



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs click [HERE](#).

Upcoming Programs

Date	Program	Time	Cost	Location
April 11	Guitar Lessons	12:00 – 2:00	\$2.00	YECC
April 12	Qigong	10:30 – 11:30	\$7.00	YECC
April 13	Walking Group Startup	11:00 – 12:00	\$5.00/season	YECC
April 14	CLOSED for Good Friday			BOTH
April 17	CLOSED for Easter Monday			BOTH

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 on Friday, April 14 and Monday, April 17. We will be back to regular business hours on Tuesday, April 18 at 9:00 am.

This month's luncheon will include ham and scalloped potatoes available at the cost of \$15.00. Registration is due April 21 by noon.

The SWESA walking group is back in ACTION!

Val Solomon will be leading this weekly walking group. Departing the YECC centre at 11:00 am.

Alberta Horticultural Society: Succulent Arrangements

Succulents are very popular these days. They are kept for their ease of care and their striking appearance. You will see them for sale at garden centres, nurseries and botanical gardens. Susan Parker from the Edmonton Horticultural Society returns to walk you through creating and caring for your own succulent arrangement. Please bring a 10-inch or 12-inch pot.

When: Friday, April 28 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$25; Non-member \$30 **Registration is required by April 21.**



April 10-14, 2017

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



The Spring/Summer Program Guide will be available on the SWESA website after the AGM on April 19.

We will email the online version out to all SWESA members on **April 21**.

Stay Connected:

Strathcona Place 55+ Health Talk: A Presentation on Diabetes

Diabetes is a major health issue that many seniors face. Marian Leung (pharmacist and educator) and Snow Kwan (dietician, chef and educator) will share more information on managing this chronic disease through medication, diet, and lifestyle.

When: Tuesday, April 11 from 1:00 pm – 2:00 pm

Location: 10831 University Avenue

Cost: FREE

Forward Thinking Speaker Series: “Hello, How Are You?”: Combatting Urban Isolation

Edmonton Public Library is proud to partner with the City to present Andre Picard as a speaker in their series. He is a public health journalist with the *Globe and Mail* and the author of three best-selling books. "If we want healthy cities, we need people to have a sense of belonging – not just a civic address." - Andre Picard.

When: Monday, May 15 at 7:00 pm (doors open at 6:00 pm)

Location: Chateau Lacombe Hotel (10111 Bellamy Hill Road)

Cost: Tickets go on sale Wednesday, April 12 starting at 10:00 am on [Eventbrite](#). Tickets are \$10 for general admission and \$75 for Library Lovers Experience tickets which include a premium seat at the event and access to the post-event reception with Andre Picard.

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

South Terrace Continuing Care Center Needs Volunteers

We are looking for volunteers for a variety of positions including spending some quality time with our residents, mealtime assistance and recreation program helpers. As we move into some warmer weather, we are looking forward to taking our residents out and about! Comprehensive training and supervision will be provided. For further information, please contact the recreation manager, Alison Thiessen at 780-434-1451 or alison.thiessen@reveraliving.com.

Location: 5905 112 Street

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.

We 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.

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