:00 pm – 2:00 pm at the cost of \$15.00. Registration and payment are due by **noon on March 24.**

Stay Connected:

Stories of Our Wilderness: We Need Your Stories!

The Canadian Parks and Wilderness Society (CPAWS) Northern Alberta chapter is celebrating 50 years of promoting the protection of Alberta's wilderness and parks! For this occasion and for Canada's 150th birthday, we would like to pay tribute to our province and our country's amazing natural heritage by collecting and sharing stories and photographs of exploration and adventure within wild spaces. We are looking for Albertans (and all Canadians) who want to share their stories or their ancestors' stories about exploring and enjoying Alberta's wilderness and parks. If you have a story to tell and photographs to share, we'd like to hear from you! We hope to find stories and photographs that span 150 years so that we can celebrate 150 years of Canada's iconic wilderness and the past 50 years of CPAWS' conservation work in Alberta.

To share your story, please contact us at 780-328-3780 or infonab@cpaws.org.

New Study: Trying to Improve Health for Alberta Seniors with Chronic Conditions

The ACCESS Study, based out of the University of Calgary, is providing a 50% chance to receive free preventive medications (co-payment eliminated seamlessly through existing Alberta Blue Cross Seniors Plan) and/or a personalized education program to 5000 low-income Alberta seniors with chronic diseases for three years. To be eligible, you must (1) have Alberta Blue Cross Senior Benefit plan but no other drug insurance, (2) have been told that you have chronic kidney disease, (3) have heart disease (have had a heart attack or have high blood pressure and/or high cholesterol), (4) have heart failure (water in or around the lungs or a weak heart), (5) have diabetes, (6) have had a stroke, or (7) be a smoker.

If you are interested in participating, please call the eligibility toll-free hotline number at **1-844-944-8927**. Travel for study visits is NOT required and the only responsibility of participants is completing four occasional surveys. For more information, please visit www.accesstrial.ca.

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

SWESA Casino – SWESA will be hosting our first casino. We are looking for volunteers who would be able to help with chip running and the count room on May 20 or May 21. Please contact shirl.adam@gmail.com for more information or to express your interest.

March 6-10, 2017

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