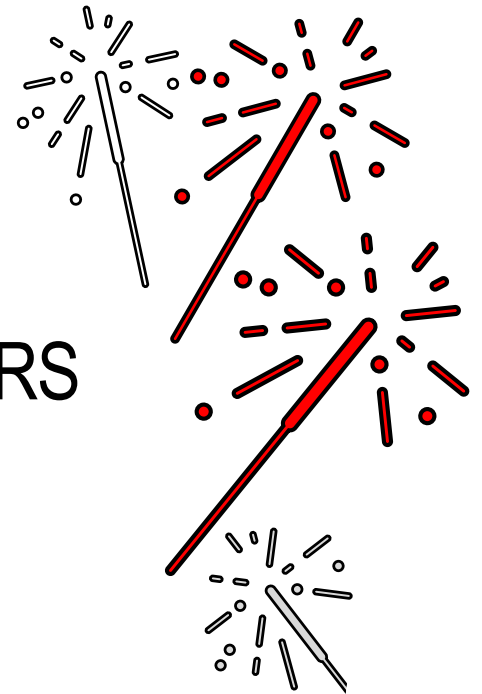




CELEBRATING 10 YEARS



PROGRAM GUIDE

May – August 2022

Updated April 19, 2022

Main Line: 587-987-3200 | Website: www.swesa.ca | E-mail: programs@swesa.ca

Blue Quill Community Centre: BQCC – 11304 - 25 Ave NW

Yellowbird East Community Centre: YECC – 10710 - 19 Ave NW

Terwillegar Community Recreation Centre, Room 7: TCRC- 2051 Leger Rd NW

Mailing Address:

SWESA

Box 88008 Rabbit Hill PO

Edmonton, AB T6R 0M5

Table of Contents

A Great Place to be 55+	Page 2
Membership.....	Page 3
Benefits of Membership.....	Page 3
Reciprocal Membership.....	Page 3
Volunteering.....	Page 3
Participation Options 2022	Page 4
Program and Activity Registration.....	Page 5
Cancellations/Refunds.....	Page 5
Disclaimer/Liability.....	Page 5
Centre Hours and Closures.....	Page 6

Spring to Summer Programs

Social.....	Page 7
Games.....	Page 8
Arts, Crafts and Hobbies.....	Page 9-10
Dance.....	Page 11
Fitness and Wellness.....	Page 12-19
Special Events, Toonie Talks	Page 20-22
Weekly Ongoing Programs Schedule.....	Page 23
MyActiveCenter Registration Instructions.....	Page 24
Seniors Home Supports Program.....	Page 25

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 non-refundable, non-transferrable and not pro-rated if you join part way through the year.

Benefits of Membership

- Priority registration will be given to SWESA members for programs and events
- Access to our facilities
- Enjoy our drop-in lounge and the book and puzzle exchange at Blue Quill Community Centre (BQCC)
- 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. Priority registration will be given to SWESA members for programs and events.

Reciprocal members must complete and sign a SWESA participant agreement form prior to attending programs, activities, or events.

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 <http://swesa.ca/volunteer/>, e-mail volunteer@swesa.ca call 587-987-3200 to inquire how you can volunteer at SWESA.

2022 Participation Options

	SWESA Member	Non-SWESA Member
Regular Member Annual Fee	\$30.00	n/a
Regular Members are ages 55+ who have paid their membership fee for the current year.		
Reciprocal Member Annual Fee	n/a	n/a
Reciprocal members are current members in another senior's centre organization that is included in the Reciprocal Agreement.		
Instructor Lead Classes Registered in Season Series	\$10 per class	\$13 per class
Drop-Ins Registered in a Season Series	\$12 Drop-in fee per class	\$15 Drop-in fee per class
Social Programs Drop-in fee (Games, Toonie Talks, Coffee & Chat)	\$2.00 per visit	\$3.00 per visit
Luncheons	Varies per event	Varies per event
Special Events, Outings	Varies per event	Varies per event

Acceptable Forms of Payment

Payment is accepted on-line through www.MyActiveCenter.com

Debit and credit are preferred methods of payment. Cash or Cheque made payable to SWESA are accepted.

Deduction from individual's MSC wallet is also preferred. Please visit Front Desk or call the Office to add funds to your MSC wallet (minimum of \$10).

MSC wallet credit does not expire and can be used on SWESA programs, special event activities, or donation.

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, e-mail, or in-person by visiting our office.

Priority registration is given to members who enroll in a Session Series. Registration for programs is only confirmed upon payment.

Sign up early to avoid program cancellation due to low enrollment and or avoid disappointment as some classes fill up quickly.

Drop-ins: Before entering a class, you must check with a Front Desk, Activity Hosts or Staff member to see if there is an opening. If so, you will register in and pay for the class. Online registration is not available.

Please call Programs at 780-860-2856, e-mail at programs@swesa.ca or visit our website at www.swesa.ca for program and activity details.

Cancellations/Refunds /MSC Wallet

- 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

All participants (member, reciprocal, and non-member) are required to sign a participation agreement form/waiver. 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.

We ask that you stay home if you are feeling unwell or exhibiting COVID-19 symptoms, or if you have been in contact with someone who has recently tested positive for COVID-19.

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, BQCC: 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, YECC: 10710 - 19 Ave NW

Hours: Monday to Thursday 9:00 am – 3:00 pm **Only open during scheduled programs.*

Terwillegar Community Recreation Centre, TCRC: Room 7, 2051 Leger Road NW **Only open during scheduled programs.*

All locations will be closed on:

Monday, May 23 (Victoria Day)

Friday, July 1 (Canada Day)

Monday, August 1 (Civic Holiday)

Yellowbird East Community Centre, YECC is closed for activities on the following dates due to special events:

May 30 – Annual General Meeting held at YECC Hall

June 9 – SWESA Birthday Party held at BQCC

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 check your name off on the registration list or scan your SWESA Key Tag.

Drop-ins: Before entering a class, you must check with a designated volunteer host or Staff member to see if there is an opening. If so, you will register in and pay for the class. Online registration is not available.

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

Programs and Activities

SOCIAL

Coffee & Chat

This is a great way to meet 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. To reduce waste, SWESA suggests that individuals bring a reusable beverage container from home.

When: Monday, 1:30 pm – 4:00 pm (14 weeks, start date: May 2- August 22. Not open May 23, May 30, August 1)

Location: Terwillegar Community Recreation Centre (TCRC), Room 7

Cost: \$20 member session flat rate | \$2 member drop-in
\$35 non-member session flat rate | \$3 non-member drop-in

When: Wednesday, 1:30 pm – 4:00 pm (17 weeks, start date: May 4- August 24)

Location: Terwillegar Community Recreation Centre (TCRC), Room 7

Cost: \$25 member session flat rate | \$2 member drop-in
\$35 non-member session flat rate | \$3 non-member drop-in

When: Thursday, 9:30 am – 12:00 pm (16 weeks, start date: May 5- August 25, not open June 9, August 25)

Location: Yellowbird East Community Centre (YECC)

Cost: \$25 member session flat rate | \$2 member drop-in
\$35 non-member session flat rate | \$3 non-member drop-in

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.

When: 1st Wednesday of each month, 1:00 pm - 2:15 pm

Dates: May 4, June 1, July 6, August 3

Cost: \$2 member rate per visit | \$3 non-member rate per visit

Location: Yellowbird East Community Centre- Coffee Room

Open Jam Session

Calling all SWESA musicians, we have a stage for you to meet your fellow musicians! Join with your guitar, ukulele or preferred musical instrument and play together as a group. *Dates and gym availability are subject to change. Check the weekly Bulletin for updates. Pre-registration is encouraged so we may inform attendees of your musical instrument and attendance.*

When: Wednesday, 2:45 pm – 3:45 pm

Dates: May 11, 18, 25, June 1, 8, 15, 22, 29, July 13, 20, 27, August 10, 17, 24.

Cost: \$2 member rate per visit | \$3 non-member rate per visit

Location: Blue Quill Community Centre - Gym

GAMES

Come and learn to play a friendly game in a casual and warm setting. 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.**

Game	Date	Time	Location	Series Member Flat Rate
American Mahjong	Monday May 2 - Aug 22	9:30 am – 12:00 pm	YECC - Coffee Room	\$20 (14 weeks)
Canasta (Hand & Foot)	Monday May 2 - Aug 22	12:30 pm – 2:45 pm	YECC - Hall A & B	\$20 (14 weeks)
Cribbage	Monday May 2- Aug 22	12:30 pm – 2:45 pm	YECC- Coffee Room	\$20 (14 weeks)
Scrabble Group	Tuesday May 10 – Aug 23	10:00 am – 12:00 pm	YECC - Coffee Room	\$20 (16 weeks)
Arizona 10	Tuesday May 10- Aug 23	12:30 pm – 2:45 pm	YECC - Hall A & B	\$20 (16 weeks)
Bridge (Contract)*	Wednesday, May 4 - Aug 24	12:30 pm – 2:45 pm	YECC - Hall A & B	\$25 (17 weeks)
Cribbage	Thursday May 5 – Aug 25	12:30 pm – 2:45 pm	YECC - Coffee Room	\$22 (16 weeks)

Cost: See series member flat rate above for the Spring- Summer. \$2 member drop-in rate. \$35 non-member session flat rate or \$3 non-member drop-in rate. **Pre-registration is encouraged. Please arrive ahead of the listed program time to allow teams and tables to be set for game play.**

No Games on May 23, May 30, June 9, August 1.

*Bridge (Contract) on July 13th will be held in the Coffee Room

ARTS, CRAFTS and HOBBIES

Art Group

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, or mixed media. Create art in a social and supportive environment. This is a self-directed activity.

When: Monday, 9:30 am – 12:00 pm

May 2 - August 22 (14 weeks, no class May 23, May 30, August 1)

Location: Yellowbird East Community Centre Hall

Cost: \$20 member session rate | \$2 member drop-in | \$30 non-member session rate | \$3 non-member drop-in

NEW Coloured Pencil- Poppy in Coloured Pencil Workshop

Instructor: Susan Casault

This five-hour workshop is for beginner to intermediate coloured pencil artists.

In celebration of summer, our subject for the day will be a drawing of a poppy on black paper. Learn or review the basics of this versatile medium with layering and blending colours. Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor. Please bring a lunch.

When: Wednesday, 9:30 am – 2:30 pm (30-minute lunch break at 12:00 pm)

August 3, 2022

Location: Yellowbird East Community Centre, Hall

Cost: \$60 member rate | \$85 non-member rate

***Registration is required as spaces are limited.**

Knitting and Stitching Group

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, many share ideas and learn from each other. This is a self-directed activity. Pre-registration is encouraged as seats are limited. Join the knitting and stitching group at SWESA!

When: Friday, 11:30 am – 3:30 pm

May 13 – August 26 (15 weeks, no class July 1, 8)

Location: Blue Quill Community Centre Lounge

Cost: \$25 member session rate | \$2 member drop-in | \$35 non-member session rate | \$3 non-member drop-in rate

Paper Crafting Club

Let's form a club to meet your fellow paper craft hobbyist and create beautiful 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 encouraged as seats are limited.

When: Thursday, May 12 - August 25 (15 weeks)

Time: 1:00 pm - 3:00 pm

Location: Blue Quill Community Centre Lounge

Cost: \$20 member session rate | \$2 member drop-in | \$30 non-member session rate | \$3 non-member drop-in

SWESA Choir

Led by a professional choir instructor from **Visionary Centre for the Performing Arts**, we welcome all music lovers to enjoy the benefits of singing in a relaxed and friendly environment.

Come sing your heart out to boost your self-esteem, meet new people, and learn something new!

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.

When: Thursday, May 12, 19, 26, June 2, 16, 23, 30 (7 weeks, no class, June 9)

Time: 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre Hall

Cost: \$70 member rate | \$91 non-member rate

***Registration is required.**

Drop-ins welcome on the 1st and last day of each session: May 12th and June 30th for a \$10 member drop-in rate and or \$15 non-member drop-in rate.

DANCE

Clogging – Beginners

Instructor: Tracy Walters

Learn the basic steps and terms associated with clogging to all types of music. Clogging is a unique form of dancing that is similar to tap dance. It incorporates Irish dancing, line dancing and many other forms of dance. It is known as the “melting pot” of all dance forms. 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 (9 classes) May 3, 10, 17, 24, 31 June 7, 14, 21, 28

Cost: \$90 member session rate | \$12 member drop-in rate

\$117 non-member session rate | \$15 non-member drop-in rate

Location: Blue Quill Community Centre - Gym

Session 2 (8 classes) July 5, 12, 19, 26, August 2, 9, 16, 23

Cost: \$80 member series rate | \$12 member drop-in rate

\$104 non-member series rate | \$15 non-member drop-in rate

Location: Blue Quill Community Centre - Gym

Line Dance, Beginners

Instructor: 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 (5 classes) May 27, June 3, 10, 17, 24

Cost: \$50 member session rate | \$12 member drop-in rate

\$65 non-member session rate | \$15 non-member drop-in rate

Location: Blue Quill Community Centre - Gym

Session 2 (8 classes) July 8, 15, 22, 29, August 5, 12, 19, 26

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Location: Blue Quill Community Centre- Gym

FITNESS & WELLNESS

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 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 (8 classes) May 5, 12, 19, 26, June 2, 16, 23, 30 (No class June 9)

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 14, 21, 28, August 4, 11, 18, 25

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in rate

Core & All

Instructor: Esther Sipos

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

The class is designed to focus on your core, increase your overall strength, 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 (9 classes) May 4, 11, 18, 25, June 1, 8, 15, 22, 29

Cost: \$90 member session rate | \$12 member drop-in rate

\$117 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 13, 20, 27, August 3, 10, 17, 24

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in rate

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 (9 classes) May 3, 10, 17, 24, 31, June 7, 14, 21, 28

Cost: \$90 member session rate | \$12 member drop-in rate

\$117 non-member session rate | \$15 non-member drop-in rate

Session 2 (8 classes) July 5, 12, 19, 26, August 2, 9, 16, 23

Cost: \$70 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

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 (8 classes) May 6, 13, 20, 27, June 3, 10, 17, 24

Cost: \$80 member session rate | \$12 member drop-in rate
\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (8 classes) July 8, 15, 22, 29, August 5, 12, 19, 26

Cost: \$80 member session rate | \$12 member drop-in
\$104 non-member session rate | \$15 non-member drop-in rate

***NEW* Get Fit- Boxing**

Instructor: Louise Lepore with Westchester Amateur Boxing Club

Fitness Level 1-2: The class is suited to all levels of fitness and mobility, exercises are adaptable.

Get Fit- Boxing is designed to increase balance, muscular strength, coordination, and cardiovascular health. Not only can this be good for your physical wellbeing but also your mental health while providing a full body workout in a fun, upbeat and supportive environment.

No special equipment or boxing gloves are required, just comfortable clothing, a good pair of sneakers and water.

When: Thursday, 11:00 am – 12:00 pm

Session 1: (4 classes) May 26, June 2, June 9, 16

Cost: \$40 member session rate | \$12 member drop-in rate
\$52 non-member session rate | \$15 non-member drop-in rate

Session 2: (4 classes) July 14, 21, 28, August 4

Cost: \$40 member session rate | \$12 member drop-in rate
\$52 non-member session rate | \$15 non-member drop-in rate

***Trial Class: Thursday, May 19th 11am- 12pm: BQCC | Cost \$10**

***NEW* Pound Fitness Class**

Instructor: Cherie Schultz

Fitness Level 1-2: Gentle, Moderate to Active. Bring yoga mat and water. Ripstix are provided; no drumming or musical instruction provided in this class.

Pound is a full body cardio-jam session inspired by the infectious, energizing, and fun beat of playing the drum. Designed for all fitness levels. Pound Fitness is for anybody and any body.

Using “**Ripstix**”, a-lightly weighted exercise drumsticks, you'll sweat and sculpt your body and mind. Release your inner Rockstar as you become the music with each strike to the beat. Pound combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. The workout is easily modifiable for all abilities.

When: Tuesday, 11:00 am - 12:00 pm

Session 1 (4 classes) May 17, 24, 31 June 7

Cost: \$40 member session rate | \$12 member drop-in rate
\$52 non-member session rate | \$15 non-member drop-in rate

Session 2 (4 classes) June 14, 21, 28, July 5

Cost: \$40 member session rate | \$12 member drop-in rate
\$52 non-member session rate | \$15 non-member drop-in rate

***Trial Class: Tuesday, May 10th 11am – 12pm: BQCC | Cost \$10**

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 (8 classes) May 6, 13, 20, 27, June 3, 10, 17, 24

Cost: \$80 member session rate | \$12 member drop-in rate
\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 8, 15, 22, 29, August 5, 12, 19, 26
Cost: \$70 member session rate | \$12 member drop-in rate
\$104 non-member session rate | \$15 non-member drop-in rate

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 this class, 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 class and see the benefits in your life.

When: Wednesday, 1:30 pm – 2:30 pm

Session 1 (8 classes) May 4, 11, 18, 25, June 1, 8, 15, 22,

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 13, 20, 27, August 3, 10, 17, 24

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in rate

Yoga – Stretch and Strengthen I

Instructor: 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 (8 classes) May 6, 13, 20, 27, June 3, 10, 17, 24

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 15, 22, 29, August 5, 12, 19, 26

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in

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 – 1:00 pm

Session 1 (8 classes) May 4, 11, 18, 25, June 1, 8, 15, 22,

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 13, 20, 27, August 3, 10, 17, 24

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in

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: Tuesday, 1:00 pm – 2:00 pm (Combined class Zumba Gold & Zumba Chair)

Session 1 (8 classes) May 3, 10, 17, 24, 31 June 7, 14, 21

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 12, 19, 26, August 2, 9, 16, 23

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in rate

When: Thursday, 1:00 pm – 2:00 pm

Session 1 (8 classes) May 5, 12, 19, 26, June 2, 9, 16, 23

Cost: \$80 member session rate | \$12 member drop-in rate

\$104 non-member session rate | \$15 non-member drop-in rate

Session 2 (7 classes) July 14, 21, 28, August 4, 11, 18, 25

Cost: \$70 member session rate | \$12 member drop-in rate

\$91 non-member session rate | \$15 non-member drop-in rate

Self-Care Workshop: The importance of learning Self-Care: Taking care of yourself is the first step to taking care of others

Instructor: Elizabeth Stolte, CCC, MTA, MPS

Are you feeling exhausted with an overwhelming number of responsibilities? Do you love helping others, but helping now lacks the joy it once held? When life becomes overwhelming and exhausting with taking care of others, we can forget to tune into our own needs. This may lead to increased stress and lowered quality of life. Recognizing our need for self-care is a two-step process. First, we want to build awareness and understanding of ourselves as to how, and when we need self-care. Second, we want to develop strategies that support our own needs for care.

Proactive self-care is better than reactive self-care. This three-part series has been designed with this in mind – you will learn to regularly implement self-care, so you avoid setbacks in your overall health and wellbeing.

When: Wednesday, 10:00 am – 11:00 am

Dates: May 11, 18, 25

Location: Yellowbird East Community Centre- YECC Coffee Room

Cost: \$45 member rate | \$65 non-member rate

***Registration is required as space are limited.**

Mindfulness Workshop: Still your mind, increase your joy! Learning Mindfulness to help you improve your overall wellness.

Instructor: Elizabeth Stolte, CCC, MTA, MPS

Do you sometimes feel distracted, and think you are not getting as much as you can out of your life experiences? Perhaps your mind wanders and your worries increase? Mindfulness can help you with this, and more. In this three-part series we will focus on learning about mindfulness, the benefits, and practical strategies. Each week we will learn and practice a variety of mindfulness resources that can be used throughout your life.

When: Thursday, 10:00 am – 11:00 am

Dates: July 7, 14, 21

Location: Yellowbird East Community Centre, Boardroom

Cost: \$45 member rate | \$65 non-member rate

***Registration is required as spaces are limited.**

Elizabeth Stolte, CCC, MTA, MPS is a Master Level Canadian Certified Counsellor and Certified Music Therapist. She has over 20 years experience working with adults, seniors, children, and adolescents, in both medical and mental health settings. Elizabeth supports individuals in several key areas: development of mindfulness, anxiety, depression, life transitions, stress management, navigating difficult relationships, emotion management, and grief and loss.

SPECIAL EVENTS

SWESA Luncheon with performance by SWESA Choir

This will be a very special time for catching up with old friends, meeting new ones and to experience a special performance by our SWESA Choir.

When: Thursday, May 5, 2022

Time: 12:00 pm – 2:00 pm

Location: Blue Quill Community Centre (BQCC) Gym

Cost: \$22 per person | Ticket sales end: Thursday, April 28, 2022

Theme: Mexican Cuisine. Spice level is suitable for all level. Caterer will accommodate those with dietary restrictions, but we must know in advance.

Monthly Birthday Party Coffee & Chat

We're celebrating you, Happy Birthday! Join us for a birthday cake on your birthday month at YECC. **Pre-registration is required so that we can prepare and set up for celebrants and guests.**

When: Tuesday, 1:00 pm – 2:30 pm

Dates: May 24, June 21, July 26, August 23

Cost: Complimentary to birthday celebrants, \$2 for guests/non-birthday celebrants.

Annual General Meeting

The Board of Directors, Staff, and volunteers of SWESA would like to invite and encourage all those with a current 2022 SWESA membership to attend our AGM.

When: Monday, May 30, 2022

Time: 1:00 pm

Location: Yellowbird East Community Centre, YECC Hall

More detail and all the relevant documents will be announced closer to the date.

SWESA 10th Birthday Celebration

We are turning 10! Join your fellow members in celebrating our 10th Anniversary. Participate in our demo classes, browse through the art of our hardworking Art Group, have dessert and cheer SWESA as we celebrate our double digits.

When: Thursday, June 9, 2022

Time: 1:00 pm – 4:00 pm

Location: Blue Quill Community Centre, Gym

Bus Tour to Rosebud Theatre

Join SWESA for a road trip to the Rosebud Theatre Summer Opera House to see a summer musical about hope! “Songs for a New World” by Jason Roberts Brown is a soaring musical song cycle about a serious moment in the lives of a startling array of characters who not only survive but thrive in the face of adversity.

When: Wednesday, June 29, 2022

The highway coach bus will leave BQCC parking lot at 7:30 am for 11:30 am lunch and 1:30 pm show at the Rosebud Theatre.

Plan for a 4-hour trip as travel time from Edmonton to Rosebud Theatre is approximately 3.5 hours and there will be a brief stop in Red Deer.

Cost: \$125.00 members | \$150.00 non-members

Sign up by Friday, June 3, 2022 to reserve your seat. Payment is due upon registration.

Taste of Edmonton, Volunteer Fundraising Week

Volunteer with us! For the last few years, SWESA members and friends have volunteered at the annual Taste of Edmonton. It’s fun and a great way to turn your time into dollars for SWESA.

Volunteer Orientation Day Meeting: Wednesday, July 13, 2022

Time: 1:00pm – 3:00 pm

Location: Yellowbird East Community Centre, YECC Hall

Volunteer Schedule Dates: July 25, 26, 27, & July 29, 2022

Location: Sir Winston Churchill Square

Inquire for available positions by sending an e-mail volunteer@swesa.ca

New Horizon Grant “Hello neighbour, we’d like to meet you!”

We will be introducing new events and activities that do not appear in this guide for the New Horizon Grant.

New programs, special events and outings 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

If you have any questions or would like more information about programming, please call April Williamson at 780-860-2856 or email programs@swesa.ca

Toonie Talks:

Presentations by professionals and knowledgeable individuals on a wide range of topics.

For updated program and events information visit our website at www.swesa.ca and look under the SWESA Programs.

Registration in advance is required so that presenters can be prepared, and we can inform you should there be scheduling changes.

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

Location	Day	Program	Time
YECC - Hall	Monday	Art Group	9:30 am – 12:00 pm
YECC - CR	Monday	American Mahjong	9:30 am – 12:00 pm
YECC - CR	Monday	Cribbage	12:30 pm – 2:45 pm
YECC - Hall	Monday	Canasta (Hand and Foot)	12:30 pm – 2:45 pm
TCRC - Rm 7	Monday	Coffee and Chat TCRC	1:30 pm – 4:00 pm
YECC - CR	Tuesday	Scrabble Group	10:00 am – 12:00 pm
YECC - CR	Tuesday	Arizona Ten	12:30 pm – 2:45 pm
BQCC - Gym	Tuesday	Clogging- Beginners	9:30 am – 10:30 am
BQCC - Gym	Tuesday	NEW Pound Fitness	11:00 am – 12:00 pm
BQCC - Gym	Tuesday	Zumba Gold & Chair combined	1:00 pm – 2:00 pm
BQCC - Gym	Tuesday	Essentrics for Seniors	2:30 pm – 3:15 pm
YECC - Hall	Wednesday	Bridge (Contract)	12:30 pm – 2:45 pm
BQCC - Gym	Wednesday	Core & All	10:15 am – 11:15 am
BQCC - Gym	Wednesday	Yoga – Stretch & Strengthen II	11:45 am – 1:00 pm
BQCC - Gym	Wednesday	Yoga – Gentle	1:30 pm – 2:30 pm
TCRC - Rm 7	Wednesday	Coffee and Chat TCRC	1:30 pm – 4:00 pm
YECC - CR	Thursday	Coffee & Chat YECC	9:30 am – 12:00 pm
YECC - CR	Thursday	Cribbage	12:30 pm – 2:45 pm
YECC - Hall	Thursday	Choir	12:30 pm – 2:00 pm
BQCC - Gym	Thursday	Cardio Total Fit	9:45 am – 10:45 am
BQCC - Gym	Thursday	NEW Get Fit- Boxing	11:00 am – 12:00 pm
BQCC - Gym	Thursday	Zumba Gold	1:00 pm – 2:00 pm
BQCC - Office	Thursday	NEW Paper Crafters Club	1:00 pm – 3:00 pm
BQCC - Gym	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 - Lounge	Friday	Knitting & Stitching Group	11:30 am – 3:00 pm
BQCC - Gym	Friday	Essentrics – Age Reversing	1:00 pm – 2:00 pm
BQCC - Gym	Friday	Line Dance – Beginners	2:30 pm – 3:30 pm

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. Go to 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 credit card payment 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.

Direct Line: 780-860-2931

E-mail: homesupport@swesa.ca

Mailing Address:

SWESA
Box 88008 Rabbit Hill PO
Edmonton, AB T6R 0M5
Attn: Barbara Newell