



SEPTEMBER 2017 SWESA Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SouthWest Edmonton Seniors Association</p>				1
4 CLOSED 	5 Coffee and Chat 9:30 - 12 Canasta 12 - 3 Roads to Healing 1-3 Lunch Committee Meeting 1-2	6 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Welcome back to TCRC Coffee and Chat 1 - 4	7 Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 Floor Curling 1:30 - 3	8 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 The F Word 10 - 11 Essentrics 1-1:30
11 Book Club 9:30 - 11 Spanish 10 - 12 Gentle Yoga 10 - 11 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	12 Coffee and Chat 9:30 - 12 Suitable Financial Advisor 10 - 12 Canasta 12 - 3 Lunch Committee Meeting 1-2 Boosting Memory 12:30-3 Navigating the Rivers of Grief 1 - 3	13 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Ital-Canadian Gnocchi 11 - 1 Coffee and Chat 1 - 4	14 Golden Years Golden Gloves 10 - 11 Bucket List/Travel Group - 10 - 12 Mix Music Line Dance 12 - 1 Floor Curling 1:30 - 3 BOARD MEETING 1-3	15 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Edmonton Waste Management 1-3 Essentrics 1-1:30
18 Spanish 10 - 12 Gentle Yoga 10 - 11 Coffee and Chat 1 - 4 Program Committee 1 - 3 Pickleball 1:30 - 3 Go Go Gadgets - Online Courses 1:30 - 3	19 Coffee and Chat 9:30 - 12 Canasta 12 - 3 Boosting Memory 12:30 - 3 Navigating the Rivers of Grief 1 - 3	20 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4 SWESA luncheon 12:00 - 2:00 TCRC CLOSED	21 Golden Years Golden Gloves 10 - 11 Guitar Lessons 10 - 12 Mix Music Line Dance 12 - 1 Floor Curling 1:30 - 3	22 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Global Terrorism 12:30 - 2:30 Essentrics 1-1:30
25 Spanish 10 - 12 Gentle Yoga 10 - 11 Coffee and Chat 1 - 4 Pickleball 1:30 - 3 Lunch Committee 12 - 1 Financial Options 12:30-130 Go Manual 1 - 2:30	26 Coffee and Chat 9:30 - 12 Love Note Day 10 - 11 Canasta 12 - 3 Boosting Memory 12:30 - 3 Navigating the Rivers of Grief 1 - 3 Go Go Gadgets - Email 10:30 - 12	27 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4 Home Supports 1:30 - 2:30pm	28 Golden Years Golden Gloves 10 - 11 Medicinal Marijuana 10 - 12 Mix Music Line Dance 12 - 1 Floor Curling 1:30 - 3	29 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 TELUS Fibre Optics 10 - 11:30 Essentrics 1-1:30
YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue				
TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road				
TWIN BROOKS COMMUNITY LEAGUE (TBCL) 11341 12 Ave NW				
WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW				
SPECIAL EVENTS - Please see program guide for details and pre-registration info.				
Board and Committee Events				
** - Luncheon registration and payment is due at noon on the Friday prior to the event.				