



# Winter 2022 Program Guide



**January 2022 – April 2022**

Blue Quill Community Centre – 11304 - 25 Ave NW  
Yellowbird East Community Centre – 10710 - 19 Ave NW  
Terwillegar Community Recreation Centre, Room 7- 2051 Leger Rd NW

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## **A Great Place to be 55+**

SouthWest Edmonton Seniors Association (SWESA) offers social, cultural, and recreational programs at several locations that are gathering places for individuals 55+ living in southwest Edmonton. SWESA is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization working in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services. Our vision is that we are a progressive organization creating a vibrant, welcoming, age-friendly community. We ascribe to the core values of collaboration, respect, inclusion, accountability, and innovation.

## **Membership**

SWESA's annual membership fee is \$30. The membership year runs from January 1 to December 31; membership fees are not pro-rated if you join part way through the year.

## **Benefits of Membership**

- Access to our facilities
- Enjoy our drop-in lounge and the book and puzzle exchange at Blue Quill Community Centre
- Priority registration for programs and events
- Member rates for programs and activities
- Reciprocal rights at partnered Senior Centres in Edmonton
- Discounts at most City of Edmonton recreational facilities
- Weekly e-mail bulletin with up-to-date news and events
- Vote at the Annual General Meeting and Special General meetings

## **Reciprocal Membership**

Valid membership from partnered seniors' centres (reciprocal membership) will be recognized for participation in instructor-led programs at member rates.

## **Volunteering**

Volunteers are essential to SWESA and one of the main reasons why SWESA is able to provide affordable programs to its members. Additionally, we are always looking for volunteers in our self-directed programs, volunteers to teach games, host and or present workshops and educational sessions! The possibilities are endless. Your help makes everything at SWESA possible, and your enthusiasm is the welcoming face to our membership.

Please visit our website at [www.swesa.ca/volunteer](http://www.swesa.ca/volunteer), e-mail [volunteer@swesa.ca](mailto:volunteer@swesa.ca) or call 780-890-3603 to inquire how you can volunteer at SWESA.

## Program and Activity Registration

Program and Activity registration including payment online can be done through MyActiveCenter (see instructions at the end of this program guide), by phone or email, or by visiting our office. Please call 587-987-3200 or visit [www.swesa.ca](http://www.swesa.ca) for program and activity details. Payment is by debit card, credit card, cash or cheque made payable to SWESA.

**Registration for programs is only confirmed upon payment.** Sign up early to avoid disappointment as some classes fill up quickly.

### NEW THIS YEAR

**Our goal is to limit the cash we are handling.** We have introduced the MySeniorCenter (MSC) “Wallet” as an additional form of payment for all programs, games and events that were \$2 in the past; this includes games, self-directed activities, and Toonie Talks.

You may add funds into your MSC “Wallet” by pre-paying using your debit card, credit card or cheque. Top-ups of a minimum \$10 can be made to the MSC Wallet at any time and the balance can be used for any upcoming programs, activities, events, membership renewals or donations to SWESA. No expiry date applies. Please swipe your key fob for attendance and your “Wallet” will be debited directly from your account.

**Please note at this time, pre-registration for all programs and activities is still required. This includes all games, cards and self-directed groups and Toonie Talks. There are no drop-in programs currently and we are only accepting registrations from SWESA members or reciprocal members.**

It is also important that anyone pre-registered notifies the Programs Coordinator in advance if unable to attend on certain dates so that someone on a waitlist can do so.

**Fitness Equipment:** SWESA will no longer provide shared fitness equipment such as yoga mats, yoga blocks, belts, stretch bands. Please bring your own. Weights will be available for use. Please wipe them down before and after use.

### Cancellations/Refunds

- SWESA reserves the right to cancel programs.
- Programs and activities may change with minimal notice. Registered participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition or should they cancel after a registration deadline. SWESA credit may be given at the discretion of the Program Coordinator.

## **Disclaimer/Liability**

SWESA is not responsible for any physical injuries that may take place during any of its programming.

As a program or activity participant, individuals also recognize and accept that there is a risk of contracting COVID-19 due to their participation and recognize that SWESA cannot be held liable for a COVID-19 outbreak or transmission caused by participant negligence.

Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of the opinions of SWESA's board of directors, staff or volunteers.

## **Centre Hours/Closures**

### **Blue Quill Community Centre, 11304 – 25 Ave NW**

Hours: Monday to Friday 9:00 am – 4:30 pm

*Please call 587-987-3200 if the Blue Quill Community Centre Entrance door is locked during office hours.*

### **Yellowbird East Community Centre, 10710 - 19 Ave NW**

Hours: Monday to Thursday 9:00 am – 3:00 pm

*Only open during scheduled programs.*

### **Terwillegar Community Recreation Centre, Room 7, 2051 Leger Road NW**

Hours: Monday to Friday 9:00 am – 4:30 pm

*Only open during scheduled programs.*

All locations will be closed on:

January 3 (In lieu of New Years Day)

February 21 (Family Day)

April 15 (Good Friday)

## COVID-19 Notice to all Participants and Visitors

SWESA is doing its best to minimize the risks of contracting COVID-19 for individuals attending programs or activities at all its locations. All individuals and visitors participating in SWESA programs and activities are expected to abide by the following guidelines:

- Alberta vaccine record with QR Code is required and is the only acceptable form of vaccination proof to enter and participate in SWESA programs, or activities. A valid personal ID card is also required.
- Masks are mandatory when entering the building, in the corridors or the washrooms. Masks may be removed when exercising or when eating or drinking. Please remove yourself from the group while eating or drinking.
- Sanitize hands upon arrival and departure.
- Follow the directions of staff, your activity host, or instructor about disinfecting the area where you will be sitting (chair, table surface, equipment) with the disinfecting wipes provided.
- As much as possible, maintain physical distance.
- Do not come to any SWESA facility if you are feeling unwell (including fever, cough, shortness of breath, loss of taste or smell, sore throat or runny nose and have not been tested for COVID-19), or if you have been in contact with someone who has tested positive for COVID-19 in the past 14 days.
- These procedures are subject to change based on Alberta COVID-19 public health measures and City of Edmonton bylaws.
- Any questions or concerns may be directed to the Business Manager by calling 587-987-3200 or email [admin@swesa.ca](mailto:admin@swesa.ca)

### Checking In

Blue Quill Community Centre: Members will enter through the main entrance doors. You will need to scan your SWESA Key Tag and you may be required to answer the COVID screening questions. This includes everyone attending programs, visiting, or book/puzzle returns and exchanges.

Yellowbird East Community Centre and Terwillegar Community Recreation Centre: Staff or the designated volunteer host will scan your SWESA Key Tag and check your name off on the registration list.

**No Scent Please:** In respect of those with allergies, we ask that you do not wear scent when in our facilities.

# Winter Programs and Activities

## SOCIAL

### Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow members in an informal, casual setting and an enjoyable way to stay in touch with fellow SWESA members. Stay for a short time or stay all morning or afternoon! Coffee, tea and cookies are always available. **Pre-registration is required. In an effort to reduce waste, SWESA suggests that individuals bring a reusable beverage container from home.**

**When:** Monday and Wednesday, 1:30 pm – 4:00 pm (Start Dates: January 10 / January 12)

**Location:** Terwillegar Community Recreation Centre, Room 7

**Cost:** \$25 (15 weeks) for the season or use MSC wallet for occasional visits

**When:** Tuesday and Thursday, 9:30 am – 12:00 pm (Start Dates: Jan 11 / Jan 13)

**Location:** Yellowbird East Community Centre

**Cost:** \$25 (16 weeks) for the season or use MSC wallet for occasional visits

### Coffee & Connect Men's Group

**When:** Tuesdays, 10:00 am – 12:00 pm (Start Date: January 11)

**Location:** Terwillegar Community Recreation Centre, Room 7

**Cost:** \$25 (16 weeks) for the season or use MSC wallet for occasional visits

### Book Club

The group selects one specific book to be featured for discussion each month. The book is selected by the group at least 2 months in advance and must be available for borrowing from the Edmonton Public Library. The selected books will cover a range of genres and be open to both fiction and non-fiction. The book discussions lead to other related conversations making this a friendly and informal group. Do not hesitate to join this group at any time throughout the year or come for the company and conversation. **Pre-registration is required.**

**When:** 1<sup>st</sup> Wednesday of each Month

**Dates:** January 12, February 2, March 2, April 6

**Times:** 2:15 pm- 3:30 pm

**Cost:** \$8 for the season or use MSC wallet for occasional visits

**Location:** Yellowbird East Community Centre- Coffee Room

## GAMES

Come and learn to play a friendly game in a casual and warm setting. Some refer to this type of play as “kitchen cards”. Both beginners and experienced players are welcome and can join at any time throughout the season. If you are interested in another game, please contact the Program Coordinator to discuss. Pre-registration is required for all games.

<b>Game</b>	<b>Date</b>	<b>Time</b>	<b>Location</b>
Euchre	Monday January 10 – April 25	9:30 am – 12:00 pm	YECC Coffee Room
Canasta (Hand & Foot)	Monday January 10- April 25	12:30 pm – 2:45 pm	YECC- Hall A & B
Cribbage	Monday January 10 – April 25	12:30 pm – 2:45 pm	YECC- Coffee Room
Arizona 10	Tuesday January 11- April 26	12:30 pm- 2:45 pm	YECC- Hall A & B
American Mahjong	Wednesday, January 12- April 27	9:30 am – 12:00 pm	YECC Coffee Room
Bridge (Contract)	Wednesday, January 12- April 27	12:30 pm – 2:45 pm	YECC Coffee Room*
Cribbage	Thursday January 13- April 28	12:30 pm – 2:45 pm	YECC Coffee Room

\*Bridge (Contract) Wednesdays: On the 1<sup>st</sup> Wednesday of the month, Bridge (Contract) will be held in the Hall, while Book Club uses the Coffee Room.

Please arrive ahead of the listed program time to allow teams and tables to be set for game play.

**Cost:** \$25 for the season (15 weeks) January – April or pre-register for occasional visits by paying MSC Wallet.

## **ARTS, CRAFTS and HOBBIES**

### **Art Group**

Calling all artists! This is an informal program for artists to connect, learn or share new techniques and studio space with like-minded individuals. Participants bring their own art supplies such as drawings, watercolours, mixed media and create art in a social, supportive environment. This is a self-directed activity. **Pre-registration is required.**

**When:** Monday, 9:30 am – 12:00 pm

January 10 – April 25 (no class February 21)

**Location:** Yellowbird East Community Centre Hall

**Cost:** \$25 (15 weeks) for the season or use MSC Wallet for occasional visits

### **Knitting and Stitching Group**

Join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other. **Pre-registration is required.**

**When:** Friday, 11:30 am – 3:30 pm

January 14 - April 29 (No Class Apr 15)

**Location:** Blue Quill Community Centre Lounge

**Cost:** \$25 (15 weeks) for the season or use MSC Wallet for occasional visits

### **NEW\* Paper Craft Group**

Crafters unite! Join the group to meet your fellow paper craft hobbyist and create beautiful paper masterpieces. Create greeting cards, share embellishments, ribbons or bring your new or unfinished scrapbooks. Create, converse, and have fun! This is a self-directed activity. **Pre-registration is required as spaces are limited.**

**When:** Thursday, 12:30 pm – 3:30 pm

January 13- April 28

**Location:** Terwillegar Community Recreation Centre- Room 7

**Cost:** \$25 (16 weeks) or use MSC Wallet for occasional visits

## **SWESA Choir**

Come sing your heart out! Boost your self-esteem, meet new people and learn something new! Led by a professional choir instructor from Visionary Centre for the Performing Arts, SWESA welcomes all music lovers to enjoy the benefits of singing in a relaxed and friendly environment. No experience is necessary. There may be a scheduled performance at the end of the session. There may be an additional small charge for music sheets. **Pre-registration is required.**

**When:** Thursday, 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre Hall

**Session 1** (7 classes) January 13, 20, 27, February 3, 10, 17, 24

**Cost:** \$70

**Session 2** (9 classes) March 3, 10, 17, 24, 31 April 7, 14, 21, 28

**Cost:** \$90

## **Drawing Beyond the Basics**

**Instructor:** Susan Casault

Have fun exploring the essentials of drawing: sketching, lines, proportion, depth, shadows, and more. Discover how to create realistic drawings using just a pencil, eraser, and various blending techniques to create form, light and texture. A slower-paced course using different subjects each week, there is lots of time to practice what you learn. Photo reference will be provided by the instructor. **Pre-registration is required.**

**When:** Thursday 9:30 am - 12:00 pm

**Dates:** (6 classes) March 24 , 31, April 1, 7, 14, 21

**Location:** Yellowbird East Community Centre, Hall

**Cost:** \$60

## **Watercolours for All Levels**

**Instructor:** Willie Wong

All new projects with Willie Wong! Willie, has been teaching pencil, watercolours, acrylics, and oil painting for 20 years to students of all ages and all skill levels. He excels at inspiring beginner artists with his easy-to-learn watercolour basics. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish. **Pre-registration is required.**

**When:** Wednesday, 10:00 am – 12:00 pm

**Session 1** (5 classes) March 2, 9, 16, 23, 30, April 6

**Cost:** \$50

**Location:** Terwillegar Community Recreation Centre- Room 7

You are required to purchase supplies. The list will be available at our Blue Quill office or can be picked up on your first day of class. Materials are NOT needed on the first day of class.

## **DANCE**

### **Clogging – Beginners**

**Instructor:** Tracy Walters

Clogging is a unique form of dancing that is similar to tap dance. It incorporates Irish dancing, line dancing and many other forms of dances. It is known as the “melting pot” of all dance forms. Learn the basic steps and terms associated with clogging to all types of music. Wear comfortable clothes and preferably shoes with leather soles. No dance experience is required to participate.

**When:** Tuesday, 9:30 am – 10:30 am

**Session 1** (7 classes) January 11, 18, 25, Feb 1, 8, 15, 22

**Cost:** \$70

**Location:** Blue Quill Community Centre- Gym

**Session 2** (9 classes) March 1, 8, 15, 22, 29 April 5, 12, 19, 26

**Cost:** \$90

**Location:** Blue Quill Community Centre- Gym

### **Line Dance**

**Instructor:** Tracy Walters

Line Dancing is back at SWESA, and you can dance into your weekend with Tracy Walters! Line dancing is a form of low impact exercise and great for all ages. We will dance to many different genres of music (rock, country, pop, just to name a few). You do not need a partner to participate and no experience necessary. Shoes with leather or suede soles are recommended. It’s fun and a great exercise!

**When:** Friday, 2:30 pm – 3:30 pm

**Session 1** (7 classes) January 14, 21, 28, February 4, 11, 18, 25

**Cost:** \$70

**Location:** Blue Quill Community Centre- Gym

**Session 2** (8 classes) March 4, 11, 18, 25, April 1, 8, 22, 29 (no class April 15)

**Cost:** \$80

**Location:** Blue Quill Community Centre- Gym

# FITNESS

SWESA fitness programs take place in the Blue Quill Community Centre.

## Important Information

- SWESA will no longer provide shared fitness equipment except weights. **Please bring your own fitness equipment such as yoga mat, blocks, belts and stretch bands.** For weights, please wipe down before and after use.
- Please wipe down your chairs before and after use.
- Fitness classes will have a maximum number of participants to ensure adequate distancing. Please maintain a 6-ft distance between participants in fitness classes.
- Wash or sanitize your hands often, especially before and after handling any exercise equipment.
- When exiting the building after your class we ask that you refrain from gathering in the main entrance or hallway. Participants in the main gym may exit through the side door of the gym.

## Cardio Total Fit

**Instructor:** Jannine Otto

Fitness Level 2: Moderate to Active, standing and floor work. Bring running shoes, light hand weights and water. Have fun and move to music in a 60-minute class that will enhance cardiovascular health, increase strength, mobility, flexibility, and balance. Using an interval style format, the hour includes a variety of low impact cardio exercises combined with strength building resistance intervals using handheld weights. The instructor is certified in active aging and has years of experience teaching all fitness levels. Plenty of modifications will be provided to suit your fitness level.

**When:** Thursday, 9:45 am – 10:45 am

**Session 1** (7 classes) January 13, 20, 27 Feb 3, 10, 17, 24

**Session 1 Cost:** \$70

**Session 2** (8 classes) March 3, 10, 17, 24, 31, April 7, 14, 21

**Session 2 Cost:** \$80

## **Core & All**

**Instructor:** Esther Sipos

Fitness Level 2: Moderate to Active. Bring yoga mat, resistance band and water.

This class is designed to focus on your core and increase your overall strength and improve your posture, balance, and flexibility. You will warm up, stretch, and exercise your entire body; weights and resistance bands may be used, as well as chairs to assist with stability.

**When:** Wednesday, 10:15 am – 11:15 am

**Instructor:** Esther Sipos

**Session 1** (7 classes) January 12, 19, 26, February 2, 9, 16, 23

**Session 1 Cost:** \$70

**Session 2** (8 classes) March 2, 9, 16, 23, 30, April 6, 13, 20

**Session 2 Cost:** \$80

## **Essentrics for Seniors**

**Instructor:** Lori Griffith

Fitness Level 1: Gentle, standing and chair work. Bring a yoga mat, resistance band and water.

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance, and strength.

**When: Tuesday, 2:30 pm – 3:15 pm**

**Session 1** (7 classes) January 11, 18, 25, February 1, 8, 15, 22

**Session 1 Cost:** \$70

**Session 2** (9 classes) Mar 1, 8, 15, 22, 29, April 5, 12, 19, 26

**Session 2 Cost:** \$90

**NEW\* When: Thursday, 11:30 am – 12:15 pm**

**Session 1** (7 classes) January 13, 20, 27, February 3, 10, 17, 24

**Session 1 Cost:** \$70

**Session 2** (9 classes) March 3, 10, 17, 24, 31, April 7, 14, 21, 28

**Session 2 Cost:** \$90

## **Essentrics – Age Reversing**

**Instructor:** Lori Griffith

Fitness Level 2: Gentle to Moderate, includes standing and some floor work (back and side only). Bring yoga mat, resistance band and water. This is an age reversing, slow-paced and a full body workout created by Miranda Esmonde-White. This class will restore movement in your joints, improve mobility, flexibility, strength in your muscles, relieve pain, stimulate your cells to increase energy, vibrancy and your immune system.

**When:** Friday, 1:00 pm – 2:00 pm

**Session 1** (7 classes) January 14, 21, 28, February 4, 11, 18, 25

**Session 1 Cost:** \$70

**Session 2** (8 classes) March 4, 11, 18, 25, April 1, 8, 22, 29 (No class April 15)

**Session 2 Cost:** \$80

## **Sit & Be Fit (Hybrid, In-Person & Online via Zoom)**

**Instructor:** Deb Proc

Fitness Level 1: Gentle. In-person class, bring your own resistance band. Weights will be provided. Online participants must provide their own resistance bands and weights.

Learn different adaptive exercises with light weights and resistance bands to build strength and stamina while performing exercises seated in a chair. This is a gentle fitness class with options for different fitness levels.

Online participants must have access to a computer with highspeed internet. Once registration is confirmed, you will receive an e-mail with a Zoom Meeting Link prior to your class date.

**When:** Thursday, 2:30pm – 3:30pm

**Session 1:** (7 classes) January 13, 20, 27, February 3, 10, 17, 24

**Session 1 Cost:** \$70

**Session 2** (9 classes) March 3, 10, 17, 24, 31, April 7, 14, 21, 28

**Session 2 Cost:** \$90

## **Total Body Fitness**

**Instructor:** Esther Sipos

Fitness Level 3: Be prepared to sweat and challenge yourself! Bring a yoga mat, resistance band and water.

This program is for active older adults looking to maintain or improve their strength, stamina, balance, flexibility, and coordination. It will have a warmup component, followed by intervals of cardio and strength drills, using weights or resistance bands, balance, core work and a cool down/stretch on the mat. Options will be given for different fitness levels.

**When:** Friday, 10:15 am – 11:15 am

**Session 1** (7 classes) January 14, 21, 28, February 3, 10, 17, 24

**Session 1 Cost :** \$70

**Session 2** (8 classes) March 4, 11, 18, 25, April 1, 8, 22, 29 (No Class Apr 15)

**Session 2 Cost:** \$80

## **Yoga – Gentle**

**Instructor:** Darria Hirsekorn

Fitness Level 1: Gentle, standing and floor work. Bring a yoga mat, water and a blanket or shawl. Gentle Yoga is a kind way to practice yoga. The benefits of yoga include better range of motion and muscle tone, more ease in daily activities, improved breathing, better balance, and stress reduction. In these classes we will use the chair during the warmups and the chair will be accessible for those who would like to use it, during the balance, standing, and finishing stretches and poses. Join this relaxing health promoting and see the benefits in your life.

**When:** Wednesday, 1:30 pm – 2:30 pm

**Session 1** (7 classes) January 12, 19, 26, February 2, 9, 16, 23

**Session 1 Cost:** \$70

**Session 2** (9 classes) March 2, 9, 16, 23, 30, April 6, 13, 20, 27

**Session 2 Cost:** \$90

## **Yoga – Stretch and Strengthen I**

**Instructor:** Pat Selmser and Vera Resera

Fitness Level 1-2: Bring a yoga mat, water and a blanket or shawl. Explore stretching and strengthening your body, in a variety of poses on your back, seated on the floor, standing, and on your belly. This class will start with the foundations of yoga and gradually build on them. Some of the benefits of Stretch and Strengthen Yoga I can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being.

**When:** Friday , 11:30 am- 12:30 pm

**Session 1** (7 classes) January 14, 21, 28, Feb 4, 11, 18, 25

**Session 1 Cost:** \$70

**Session 2** (8 classes) March 4, 11, 18, 25, Apr 1, 8, 22, 29 (No class Apr 15)

**Session 2 Cost:** \$80

## **Yoga – Stretch and Strengthen II**

**Instructor:** Darria Hirsekorn

Fitness Level 3: An advanced yoga class. Bring a yoga mat, water and a blanket or shawl. This class is an invitation into more challenging explorations of yoga in a variety of poses on your back, seated on the floor, standing and on your belly. There will be opportunities to stretch and strengthen the body in new and challenging ways, while building on the foundations of yoga. Some of the benefits of Stretch and Strengthen Yoga II can include greater flexibility, muscle tone and strength, improved range of motion of the joints, more body awareness, greater calm and ease of being.

**When:** Wednesday, 11:45 am – 12:45 pm

**Session 1** (7 classes) January 12, 19, 26, February 2, 9, 16, 23

**Session 1 Cost:** \$70

**Session 2** (9 classes) March 2, 9, 16, 23, 30, April 6, 13, 20, 27

**Session 2 Cost:** \$90

## **Zumba – Chair and Gold**

**Instructor:** Tammy Clark

Fitness Level 1-2: Gentle to Moderate. This class is combined Zumba Chair and Zumba Gold class with the Latin rhythms you love. Exercises can be done sitting in a chair or standing synched to the beat. Moves will be modified to suit your fitness level so you can decide which style you like better!

**When:** Tuesday, 1:00 pm – 2:00 pm

**Session 1** (7 classes) January 11, 18, 25, February 1, 8, 15, 22

**Session 1 Cost:** \$70

**Session 2** (9 classes) March 1, 8, 15, 22, 29, April 5, 12, 19, 26

**Session 2 Cost:** \$90

## **Zumba- Gold**

**Instructor:** Tammy Clark

Fitness Level 2: Moderate to Active. Move your body to the Latin rhythms of reggaeton, cumbia, salsa, and merengue. Sixty minutes will fly by in this low-impact workout with fun steps and a supportive class setting. Suitable for all abilities and mobility levels. Come dance your way to improved health and fitness!

**When:** Thursday, 1:00 pm – 2:00 pm

**Session 1** (7 classes) January 13, 20, 27, February 3, 10, 17, 24

**Session 1 Cost:** \$70

**Session 2** (9 classes) March 3, 10, 17, 24, 31, April 7, 14, 21, 28

**Session 2 Cost:** \$90

**Toonie Talks:** Presentations by professionals and knowledgeable individuals on a wide range of topics. Watch the weekly bulletin for upcoming presentations. Registration in advance is required so that presenters can be prepared, and we can inform you should there be scheduling changes.

**When:** TBD, for updates please see weekly bulletin or visit our website.

**Location:** Terwillegar Community Recreation Centre and Yellowbird East Community Centre

**Cost:** \$2 using your MSC Wallet

As we work to develop more programming, we will be introducing new classes and activities that do not appear in this guide. For updated program information visit our website at [www.swesa.ca](http://www.swesa.ca) and look under the SWESA Programs.

New programs will also be featured in issues of SWESA's weekly bulletin. You can subscribe to the weekly bulletin through our website at [www.swesa.ca](http://www.swesa.ca)

If you have any questions or would like more information about programming, please call our Program Coordinator at 587-987-3200 or email [programs@swesa.ca](mailto:programs@swesa.ca)

## Weekly Ongoing Programs

Blue Quill Community Centre (11304 - 25 Ave NW) = BQCC

Yellowbird East Community Centre (10710 - 19 Ave NW) = YECC

Terwillegar Community Recreation Centre (Room 7, 2051 Leger Road NW) = TCRC

Day	Program	Time	Location
Monday	Art Group	9:30 am – 12:00 pm	YECC- Hall
Monday	Euchre	9:30 am – 12:00 pm	YECC- CR
Monday	Cribbage	12:30 pm – 2:45 pm	YECC- CR
Monday	Canasta (Hand and Foot)	12:30 pm – 2:45 pm	YECC- Hall
Monday	Coffee and Chat- TCRC	1:30 pm – 4:00 pm	TCRC- Rm 7
Tuesday	Coffee and Chat- YECC	9:30 am – 12:00 pm	YECC- CR
Tuesday	Arizona Ten	12:30 pm – 2:45 pm	YECC- Hall
Tuesday	Coffee & Connect, Men's Group	10:00 am – 12:00 pm	TCRC- Rm 7
Tuesday	<b>NEW</b> Clogging- Beginners	9:30 – 10:30 am	BQCC- Gym
Tuesday	Zumba Chair	1:00 pm – 2:00 pm	BQCC- Gym
Tuesday	Essentrics for Seniors	2:30 pm – 3:15 pm	BQCC- Gym
Wednesday	American Mahjong	9:30 am – 12:00 pm	YECC-CR
Wednesday	Bridge (Contract)	12:30 pm – 2:45 pm	YECC- CR*
Wednesday	Core & All	10:15 am – 11:15 am	BQCC- Gym
Wednesday	Yoga – Stretch & Strengthen II	11:45 am – 12:45 pm	BQCC- Gym
Wednesday	Yoga – Gentle	1:30 pm – 2:30 pm	BQCC- Gym
Wednesday	Watercolours for All Levels	10:00 am – 12:00 pm	TCRC- Rm 7
Wednesday	Coffee and Chat TCRC	1:30 pm – 4:00 pm	TCRC- Rm 7
Thursday	Coffee & Chat YECC	9:30 am – 12:00 pm	YECC- CR
Thursday	Drawing Beyond the Basics	9:30 am – 12:00 pm	YECC- Hall
Thursday	Cribbage	12:30 pm – 2:45 pm	YECC- CR
Thursday	Choir	12:30 pm – 2:00 pm	YECC- Hall
Thursday	Cardio Total Fit	9:45 am – 10:45 am	BQCC- Gym
Thursday	<b>NEW</b> Essentrics for Seniors	11:30 am– 12:15 pm	BQCC- Gym
Thursday	Zumba Gold	1:00 pm – 2:00 pm	BQCC- Gym
Thursday	Sit and Be Fit	2:30 pm – 3:30 pm	BQCC- Gym
Thursday	<b>NEW</b> Paper Crafters Group	12:30 pm – 3:30 pm	TCRC- Rm 7
Friday	Total Body Fitness	10:15 am – 11:15 am	BQCC- Gym
Friday	Yoga Stretch and Strengthen I	11:30 am – 12:30 pm	BQCC- Gym
Friday	Knitting & Stitching Group	11:30 am – 3:00 pm	BQCC- Office
Friday	Essentrics – Age Reversing	1:00 pm – 2:00 pm	BQCC- Gym
Friday	<b>NEW</b> Line Dance	2:30 pm – 3:30 pm	BQCC- Gym

*Please note: Programs and activities may change with minimal notice. Registered participants will be notified if a program is cancelled.*

## MyActiveCenter- Instructions for Using and Setting Up

1. Click on this link <https://myactivecenter.com/> to open MyActiveCenter.
2. Login to your MyActiveCentre account.

**New User:** At the very top, select the green button “New Users” to create and activate a new account.

Fill in your Information:

- Key Tag Number: Is found on the back of your key tag.
- Home Phone Number: Is the number you used to register for your membership.
- Email Address: Use your primary email address.
- Password: Set your own password. Don’t forget to remember it for next time!
- Click Continue.

**Existing User:** At the very top, select “Sign In” and log in with the same email and password you used last time.

- If you have forgotten your password, select reset your password and follow instructions (For tablet or smartphone users you will need to go to <https://myactivecenter.com/#reset-password>)
- Click Continue.

3. Search for “SouthWest Edmonton Seniors” in the search bar.
4. Select “SouthWest Edmonton Seniors Association” from the search results.
5. Once you have successfully created an account or logged in, all available classes will be listed in alphabetical order. Select the class you wish to register for by clicking the name of the program.
6. Scroll down to the calendar. Select one of the days listed. If it is a series, confirm you wish to enroll in all classes by hitting “continue” (this step will not appear if it is a one-time class).
7. Scroll above the calendar to a grey box to review and confirm the dates you have selected, hit the green “Register” button.
8. One final pop-up will appear to confirm your registration dates, click “Register”.
9. Payment: On-line payment is now accepted on MyActiveCentre. If you wish for a SWESA staff to process your payment by credit card over the phone, please call 587-987-3200.

## Seniors Home Supports Program (SHSP)

Do you need help around your home but don't know who to call? The Seniors Home Supports Program is a referral service that connects Edmonton seniors with referrals to affordable and screened service providers. The goal of this program is to assist seniors to remain in their homes longer, safely, and independently by connecting them with affordable service providers. Seniors may choose a service provider from the referrals provided and pay them directly for work completed. There is no charge to register for the program or for the referrals given.

Referrals are provided for the following services:

Snow removal: snow removal and de-icer (not chipping ice)

Yard Help: lawn mowing and fall/spring clean-up (small tree removal, trimming, etc.) and gate, sidewalk, and concrete repairs

Housekeeping: cleaning of floors, bathrooms, and refrigerators, dusting, and laundry

Minor home repairs and maintenance: plumbing and electrical work, handyman services (painting, furnace and appliance repairs, window cleaning, roofing/eavestrough work, and deck/railing repairs)

Personal services: hair, foot, home, and respite care

Moving help: downsizing, organizing, junk removal

**For more information on the program, or to register, contact Barbara Newell, Home Supports Coordinator by calling 780-860-2931 or email [homesupport@swesa.ca](mailto:homesupport@swesa.ca)**

Barbara's hours are Monday to Thursday from 9:00 am - 3:00 pm. She is also available to meet with you by appointment only at the Yellowbird East Community Centre.