



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Regular Programs click [HERE](#).

Upcoming Programs

Date	Program	Time	Cost	Location
May 2	"Mix Music" Line Dancing	12:00 – 1:00	YECC	\$10.00
May 3	Carbon Capture	10:00 – 11:30	YECC	\$2.00
May 4	Are Your Ducks in a Row?	10:00 – 11:30	YECC	\$2.00

For all Spring/Summer 2017 programs and special events, click [HERE](#).

To register, email or call the program coordinator at 587-987-3200 or click [HERE](#).

Please Note:



Thanks to all the members who participated in the AGM on April 19! Your board is going to be working on a number of issues over the next year including policy development, harnessing the potential of our amazing volunteers, developing a plan for financial sustainability, fundraising, program oversight, and a plan for future expansion.

To learn more about our new board of directors, please click [HERE](#).

If you have any comments or questions please contact us at <mailto:info@swedmontonseniors.ca>.

"Mix Music" Line Dance Class!

Michelle Mitchell, a certified dance instructor, has taught a variety of dance class styles. She creates dance fitness classes for all ages and abilities. SWESA is happy to welcome Michelle back to Yellowbird for this eight-week session following a successful introduction over our winter season. This

May 1-5, 2017

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class uses a variety of music, such as swing, tango, country, disco, Latin, etc. and dynamic fun routines to make an hour of exercise fly by!

When: Tuesdays, May 2 to June 20 from 12:00 pm – 1:00 pm (8 classes)

Location: Yellowbird East Community Centre

Cost: Member \$65; Non-member \$75; \$10 per drop-in class

Are Your Ducks in a Row?

Don't be caught unprepared. Statistics show that almost 70% of us are unprepared in one or more of these areas of planning. Don't be a statistic! Get the facts you need to know so that you and your family will not have to make these decisions under stress. Information includes

- the importance of a sound plan for the contingencies of longevity, illness, and death
- how to save on funeral costs and avoid emotional overspending
- how to ensure that your wishes will be carried out
- how to spare your family unnecessary emotional burden in one of the worst days of their lives
- information regarding cremation and earth burial

When: Thursday, May 4 from 10:00 am – 11:30 am

Location: Yellowbird East Community Centre

We have a special guest attending the May 24 luncheon. Sheri Simson (aka The Pole Lady) joins us to share her story and her mission to inspire, inform and empower people to become accountable for themselves so they can find balance, live in peace and walk as their true selves. [Using walking poles](#) changed her life, and it can change yours too!

Stay Connected:



Potential partnerships for new programs

SWESA is discussing some exciting opportunities with the William Lutsky YMCA. With our increased membership and program growth over the last two years, we are needing more space to accommodate all of the programs that members are enjoying. SWESA's program committee has been looking at options, and in doing so, has connected with the YMCA. The Y and SWESA both offer programs that focus on keeping seniors healthy and connected to strong social circles as well as encouraging adults to take charge of their health and get active. SWESA is looking for program volunteers to assist with organizing, leading and promoting floor curling and pickleball starting in September. Please let us know if you would be interested in being a part of these potential opportunities with us this fall.

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

The Blue Quill Community League is looking for someone who lives in Blue Quill, Blue Quill Estates, Sweetgrass, or Skyrattler to be their seniors representative. It would be someone who is involved with SWESA and other southside seniors groups who would serve as a liaison and provide information between groups. The council meets at Blue Quill Hall on the third Thursday of the month. Thank you to the former representative and SWESA member Robert Price for his years of support.

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