



SouthWest Edmonton
Seniors Association

SouthWest Edmonton - A Great Place to Be 55+

Coming Up This Week:

Date	Program	Time	Where	Cost
Mar. 5	Gentle Yoga	10:00 am – 11:00 am	YECC	\$10.00
Mar. 5	Cribbage	12:30 pm – 3:00 pm	YECC	\$2.00
Mar. 5	Women at Work in Canada	1:00 pm – 3:00 pm	YECC	\$2.00
Mar. 5	Coffee and Chat	1:00 pm – 4:00 pm	TCRC	Donation
Mar. 5	Pickleball	1:30 pm – 3:00 pm	YMCA	\$3.00
Mar. 6	Coffee and Chat	9:30 am – 12:00 pm	YECC	Donation
Mar. 6	Hand and Foot Canasta	12:30 pm – 3:00 pm	YECC	\$2.00
Mar. 7	American Mahjong	9:30 am – 12:00 pm	YECC	\$2.00
Mar. 7	Contract Bridge	12:30 pm – 3:00 pm	YECC	\$2.00
Mar. 7	Coffee and Chat	1:00 pm – 4:00 pm	TCRC	Donation
Mar. 8	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Mar. 8	Golden Gloves	10:00 am – 11:00 am	YECC	\$10.00
Mar. 8	Floor Curling	1:15 pm – 3:00 pm	YMCA	\$3.00
Mar. 9	Art Group	9:30 am – 12:00 pm	YECC	\$2.00
Mar. 9	Knitting/Stitching Group	11:30 am – 3:00 pm	YECC	\$2.00
Mar. 9	Essentrics for Seniors	1:00 pm – 1:30 pm	YECC	\$10.00
Mar. 9	Women's Equality	1:30 pm – 3:00 pm	YECC	\$2.00

The Winter 2018 Program Guide is available online [HERE](#).

Please Note:

[Annual SWESA Membership Survey](#)

The response so far has been phenomenal. Please keep it coming!

The survey will be available online until the end of the day on **March 17, 2018** [HERE](#). Copies of the survey will be available to be completed and submitted in-person at our YECC and TCRC locations until March 12. If you would like to complete the survey by phone, please call 587-987-3200 to schedule a call with a SWESA volunteer.

St. Patrick's Day Luncheon

Great Food, Fun, Friendship, Door Prizes, 50/50 Draw
Shepherd's Pie (Beef or Turkey) with brown gravy
Rustic field greens salad, Irish soda bread, and delectable dessert
Please confirm your choice of beef or turkey when registering.

Date: Wednesday, March 21 from 12pm – 2pm

Location: YECC (10710 -19 Avenue)

Cost: \$15 by prepaid reservation only

Reservations and payment will be accepted until Friday, March 16.



March 5-9, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca



Toonie Talks - Coming Up This Month

Mar. 5: Women at Work in Canada
Mar. 9: Advocating for Women's Equality
Mar. 12: Mobile Denture Services
Mar. 13: Living Stronger Longer
Mar. 15: Sexy Seniors
Mar. 19: Tax-Free Savings Accounts
Mar. 20: Footcare and Health
Mar. 23: Mindful Aging
Mar. 26: Home Supports

For more information about these programs, please see our program guide [HERE](#).

Registering ahead ensures that we can be prepared and that we can inform you of any changes.

1st Annual Spring Fling

SWESA is growing in membership. We have a demand for more programming and we are working towards the Seniors centre of the future. To support all of this we have started planning our first annual signature fundraising event. The Spring Fling of 2018 is themed 'Under the Tuscan Sun'. We will begin the afternoon with a sampling of sparkling Italian wines and waters before guests will be treated to an Italian experience of a fashion show before a classic Tuscan dinner with wines, beers and Italian beverages. Entertainment will include opera singing, a gelato bar, silent auction, dancing and possibly a quick ride in a hot air balloon.

Our planning committee is working hard to give you an amazing experience and raise some money too! If you are interested in sponsoring a table at this event or helping to organize, please contact Rob Agostinis or Bob Power (the Event Leads) through the SWESA office.

Please find the save the date notice [HERE](#).

Date: Saturday, June 9th at 4:00 pm

Location: Southminster-Steinhauer United Church (10740 19 Ave NW)

Cost: \$45 for one ticket. \$80 for two tickets. Tickets for sale on April 6th. For tickets or further information, please contact the SWESA office at 587-987-3200 or programs@swedmontonseniors.ca

Stay Connected:

Computer Bytes March Lecture Series

When:

- Windows vs. iOS - Which is Better? (Friday, March 9 from 12:00 pm – 1:00 pm)
- Avoid Roaming Fees When Travelling (Friday, March 16 from 12:00 pm – 1:00 pm)
- Scanning (Monday, March 19 from 11:15 am – 12:15 pm)
- iTunes (Monday, March 26 from 10:00 am – 11:00 am)

Location: Central Lions Seniors Association (11113 - 113 Street)

Cost: \$12

Call 780-496-7369 for more information.



[Seniors Home Supports Program](#)

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