



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

**Regular Programs** click [HERE](#).

**Upcoming Programs**

Date	Program	Time	Cost	Location
March 27	Going Glam-ma	1:00 – 3:00	\$5.00	YECC
March 28	Go Go Gadgets	10:30 – 12:00	\$2.00	YECC
March 28	Guitar Lessons	12:00 – 2:00	\$2.00	YECC
March 29	SWESA LUNCHEON	12:00 – 2:00	\$15.00	YECC
March 31	Line Dancing With Michelle	11:30 – 12:30	\$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:**



Go Go Gadgets with Edmonton Public Library on March 28 will be an open session. Bring in your cell phone, tablet, iPad, laptop, or GPS for a one-on-one tutorial to get the most from your personal electronic device.

EPL is committed to community outreach and will continue to facilitate sessions like this at both SWESA sites. If you have questions about online services, technology or your personal device, please let us know. What would you like to learn about?



The March 29 luncheon menu will include meatballs with gravy, bean medley salad, Caesar salad, and Rosie’s freshly baked buns.

The April 26 luncheon will include ham, scalloped potatoes, peas and carrots, pasta salad, and Rosie’s buns.

**The registration deadline for this luncheon is April 21 at noon.**

Luncheon registration closes the Friday prior to the lunch at noon to allow the caterer time to shop and plan for our event. Please be courteous.



There are still spots available for Michelle’s dance class on March 31.

If you are not able to make it but would be interested in attending a dance class in the fall, please contact the program coordinator.

March 27-31, 2017

**Member Survey:** SWESA wishes to thank the members who participated in the January annual survey. Please click [HERE](#) for results. We had 27 responses, representing 7% of our membership, compared with last year's 33 responses. A rate of less than 5% is considered irrelevant. The survey provides an excellent chance to guide the Board and its committees on future offerings.

Last year, your feedback guided SWESA in the development of the weekly Bulletin. This year, the Program Committee will provide a report to the Board on areas of interest that you have identified.

### **Stay Connected:**

**Yellowbird Community Garden** - Just a reminder that our next meeting will be Thursday, March 23 at 7:00 pm at the Yellowbird Hall where contracts and membership fees will be received. For more information, please contact [yellowbirdgarden@gmail.com](mailto:yellowbirdgarden@gmail.com) or check out the website at <http://yellowbirdcl.com/>

**SouthWest Seniors' Outreach Society** is hosting "Prevention of Falls", a yoga workshop with Linda Vaudan, SWESA's long-time yoga instructor.

**Date:** Wednesday, April 26 from 1:00 pm – 2:30 pm

**Location:** 10832 – 62 Avenue (basement of St. Agnes Church)

**Cost:** \$10.00 A minimum of ten people are needed to run this program. Please call Yvonne to register at 780-435-9515.

**Edmonton Lifelong Learners Association Announces Spring Session** - Register at the University of Alberta and receive high-calibre instruction with no prerequisites, exams, or homework. Enjoy lively discussion, meet new people and learn in a comfortable and friendly environment. Courses are offered in music, art, science, global affairs, finance, wellness, and fitness.

**Date:** Monday, May 1 to Friday, May 19

**Location:** University of Alberta, various locations

**Cost:** \$250.00 for up to four courses, for three weeks (bursaries are available)

For more information, please call 780-492-5055 or visit [www.my-ella.com](http://www.my-ella.com)

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

### **Special Events:**

We are looking at moving towards a special events committee at SWESA.

Are you experienced with

- event planning and design within time limits,
- working with customers to identify their needs and ensure customer satisfaction,
- organizing facilities and details such as decor, catering, entertainment, transportation, location, invitee list, special guests, equipment, and promotional material?

If so, please contact the program coordinator at [swesa.programs@gmail.com](mailto:swesa.programs@gmail.com)

### **Program Registration Volunteers:**

Registration for the SWESA spring/summer season will be on April 26, 27 and 28 from 9:00 am – 1:00 pm. If you are interested in assisting the program coordinator, please let us know. This would require individuals who are friendly, outgoing and have great attention to detail. Shifts would be from 9:00 am – 11:00 am or 11:00 am – 1:00 pm.