



SouthWest Edmonton  
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+



[Regular Programs](#)



[Seniors Home Supports Program](#)

**Upcoming Programs**

July 17	Book Club	9:30 – 11:30	YECC	\$5.00/s
July 19	Digital Storytelling	10:00 – 11:30	YECC	\$5.00/s
July 19	Streetcar Ride	6:00 – 8:00	Self-drive	\$15.00
July 20	Walking Group	9:00 – 10:00/		
July 20	Golden Years, Golden Gloves	10:00 – 11:00	YECC	\$10.00

**Please Note:**

**Seats Still Available for our Private Streetcar Charter**

The Edmonton Radial Railway Society began in 1980 with a single streetcar and has grown to be one of the largest heritage transit organizations in Canada. We all have witnessed these historical vessels making their way through old Strathcona, and now is your chance to experience a trip across the High Level Bridge.

You may browse in the ERRS museum prior to boarding. The streetcar will leave at 7:00 pm sharp so please arrive and allow yourself time to explore.

**When:** Wednesday, July 19 from 6:00 pm – 8:00 pm


**Location:** 8379 - 103 Street (north side of the Strathcona Farmers' Market building)

Pay parking is available on both sides of 103 Street.

Free meter street parking is available after 6:00 pm.

**Cost:** Member \$15; Non-member \$15

**The F Word: Dare We Say It?**

Programs are coming together for our **Fall**  guide. This is your chance to shape some of the activities that we are offering. There have been requests for cribbage, essentrics fitness, floor curling, pickleball, and more bus trips. Are you interested in these activities but are only free on certain days?

Would you consider being a program host?

Please email our [program coordinator](mailto:programs@swedmontonseniors.ca) and let us know!



587-987-3200

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

Home Supports: 780-860-2931

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)

## **Stay Connected:**

### **150 Firsts: How Alberta Changed Canada... Forever**

Discover and celebrate what Albertans did first— with innovations in arts and literature, science, politics, and sports — at this free exhibition.

**When:** July 1, 2017 - August 1, 2018

**Location:** Provincial Archives of Alberta (8555 Roper Road)

**Cost:** FREE For more information, please phone 780-427-1750.

### **Edmonton International Street Performers Festival**

You never know who you'll run into when roving artists take to the streets in a variety of shows featuring magic, comedy, puppets, juggling, storytelling, music, fire, and more! Most performances are free, although donations for the performers are encouraged.

**When:** Friday, July 7 – Sunday, July 16

**Location:** Sir Winston Churchill Square (102 Avenue & 100 Street)

**Cost:** By donation For more information, please phone 780-944-7740.

### **Canadian Food Championships**

This delicious competition will determine who will be a part of Team Canada at the World Food Championships in November. Contestants will be creating the best burger, BBQ, dessert, and other dishes! This year's event takes place in conjunction with Taste of Edmonton.

**When:** Friday, July 21 – Sunday, July 23

**Location:** Sir Winston Churchill Square (102 Avenue & 100 Street)

**Cost:** FREE Visit [canadianfoodchampionships.ca](http://canadianfoodchampionships.ca) or phone 780-944-7740.

## **Volunteer:**

### **Twin Brooks Program Hosts**

This fall, SWESA will be offering some programs at the Twin Brooks Community League. We hope to offer a weekly Toonie Talk from 12:00 pm – 2:00 pm on Wednesdays or Thursdays. Hosts play an important role at SWESA. They are responsible for creating a warm, social atmosphere with visitors and for ensuring everyone is safe in a vibrant environment. Our hosts embody SWESA's values of social and cultural inclusion and having FUN.

### **Key Responsibilities**

- Set up before SWESA members arrive (i.e. make coffee, set out brochures)
- Meet and greet members as they arrive, take attendance and collect fees
- Answer members' questions or refer questions to the program coordinator
- Ensure refreshments are available
- Clean up after each session (i.e. put away supplies, wipe tables, lock room)

**Time Commitment** We ask that volunteers commit to at least 2.5 hours monthly. Please contact the [program coordinator](#) if this position is of interest.

July 17 - 21, 2017

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