



SouthWest Edmonton Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Coming Up This Week:

Table with 5 columns: Date, Program, Time, Location, Cost. Rows include activities like Gentle Yoga, Tax-Free Savings Accounts, Cribbage, Coffee and Chat, Pickleball, etc.

The Winter 2018 Program Guide is available online HERE.



Annual SWESA Membership Survey Ends in 24 Hours

A special thank you to those who completed the survey. We have had a record response rate! You can complete it HERE.

This Week's Toonie Talks

Optimizing the Retirement Benefits of a Tax-Free Savings Account: Many retired Canadians are still confused about how to utilize this tax-saving investment shelter.

Footcare and Health: Christine Grosjean, an LPN with CBI Home Health, has been practicing footcare for seven out of her 17 years as a nurse.

Mindful Aging: Mind, Body and Spirit: Back by popular demand! Laurie Young leads this interactive session with discussions and advice about the best ways to ward off the effects of aging.

March 19-23, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca

Please Note:



March 22 SWESA Travel Group Meeting

This session will cover river cruises all over the world. Due to technical difficulties, the presentations from the last meeting were not circulated. You can access the documents [here](#) and [here](#).

Discounted First Aid and CPR

The Oak Hills and Yellowbird Community Leagues are partnering to provide community CPR and First Aid training and are extending an invitation to SWESA members. Register by clicking on the class of your choice ([in blue](#)).

When: April 14 ([CPR & AED](#)) and April 21 ([First Aid](#))

Both classes are from 8:30 am – 12:30 pm

Location: Yellowbird East Community Centre

Cost: \$15 You will need your SWESA # for online registration.

Stay Connected:

City of Edmonton Facility Master Plan After gathering feedback from more than 5500 Edmontonians and 250 other stakeholder groups, the City now has a draft Community and Recreation Facility Master Plan, model and implementation plan for new and existing recreation facilities (i.e., community centres, indoor soccer pitches, ice arenas, seniors centres and aquatic centres). This input will shape the City's approach to recreation facilities for the next 20 years. We are inviting you to attend a **public information session** to provide comments, ask questions and see displays before the Master Plan goes to council this spring.

When: Wednesday, March 21 from 4:00 pm – 7:00 pm

Location: Terwilligar Community Recreation Centre, [2051 Leger Rd NW](#)

Contact rmp@edmonton.ca with questions or visit the [project website](#) for updates.

Volunteers:



SWESA Volunteer Tea As a valued SWESA volunteer, we invite you to attend our Annual Volunteer Tea so that we can thank you in person for your service. Lunch will be served by our Board of Directors.

Bob Power - Volunteer Board Lead

When: Wednesday, May 16 from 11 am – 2 pm

Please RSVP by April 30 to [Carol](#) (780-434-7558) or [Anne](#) (780-465-7066).

Communications Committee is recruiting individuals with experience in:
Marketing * Promotions * Social Media * Web Development/Maintenance
* Writing/Editing (news columns) * Photography (SWESA events)

Contact [Anne](#) (780-465-7066) with questions or interest.

Lunch Bunch Leadership Barb and Bob are hanging up their aprons! Please congratulate them at their last luncheon on March 21. Before they move on, they are happy to pass on the reins through detailed written directions and a hands-on orientation to anyone who may be interested in keeping the momentum rolling.

If you require more information or would like to express your interest in joining the team, please contact [Anne](#) (780-465-7066).

March 19-23, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca