

# Program & Activities GUIDE

May – August 2023



## A Great Place to be 55+

SWESA is a progressive organization creating a vibrant, welcoming, age-friendly community that empowers older adults in Southwest Edmonton, to be active and to be socially engaged.

**Main Line:** 587-987-3200 | **Website:** [www.swesa.ca](http://www.swesa.ca) | **E-mail:** [programs@swesa.ca](mailto:programs@swesa.ca)

### Administration Office:

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

### Program Locations:

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

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

Terwillegar Community Recreation Centre, 2<sup>nd</sup> Floor MP-A: **TCRC** 2051 Leger Rd NW

### Mailing Address:

SWESA  
Box 88008 Rabbit Hill PO

## Be in the know!

Visit <http://swesa.ca/newsletter/> to check the most up to date information on SWESA's programs or to receive SWESA's Bulletin directly to your e-mail. Notices on the Bulletin includes our upcoming programs, activities, special events and or any program and activity changes.

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## LAND ACKNOWLEDGEMENT

SouthWest Edmonton Seniors Association (SWESA) acknowledges that we operate on Treaty 6 territory, the traditional land of the Cree, Dene, Anishinaabe, Saulteaux, Nakota Sioux, Blackfoot, and Métis.

We call on our collective traditions and spirits to work on reconciliation and on building a strong community for today and future generations.

## MEMBERSHIP INFORMATION

**Regular Members** are ages 55+ who paid a membership fee for the current year. The annual membership fee is \$30 that runs from Jan 1 to Dec 31; membership fees are non-refundable, non-transferrable and not pro-rated if you join part way through the year.

**Reciprocal Members** from partnered senior centres must provide a valid membership and will receive member rates for instructor-led programs only.

**Non-Members** will receive 1 guest pass to participate and are encouraged to support and purchase a membership.

## MEMBERSHIP BENEFITS

- Vote at the Annual General Meeting and Special General meetings
- Priority registration with Member rates for programs, activities, and events.
- Access to our facilities with complimentary book and puzzle exchange at BQCC
- Complimentary Café SWESA- Coffee & Chat group visits
- Reciprocal rights at partnered Senior Centres in Edmonton
- Discounts at most City of Edmonton recreational facilities (subject to change)
- Complimentary admission to FYI Talks
- Activity Pass with unlimited access to activities under Activity Pass listings. See listing on Page 6.

## Disclaimer/Liability

All participants (member, associate, reciprocal, and non-member/guests) are required to sign a participant agreement form, program waiver to participate in all SWESA programs and activities.

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

As program or activity participants, 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.

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.

## Registration, Acceptable Forms of Payment, and Drop-ins

Payment is required at registration. Pre-registration with no payment is no longer accepted. Please register early to avoid program cancellation due to low enrollment or to avoid disappointment when class is full. Drop-ins are currently not permitted.

### How to Register.

**On-line registration:** SWESA is now using a new system called Jotform as our registration platform for all programs, activities and events. You will find our customized JotForm registration on our secured SWESA website at [www.swesa.ca](http://www.swesa.ca). On-line payment can be made by using Visa or Mastercard only, no American Express.

**In-Person registration** can be made by visiting our SWESA Admin Office at Blue Quill Community Centre (BQCC). Credit cards (Visa/Mastercard), cash and cheque made payable to SWESA are acceptable. Interac/Debit and American Express are not accepted.

## Cancellations/Refunds

**Fees are non-refundable, non-transferrable and not pro-rated** if you join part way through the program and or activities.

No refunds will be given to participants if they withdraw from a program of their own volition, or should they cancel after a registration. Credit may be considered at the discretion of SWESA.

SWESA reserves the right to cancel programs. Programs and activities may change with minimal notice. Registered participants will be notified with program changes or if program is cancelled.

## Checking in at our facilities

Attendance will be checked by staff and or volunteers. Please check in when you arrive.

Guests participating in all SWESA programs/activities must complete and sign a participant agreement form prior to attending.

**No Scent Please:** Out of respect for those with respiratory health conditions, we ask that you do not wear or use scents when in our facilities. We appreciate your cooperation.

## Centre Hours/Closures

**Administration Office: Blue Quill Community Centre, BQCC: 11304 - 25 Ave NW**

Monday to Friday 9:00 am – 4:30 pm

Please call the main office at 587-987-3200 if the main entrance door is locked during office hours and we will let you in.

**Terwillegar Community Recreation Centre, 2<sup>nd</sup> Floor MP-A, 2051 Leger Road NW and Yellowbird East Community Centre, YECC: 10710 - 19 Ave NW locations**

TCRC and YECC hours vary and are only open during scheduled programs.

Please visit our Admin Office for membership purchase and payment matters. General inquiries can be made by calling 587-987-3200, e-mailing [info@swesa.ca](mailto:info@swesa.ca) or in person at the Admin Office.

### **SWESA locations are closed on the following dates:**

Monday, May 22 Victoria Day, Stat Holiday

Tuesday, May 23 – Friday, May 26 for Provincial Election Use (BQCC Gym Only)

Wednesday, May 31 SWESA's Annual General Meeting

Thursday, June 22 SWESA Admin Office Closed for Luncheon

Monday, July 3 in lieu of Canada Day, Stat Holiday

Monday, August 7 Civic Holiday, Stat Holiday

Monday, August 28 – Sept 1 Program Break to prepare for Fall

## Volunteering at SWESA

Our member volunteers bring a wealth of experience and talent with a willingness to roll up their sleeves to help. Volunteer opportunities are often listed on our Bulletin. Be sure to subscribe and receive the Bulletin directly to your inbox or send an e-mail to [info@swesa.ca](mailto:info@swesa.ca) to inquire on how you can volunteer at SWESA.

## Seniors Home Supports Program (SHSP) available only until June 2023

The Seniors Home Supports Program is a referral service that connects 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. Seniors may choose a service provider from the list 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:**

- Yard Help: lawn mowing for fall/spring clean-up (small tree removal, trimming etc.) gate, sidewalk, and concrete repairs. Snow removal: snow removal and de-icer (not chipping ice)
- Housekeeping: cleaning of floors, bathrooms, refrigerators, dusting, and laundry
- Minor home repairs and maintenance: plumbing, electrical work, handyman services (painting, furnace, 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

### **To register contact:**

Barbara Newell, Home Supports Coordinator by calling 780-860-2931, send an e-mail at [homesupport@swesa.ca](mailto:homesupport@swesa.ca) or mail inquiries to SWESA's mailing address found on cover page.

## PROGRAMS & ACTIVITIES (May to August)


**Café SWESA, Coffee & Chat** It's not about the coffee, it's more about the conversation and socializing at our Café SWESA groups. You'll find a warm welcome and feel at home at our coffee & chat meets where you'll laugh, hear many opinions, share your information. Join us for coffee, tea, and water with a treat. **Café SWESA is free to all SWESA members.**

Guests may join once and encouraged to purchase a membership for returning visits.

### Monday

-  **Terwillegar Community Recreation Centre (TCRC), 2<sup>ND</sup> Floor, MP-A**  
**Time:** 1:30 pm – 4:00 pm (No Meet on Mondays May 22, Jul 3, Aug 7 and Wed May 31)


### Tuesday

-  **Blue Quill Community Centre (BQCC) Multi-Purpose Room (MP R)**  
**Time:** 10:00 am – 12:00 pm

### Wednesday

-  **Terwillegar Community Recreation Centre (TCRC), 2<sup>ND</sup> Floor, MP-A**  
**Time:** 1:30 pm – 4:00 pm (No Meet Wednesday May 31 for SWESA AGM)

### Thursday

-  **Yellowbird East Community Centre (YECC)**  
**Time:** 9:30 am – 12:00 pm (No Meet: June 22)

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**Café SWESA, Book Club** Join our friendly and informal Café SWESA for book enthusiasts! The group will select one specific book for the featured discussions each meet.

**Dates:** Tuesday May 2, Tuesday June 13, Tuesday July 4, Tuesday August 1

**Time:** 2:45 pm – 4:00 pm

**Location:** BQCC – Multi Purpose Room

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**Café SWESA, Scrabble Social** We're breaking out the boards over coffee for an informal scrabble social for all levels! Join us on the 3<sup>rd</sup> Tuesday of the Month for a friendly game of Scrabble at our Blue Quill Community Centre, Multi Purpose Room together with our Café SWESA Coffee & Chat.

**Dates:** Tuesday, May 16, June 20, July 18, August 22

**Time:** 10:00 am – 12:00 pm

**Location:** BQCC – Multi Purpose Room

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**Café SWESA, Walking Group** Join the Walking Group on Tuesday mornings! We meet at Blue Quill Community Centre- BQCC at 9:30am and decide where we walk. Upon returning to BQCC we can join Café SWESA group for coffee and chat. Please dress for the weather and should changes or cancellation occur, those in the group will be notified.

**Dates:** Tuesdays

**Time:** 9:30 am

**Location:** BQCC to meet and trail/walks are at various locations.



# SWESA ACTIVITY PASS

The Activity Pass can be purchased for \$20 per Program Guide which enables SWESA members to attend an unlimited number of SWESA's non-instructional activities such as Art Group, Knitting & Stitching, Cards, and Games (Cribbage, Hand and Foot Canasta, Bridge (Contract), American Mahjong, Arizona 10 etc. It is non-refundable, non-transferable, and not pro-rated if you join part way through season. Once purchased, it is registered in a member's account and no physical pass is given. SWESA will take attendance at each activity to reference payment.

Potential members, are welcome to attend once as a guest and required to purchase a membership with an activity pass to attend again.

The Spring to Summer Activity Pass is valid from **May 1 - August 25, 2023**

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**Art Group** This is a self-directed activity, informal program for many artists or aspiring artists to create art, connect, learn, and share new techniques and studio space in a supportive environment. Participants bring their own art projects and supplies. This is a fragrance-free group.

**When:** Monday, 12:00 pm – 2:00 pm

**Dates:** May 1, 8, 15, 29, Jun 5, 12, 19, 26, Jul 10, 17, 24, 31, Aug 14, 21 (No meet May 22, Jul 3, Aug 7)

**Location:** Blue Quill Community Centre, Multi Purpose Room

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**Knitting and Stitching Group** Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc.) to share ideas, learn from each other and work in a fun, social group. This is a self-directed activity.

**When:** Friday, 12:00 pm – 3:00 pm

**Dates:** May 5, 12, 19, 26, Jun 2, 9, 16, 23, 30, Jul 7, 14, 21, 28, Aug 4, 11, 18, 25

**Location:** Blue Quill Community Centre, Multi Purpose Room

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**Cards and Games** Join the group to learn and play a friendly game. Players are welcome to join at any time throughout the season with a purchase of an Activity Pass.

Please arrive ahead of the listed time to allow tables and teams to be set for game play. Games will wrap up at least 10 mins before end time to allow set up or clean up for the next activity.

## May 1 – August 25

WHEN	CARDS & GAMES	TIME	LOCATION
Monday	American Mahjong	9:30 am – 11:30 am	Blue Quill Community Centre- BQCC Multi Purpose Room
Monday	Canasta Hand and Foot	2:30 pm – 4:30 pm	
Tuesday	Cribbage	12:30 pm – 2:30 pm	
Wednesday	Bridge Contract	12:30 pm – 2:30 pm	
Wednesday	Arizona Ten	2:30 pm – 4:30 pm	
Thursday	Cribbage	12:30 pm – 2:30 pm	
<b>Dates: May 1 - Aug 25</b> (No meet on: May 22, May 31, Jun 22, Jul 3, Aug 7, Aug 29 - Sept 1)			

Interested in forming a new cards & games group? Let's work together! Send an e-mail to [programs@swesa.ca](mailto:programs@swesa.ca) with your suggestions.

## INSTRUCTOR-LED PROGRAMS

### **Acrylic Painting for all levels** | Instructor: Willie Wong

Acrylic painting is a great skill to learn and easy to work for beginners. Acrylics are versatile, vibrant, fast drying paints that can be thinned with water like watercolours, offering the artist a wide range of textures, colours, and consistencies. This is a fragrance-free class, and you are required to purchase supplies. A list will be available upon registration.

**Dates:** Wednesday, May 3, 10, 17, June 7, 14, 21, (6 classes, no class May 24, 31)

**Time:** 10:00 am – 12:00 pm

**Location:** Blue Quill Community Centre, Multi Purpose Room

**Cost:** \$75 member/reciprocal member rate

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### **Simple Joys of Singing- Workshop** | Instructor: Anna Beaumont

SWESA welcomes all music lovers who can carry a tune to enjoy the workshop in a relaxed and friendly environment. Join Anna to sing simple songs and learn essential tips to help let go and enjoy your voice. Anna Beaumont has been studying the voice and its powerful connection to life, harmony, and vibration for over 25 years and helps people release and uncover their authentic voice through building inner and outer connections to their voice, body, and emotions.

**Date:** Thursday, June 15

**Time:** 11:00 am – 2:00 pm

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

**Cost:** \$55 members/ reciprocal member rate (Min of 6 is required to run this program)

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### **Line Dance, Beginners** | Instructor: Tracy Walters

We will dance to many genres of music from rock, country, pop, just to name a few. You do not need a partner or experience to participate. Shoes with leather or suede soles are recommended and since Line Dance is a form of low impact exercise, please wear comfortable clothing.

**Session 1:** Friday May 5, 12, 19, June 2, 9, 16 (6 classes, no class May 26)

**Cost:** \$40 member/reciprocal member rate

**Session 2:** Friday, July 21, 28, Aug 4, 11, 18, 25 (6 classes)

**Cost:** \$40 member/reciprocal member rate

**Time:** 2:30 pm – 3:30 pm

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

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### **Line Dance, Intermediate** | Instructor: Tracy Walters

The Intermediate Line Dance is for those who have taken a beginner line dance and looking for a challenge. We continue to perfect your basic steps and progress to learn more dances such as “Help Me, Rhonda,” the “Tush Push” and “Let Your Love Flow”. Pre-requisite: Beginner Line Dance. Shoes with leather or suede soles are recommended and comfortable clothing.

**Session 1:** Wednesday, May 3, 10, 17, June 7, 14 (5 classes, No class May 24, 31)

**Cost:** \$30 member/reciprocal member rate

**Session 2:** Wednesday, July 19, 26, Aug 2, 9, 16, 23 (6 classes)

**Cost:** \$40 member/reciprocal member rate

**Time:** 3:00 pm – 4:00 pm

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

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## FITNESS

**Important Information:** Please bring your own indoor shoes, water bottle. As well as for Yoga, yoga mats may be required for some other fitness classes. Shared fitness equipment such as yoga blocks, belts, stretch band and weights are available on a first come, first served bases. Please use at your own risk.

We recommend you wipe down your chairs and shared fitness equipment after each use. Please wash or sanitize your hands often, especially before and after handling any exercise equipment.

Please only attend the days and or dates that you are registered for. Classes are non-transferrable.

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**Boxing, Get Fit!** | Instructor: Louise Lepore | Fitness Level 1-2: The class is suited to all levels of fitness and mobility, exercises are adaptable. No special equipment or boxing gloves are required, wear comfortable clothing, a good pair of sneakers and bring water.

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.

**Session 1:** Thursday, May 11, 18, June 1, 8, 15, 29 (6 classes, No class May 25, June 22)

**Cost:** \$40 member/reciprocal member rate

**Session 2:** Thursday, July 6, 13, 20, 27, Aug 3, 10, 17 (7 classes)

**Cost:** \$50 member/reciprocal member rate

**Time:** 11:30 am – 12:30 pm

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

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**Cardio Total Fit** | Instructor: Jannine Otto | Fitness Level 2: Moderate to Active, standing and floor work. Plenty of modifications will be provided to suit your fitness level.

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.

**Session 1:** Thursday, May 4, 11, 18, June 1, 8, 15 (6 classes, no class May 25, June 22)

**Cost:** \$40 member/reciprocal member

**Session 2:** Thursday, July 6, 13, 20, 27, Aug 3, 10, 17, 24 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 9:45 am – 10:45 am

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

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## **Core & All** Fitness Level 2: Moderate to Active.

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.

### **Wednesday** | Instructor: Esther Sipos

**Session 1:** Wednesday, May 3, 10, 17, June 7, 14, 21, 28 (7 classes, no class May 24, May 31)

**Cost:** \$50 member/reciprocal member rate

**Session 2:** Wednesday, July 5, 12, 19, 26, Aug 2, 9, 15, 23 (8 classes)

**Cost:** \$60 member/reciprocal member rate

### **Friday** | Instructor: Esther Sipos and Deb Proc

**Session 1:** Friday, May 5, 12, 19, June 2, 9, 16, 23, 30 (8 classes, no class May 26)

**Cost:** \$60 member/reciprocal member rate

**Session 2:** Friday, July 7, 14, 21, 28, Aug 4, 11, 18, 25 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 10:15 am - 11:15 am

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

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## **Essentrics for Seniors** | Instructor: Lori Griffith | Fitness Level 1: Gentle, standing with chair work, (no floor work). Please bring a yoga mat.

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.

### **Tuesday**

**Session 1:** Tuesday, May 2, 9, 16, 30, Jun 6, 13, 20, 27 (8 classes, no class May 23)

**Cost:** \$60 member/reciprocal member rate

**Session 2:** Tuesday, July 4, 11, 18, 25, Aug 1, 8, 15, 22 (8 classes)

**Cost:** \$60 member/reciprocal member rate

### **Thursday**

**Session 1:** Thursday, May 4, 11, 18, June 1, 8, 15, 29 (7 classes, no class May 25, June 22)

**Cost:** \$50 member/reciprocal member rate

**Session 2:** Thursday, July 6, 13, 20, 27, Aug 3, 10, 17, 24 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 2:30 pm – 3:15 pm

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

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**Essentrics – Age Reversing** | Instructor: Lori Griffith | **Fitness Level 2:** Gentle to Moderate, includes standing and some floor work (back and side only). Please bring a yoga mat.

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 strengthen your immune system.

**Session 1:** Friday, May 5, 12, 19, June 2, 9, 16, 23, 30 (8 classes, no class May 26)

**Cost:** \$60 member/reciprocal member rate

**Session 2:** Friday, July 7, 14, 21, 28, Aug 4, 11, 18, 25 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 1:00 pm – 2:00 pm

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

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**Tai Chi, Beginners** | Instructor: Master Ken Chui | **Fitness Level 1:** Gentle with standing.

Learn the 24 forms of Tai Chi Quan with Master Ken Chui. Tai Chi is a form of martial art that involves a series of elegant, graceful circular movements performed in a slow, focused matter accompanied by deep breathing. This class will allow participants to relax while building harmony, coordination and balance in mind, body, and soul.

**Session 1:** Tuesday, May 2, 9, 16, 30, June 6, 13, 20, 27 (8 classes, no class May 23)

**Cost:** \$60 member/reciprocal member rate

**Session 2:** Tuesday, July 4, 11, 18, 25, Aug 1, 8, 15, 22 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 10:30 am – 11:30 am

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

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**Yoga 1** | Instructor: Darria Hirsekorn | **Fitness Level 1:** Relaxed and restorative, includes standing and floor work. Please bring a yoga mat and a blanket or shawl.

Yoga Level I is a softer way to practice Yoga. The benefits include better range of motion and muscle tone, more ease in daily activities, improved breathing, better balance, and stress reduction. This class will combine gentle yoga poses on the floor (seated and lying down on the mat), with breathing exercises and restorative poses to stretch and strengthen the body and calm the mind. A chair will be available for support with balance and other modifications to the practice. Props are encouraged. This is not a seated/chair Yoga class.

**Session 1:** Wednesday, May 3, 10, 17, June 7, 14, 21, 28 (7 classes, no class May 24, 31)

**Cost:** \$50 member/reciprocal member rate

**Session 2:** Wednesday, July 5, 12, 19, 26, Aug 2, 9, 16, 23 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 1:30 pm – 2:30 pm

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

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### **Yoga, Stretch & Strengthen 3** | Instructor: Darria Hirsekorn Fitness Level 3: Advanced Class.

This class is an invitation for experienced participants to practice a more advanced and challenging explorations of yoga. There will be opportunities to stretch and strengthen the body in a variety of challenging poses on your back, seated on the floor, standing and in floor work on your stomach. The benefits of this class can include greater flexibility, muscle tone and strength, improved range of motion of the joints, more body awareness, greater calm, and ease of being.

**Session 1:** Wednesday, May 3, 10, 17, June 7, 14, 21, 28 (7 classes, no class May 24, 31)

**Cost:** \$50 member/reciprocal member rate

**Session 2:** Wednesday, July 5, 12, 19, 26, Aug 2, 9, 16, 23 (8 classes)

**Cost:** \$65 member/reciprocal member rate

**Time:** 11:45 pm – 1:00 pm (1 hour and 15 mins)

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

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### **Yoga Series - Happy Hips and Healthy Shoulders - May to June** | Instructor: Lynda Vaudan | Fitness Level 1- 2 Moderate to Active with floor work)

The amazing anatomy of our shoulders and hips consists of many muscles, tendons and ligaments built for mobility. In everyday activities, it is important to strengthen and stabilize our shoulders and hips.

In this series, we will learn “Intro to Happy Hips” on May 5<sup>th</sup> then “Intro to Healthy Shoulders” on May 12<sup>th</sup> and finish with Flexibility, Strength, and Balance Yoga. We will do a variety of poses on your back, sitting on the floor, yoga poses on your stomach and standing for balance. The benefits of the series can include greater flexibility, muscle tone, strength, improved range of motion of the joints, better balance, and more body awareness.

**Date:** Friday, May 5, 12, June 2, 9, 16, 23 (6 classes)

**Time:** 11:30 am – 12:45 pm (1 hour and 15 mins)

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

**Cost:** \$45 member/reciprocal member rate

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### **Yoga Stretch and Strengthen** | Instructor: Vera Resera Fitness Level 1 – 2: Plenty of modifications provided to suit your fitness level. Beginners to Experienced welcome. Bring a yoga mat, water and a blanket or shawl.

This class will start with the foundations of yoga and gradually build to explore stretching and strengthening your body, in a variety of poses on your back, seated on the floor, standing, and may include floor work on your stomach.

The benefits of Yoga Stretch and Strengthen can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm, and ease of being.

**Dates:** Friday, July 7, 14, 21, 28, August 4, 11, 18, 25 (8 classes)

**Time:** 11:30 am – 12:30 pm

**Cost:** \$60 member/reciprocal member rate

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

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**Zumba Gold** | Instructor: Tammy Clark | Fitness Level 1-2: 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!

## **Tuesday**

**Session 1:** Tuesday, May 2, 9, 16, 30, June 6, 13, 20, 27 (8 classes, no class May 23)

**Cost:** \$60 member/reciprocal member rate

**Session 2:** Tuesday, July 4, 11, 18, 25, Aug 1, 8, 15, 22 (8 classes)

**Cost:** \$60 member/reciprocal member rate

## **Thursday**

**Session 1:** Thursday, May 4, 11, 18, June 1, 8, 15, 29 (7 classes, No class, May 25, June 22)

**Cost:** \$50 member/reciprocal member rate

**Session 2:** Thursday, July 6, 13, 20, 27, Aug 3, 10, 17, 24 (8 classes)

**Cost:** \$60 member/reciprocal member rate

**Time:** 1:00 pm – 2:00 pm

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

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## **WORKSHOPS**

**“Spring into Photo Organizing”** | Presented by: Carmen with Forever Neat Organizing

Learn the main elements of printed, digital and video organizing in this photo organizing workshop that is beneficial to those who are just starting to think about preserving their memories.

**Date:** Thursday, May 18 | **Time:** 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre, Coffee Room \*Space is limited to 14 seats\*

**Cost:** Free to SWESA members

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**“Chronic Pain Self- Management Program- Better Choices, Better Health”** | Presented by: Alberta Health Services

Join AHS for an in-person Better Choices, Better Health – Chronic Pain Self- Management Program. In this program you will learn: Techniques to help control your pain, tips for healthy eating and becoming more active. Strategies for talking with your health care team with methods for dealing with difficult emotions and options for making everyday tasks easier with ways to care for yourself to enjoy a better quality of life.

**Dates:** Tuesday, June 6, 13, 20, 27, July 4, 11 (6 weeks) | **Time:** 9:30 am – 12:00 pm

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

**Cost:** Free to SWESA members and guests

Space is limited. Register by Tuesday, May 23<sup>rd</sup>. A minimum of 8 participants is required to run this program. This program is open for SWESA members and guests of SWESA.

## FYI TALKS

FYI Talks are educational and informative presentations offered by experts in varying topics from organizations or businesses and are free to SWESA members. Guests of SWESA members may attend once, should space permit. Guests are encouraged to support SWESA and become a member.

### **FYI Talk “Scams and Account Fraud”** Presented by: ATB Wealth & Securities

With the increase in Scams and Account Fraud, it's important to know what red flags to look out for and how to protect yourself and your personal information. Join the FYI talk to learn more about the most pervasive scams.

**Date:** Friday, May 12 | **Time:** 10:00 am – 11:30 am

**Location:** Blue Quill Community Centre, Multi Purpose Room

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### **FYI Talk “Ethics of Artificial Intelligence: What Can the New Chatbots Do?”**

Presented by: Dr. G. Rockwell, University of Alberta

Since ChatGPT was released to the public in November of 2022 there has been an explosion of interest in chatbots and other generative artificial intelligence systems like DALL-E which can generate images from text. In this talk Dr. Rockwell will describe some of the uses and misuses of chatbots. He will use these to discuss how we might start thinking about the ethics of dealing with these systems. Do we need regulation or a pause on development? Is it time to treat them as moral agents or should we encourage innovative uses. Whatever the approach, it is time we all start talking with each other and these chatbots to understand what they can do and what they can't.

**Date:** Tuesday, June 6 | **Time:** 3:00 pm – 4:00 pm

**Location:** Blue Quill Community Centre, Multi Purpose Room

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### **FYI Talk “Understanding Housing Options”** | Presented by: Edmonton55

Are you confused by all the future senior housing options? Not sure what would benefit you? Join Jolyn Hall of Edmonton55 as she helps clarify the types of options for housing and care as we age. Jolyn will demystify when to consider a move and help you understand the financial implications of renting vs buying vs life lease. Learn to be proactive to stay in control of your housing choices as your needs change!

**Date:** Friday, June 9 | **Time:** 10:00 am – 11:30 am

**Location:** Blue Quill Community Centre, Multi Purpose Room

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### **FYI Talk “Chronic Pain”** Presented by Prof. Bruce Dick, University of Alberta

Dr. Bruce Dick's research interests focus primarily on pain and its effects on human performance, mood, sleep, life experience, and quality of life. Bruce and his colleagues are also interested in developing and evaluating novel treatment approaches for chronic pain management across the lifespan including virtual delivery in real time and via online formats.

**Date:** Friday, June 16 | **Time:** 10:00 am – 11:30 am

**Location:** Blue Quill Community Centre, Multi Purpose Room

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## **FYI TALK “Semi - Annual Global Financial Market Review and Outlook”**

Presented by: Wei Woo, Investment Advisor

Discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened so far in 2023 and look at forward guidance on what to expect for the second half of 2023.

**Date:** Friday, June 30 | **Time:** 10:00 am – 11:30 am

**Location:** Blue Quill Community Centre, Multi-Purpose Room

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## **FYI Talk “Incontinence”** Presented by Dr. Adrian Wagg University of Alberta

Join Dr. Adrian Wagg a specialist in Geriatric and General Medicine, a Professor of Continence Sciences at the University of Gothenburg, Sweden to discuss his expertise in health services research and healthy ageing practices for seniors.

**Date:** Tuesday, July 11 | **Time:** 3:00 pm – 4:30 pm

**Location:** Blue Quill Community Centre, Multi Purpose Room

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## **FYI Talk “Dividend Investing with Retirement Portfolios in Inflationary Times”**

Presented by Wei Woo, Investment Advisor

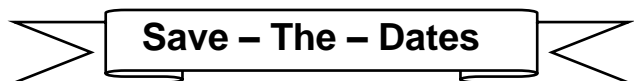
The last 2 years have been challenging for current retirees and their traditional retirement portfolios, with many wondering if they are positioned for the structurally changing financial and investment landscape. Join Wei Woo to discuss this changing landscape for retirement portfolios, and the modern dividend investment options now available to current retirees in a higher inflation economy.

**Date:** Friday, August 18 | **Time:** 10:00 am – 11:30 am

**Location:** Blue Quill Community Centre, Multi-Purpose Room

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## **SPECIAL EVENTS**



### **2023 Annual General Meeting (AGM)**

SWESA members and guests are invited to attend our 11th Annual General Meeting (AGM). You must have a current SWESA membership to vote at this meeting.

Join us, it's a great way to know what is happening in developing this great resource for older adults in southwest Edmonton.

**Date:** Wednesday, May 31 | **Time:** 12:30 pm – 2:30 pm (Registration at 12:30 pm, meeting will begin at 1:00 pm)

**Location:** Blue Quill Community Centre – BQCC

The Admin office will be closed, and no scheduled programming/activities will be held during the Annual General Meeting.

## SWESA LUNCHEON

We are hosting our last luncheon before we break for the summer. Be sure to check our SWESA Bulletin to learn more about the final details on our luncheons!

Happy 11<sup>th</sup> Birthday SWESA and membership, it's a Birthday Party Luncheon theme!

Join our "Birthday Party" themed lunch to celebrate all birthdays. Entertainment and menu will be revealed in our bulletin and other finer details of the celebration. This is our last luncheon before we break for the summer. SWESA luncheons will resume in the Fall.

**Date: June 22 | Time:** 12:00 pm – 2:00 pm (Doors Open, 11:30 am)

**Location:** Blue Quill Community Centre, BQCC – Gym

**Cost:** \$22 member, reciprocal member, and non-member/guests rate

The Admin office will be closed, and no scheduled programming/activities will be held during the Luncheon.

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## Taste of Edmonton 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:** Thursday, July 13

**Time:** 1:00 pm – 3:00 pm

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

**Taste of Edmonton Volunteer Shift Dates:** July 24, 25, 26, & 28

**Location:** Sir Winston Churchill Square

Inquire for available positions by sending an e-mail to [info@swesa.ca](mailto:info@swesa.ca).

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## Garage Sale Fundraiser

Proceeds for the Garage Sale will go to SWESA's Programming and Social Activities. We are looking for gently used, modest shaped or new items to be donated to SWESA for our garage sale fundraiser. Drop off will be accepted 2 days (Jul 12, 13) prior to event. Pick up may be available depending on volunteer availability and item sizes.

**Date:** Friday, July 14

**Time:** 10:00 am – 3:00 pm (Setup from 9:00 am – 10:00 am)

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

Would you like to volunteer? E-mail [info@swesa.ca](mailto:info@swesa.ca) to help make this event a success!

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## SWESA OUTINGS

**Fort Edmonton Park Outing** To commemorate the National Indigenous History Month, we are looking to visit the Fort Edmonton Park's award-winning exhibit to learn more about the diversity, explore the rich and beautiful cultures of First Nations and Métis peoples. (This is a self-drive outing as Fort Edmonton Park is 10 minutes away from our locations).

**Date:** Thursday, June 29 | **Time:** 1:00 pm

**Location:** Fort Edmonton Park (meet at park)

**Cost:** TBD stay tuned on our Bulletin for details. Sign up for interest at SWESA Jotform under "Fort Edmonton Park Outing".

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**River Cree Resort & Casino Outing** Back by members request, we are going to River Cree Resort and Casino! The outing will include transportation to and from Blue Quill Community Centre, a lunch at Tap 25 restaurant and \$5 voucher to play. Join us and test your luck!

**Date:** Thursday, July 13 | **Time:** 10:30 am – 3:00 pm (Bus pick up at 10:00 am from BQCC)

Tuesday, August 15 | **Time:** 11:00 am – 3:30 pm (Bus pick up at 10:30 am from BQCC)

**Location:** River Cree Resort & Casino

**Cost:** \$5 member, reciprocal member and guest rate

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**Taste of Edmonton Outing** Let's support our Taste of Edmonton volunteers and enjoy an outing at the Taste of Edmonton Festival.

**Date:** Monday, July 24 | **Time:** 11:00 am – 2:00 pm

**Location:** Churchill Square Downtown

**Cost:** TBD stay tuned on our Bulletin for details. Sign up for interest at SWESA Jotform under "Taste of Edmonton Outing".

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**Wine Tour and Lunch Outing** Let's experience a local winery over lunch! Suggested by a SWESA member, we can enjoy a stroll through fields of raspberry, rhubarb, sour cherries and see where the action takes place in the winery while enjoying a taste of wine.

**Date:** Thursday, July 27 | **Time:** 11:30 am (Transportation pick up at 11:00 am from BQCC)

**Location:** Barr Estate Winery at 51526 Range Road 231, Sherwood Park, AB

**Cost:** \$75 member, reciprocal member and guest rate

Cost includes transportation, wine tour, BBQ lunch. Please register by Thursday, July 6<sup>th</sup>.

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**Birchwood Meadows Farms** The BWM Team is currently fine tuning their group visits for the summer months. More details to follow in our Bulletin!

**Date:** Tentatively mid in August | **Time:** TBD

**Location:** 56032 Range Rd 245, Sturgeon County, AB T8R 0M1

**Cost:** TBD, stay tuned on our Bulletin for details. Sign up for interest at SWESA Jotform under "Birchwood Meadows Farm Outing".

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**Moose Jaw Getaway** We are looking to experience a group visit at the Tunnels of Moose Jaw including a one-night stay and spa in the summer.

If you're interested and would like more details, sign up for interest at SWESA Jotform under "Moose Jaw Getaway Sign up".

## SWESA Regular Weekly Programs and Activities

Location	Day	Program	Time
BQCC - MP R	Monday	American Mahjong	9:30 am – 11:30 am
BQCC - MP R	Monday	Art Group	12:00 pm – 2:00 pm
BQCC - MP R	Monday	Canasta (Hand and Foot)	2:30 pm – 4:30 pm
TCRC - Rm 7	Monday	Café SWESA Coffee & Chat	1:30 pm – 4:00 pm
Outdoors	Tuesday	Walking Group	9:30 am
BQCC - MP R	Tuesday	Café SWESA Coffee & Chat	10:00 am – 12:00 pm
BQCC - Gym	Tuesday	Tai Chi, Beginners	10:30 am – 11:30 am
BQCC - MP R	Tuesday	Cribbage	12:30 pm – 2:45 pm
BQCC - Gym	Tuesday	Zumba Gold	1:00 pm – 2:00 pm
BQCC - Gym	Tuesday	Essentrics for Seniors	2:30 pm – 3:15 pm
BQCC - MP	Wednesday	Bridge (Contract)	12:30 pm – 2:30 pm
BQCC - MP	Wednesday	Arizona Ten	2:30 pm – 4:30 pm
BQCC - Gym	Wednesday	Core & All	10:15 am – 11:15 am
BQCC - Gym	Wednesday	Yoga - Stretch & Strengthen 3	11:45 am – 1:00 pm
BQCC - Gym	Wednesday	Yoga 1	1:30 pm – 2:30 pm
BQCC - Gym	Wednesday	Line Dance, Intermediate	3:00 pm – 4:00 pm
TCRC - Rm 7	Wednesday	Café SWESA Coffee & Chat	1:30 pm – 4:00 pm
YECC - CR	Thursday	Café SWESA, YECC	9:30 am – 12:00 pm
BQCC - Gym	Thursday	Cardio Total Fit	9:45 am – 10:45 am
BQCC - Gym	Thursday	Boxing, Get Fit!	11:30 am – 12:30 pm
BQCC – MP R	Thursday	Cribbage	12:30 pm – 2:30 pm
BQCC - Gym	Thursday	Zumba Gold	1:00 pm – 2:00 pm
BQCC - Gym	Thursday	Essentrics for Seniors	2:30 pm – 3:15 pm
YECC – Hall	Friday	Knitting & Stitching Group	11:30 am – 3:00 pm
BQCC - Gym	Friday	Core & All	10:15 am – 11:15 am
BQCC - Gym	Friday	Yoga Series “Happy Hips and Shoulders” (May – June)	11:30 am – 12:45 pm
BQCC - Gym	Friday	Yoga Stretch & Strengthen (July – August)	11:30 am – 12:30 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 are subject to change with minimal notice. Registered participants will be notified if a program changes or is cancelled.



**Website:** [www.swesa.ca](http://www.swesa.ca) | **E-mail:** [programs@swesa.ca](mailto:programs@swesa.ca) | **Phone:** 587-987-3200

**Program Locations:**

Blue Quill Community Centre (Admin Office): **BQCC** -11304 - 25 Ave NW

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

Terwillegar Community Recreation Centre, Room MP-A: **TCRC** - 2051 Leger Rd NW

## SWESA 2023 May - August Program and Activity Listings

Dates	Day	Program	Member Cost	Time	Location
May 1	Mon	Spring - Summer Program Starts May 1 - August 25			
May 1 - Aug 21	Mon	American Mahjong	Activity Pass	9:30 am - 11:30 am	BQCC – MP R
May 1 - Aug 21	Mon	Art Group	Activity Pass	12:00 pm - 2:00 pm	BQCC – MP R
May 1 - Aug 21	Mon	Canasta, Hand & Foot	Activity Pass	2:30 pm - 4:30 pm	BQCC – MP R
May 1 - Aug 21	Mon	Café SWESA Coffee & Chat	Free	1:00 pm - 4:00 pm	TCRC – MP A
May 2 - Aug 22	Tues	Walking Group	Free	9:30 AM	BQCC – Offsite
May 2 - Aug 22	Tues	Café SWESA Coffee & Chat	Free	10:00 am - 12:00 pm	BQCC – MP R
May 2 - Jun 27	Tues	Tai Chi- Beginners S1	\$60	10:30 am - 11:30 am	BQCC – Gym
May 2 - Aug 22	Tues	Cribbage	Activity Pass	12:30 pm - 2:30 pm	BQCC – MP R
May 2 - Jun 27	Tues	Zumba Gold - S1	\$60	1:00 pm - 2:00 pm	BQCC – Gym
May 2 - Jun 27	Tues	Essentrics for Srs - S1	\$60	2:30 pm - 3:15 pm	BQCC – Gym
May 2	Tues	Café SWESA - Book Club	Free	2:45 pm - 4:00 pm	BQCC – MP R
May 3 - Jun 21	Wed	Acrylic Painting for all	\$75	10:00 am - 12:00 pm	BQCC – MP R
May 3 - Jun 28	Wed	Core & All S1	\$50	10:15 am - 11:15 am	BQCC – Gym
May 3 - Jun 28	Wed	Yoga- Stretch & Str. 3 S1	\$50	11:45 am - 1:00 pm	BQCC – Gym
May 3 - Aug 23	Wed	Bridge (Contract)	AP	12:30 pm - 2:30 pm	BQCC – MP R
May 3 - Aug 23	Wed	Café SWESA Coffee & Chat	Free	1:00 pm - 4:00 pm	TCRC – MP A
May 3 - Jun 28	Wed	Yoga 1 Session 1	\$50	1:30 pm - 2:30 pm	BQCC – Gym
May 3 - Aug 23	Wed	Arizona Ten	AP	2:30 pm - 4:30 pm	BQCC – MP R
May 3 - Jun 14	Wed	Line Dance, Interm. S1	\$50	3:00 pm - 4:00 pm	BQCC – Gym
May 4 - Aug 24	Thurs	Café SWESA-Coffee & Chat	Free	9:30 am - 12:00 pm	YECC – CR
May 4 - Jun 15	Thurs	Cardio Total Fit – S1	\$40	9:45 am - 10:45 am	BQCC – Gym
May 4 - Aug 24	Thurs	Cribbage	AP	12:30 pm - 2:30 pm	BQCC – MP R
May 4 - Jun 29	Thurs	Zumba Gold - Session 1	\$50	1:00 pm - 2:00 pm	BQCC – Gym
May 4 - Jun 29	Thurs	Essentrics for Srs – S1	\$50	2:30 pm - 3:15 pm	BQCC – Gym
May 5 - June 30	Fri	Core & All Friday S1	\$60	10:15 am - 11:15 am	BQCC – Gym
May 5 - June 23	Fri	Yoga Series (May - June)	\$45	11:30 am - 12:45 pm	BQCC – Gym
May 5 - Aug 25	Fri	Knitting & Stitching Group	AP	12:00 pm - 3:00 pm	BQCC – Gym
May 5 - June 23	Fri	Essentrics Age Rev. S1	\$60	1:00 pm - 2:00 pm	BQCC – Gym
May 5 - June 23	Fri	Line Dance, Beg. S1	\$40	2:30 pm - 3:30 pm	BQCC – Gym
May 11 - Jun 22	Thurs	Boxing, Get Fit! S1	\$40	11:30am - 12:30pm	BQCC – Gym
May 12	Fri	FYI Talk "Scams & Account Fraud"	Free	10:00 am - 11:30 am	BQCC – MP R
May 16	Tues	Café SWESA - Scrabble	Free	10:00 am - 12:00 pm	BQCC – MP R
May 18	Thurs	Workshop "Spring into Photo Organizing"	Free	1:00 pm - 3:00 pm	BQCC – MP R
May 22, SWESA Closed for Victoria Day   May 23 – 26 BQCC Gym in used for Provincial Election					
May 31	Wed	Annual General Meeting (AGM) Meeting begins at 1:00 pm	-	12:30 pm - 2:30 pm	BQCC – Gym
<b>Happy Alberta Seniors Week! June 5 - 11</b>					
June 6 - Jul 11	Tues	Workshop "Chronic Pain - Self Management- Better Choices, Better Health"	Free	9:30 am - 12:00 pm	YECC - CR
June 6	Tues	FYI Talk "Ethics of Artificial Intelligence: What Can the New Chatbots do?"	Free	3:00 pm – 4:00 pm	BQCC – MP R
June 8	Thurs	Café SWESA - Book Club	Free	2:45pm - 4:00 pm	BQCC – MP R
June 9	Fri	FYI Talk "Understanding Housing Options"	Free	10:00 am - 11:30 am	BQCC – MP R
June 13	Tues	Café SWESA, Book Club	Free	2:45 pm - 4:00 pm	BQCC – MP R
June 15	Thurs	Simple Joys of Singing Workshop	\$55	11:00 am – 2:00 pm	YECC – Hall
June 16	Fri	FYI Talk "Chronic Pain"	Free	10:00 am - 11:30 am	BQCC – MP R



Dates	Day	Program	Member Cost	Time	Location
June 20	Tues	Café SWESA - Scrabble	Free	10:00 am - 12:00 pm	BQCC – MP R
June 22	Tues	SWESA Luncheon "Birthday Party Themed"	\$22	12:00 pm – 2:00 pm	BQCC – Gym
June 29	Thurs	Outing- Fort Edm Park	TBD	-	Offsite
June 30	Fri	FYI Talk "Semi- Annual Global Financial Market Review"	Free	10:00 am - 11:30 am	BQCC – MP R
July 3	Mon	SWESA Closed in lieu of stat holiday- Canada Day			
Jul 4 - Aug 22	Tues	Tai Chi- Beginners S2	\$60	10:30 am - 11:30 am	BQCC – Gym
Jul 4 - Aug 22	Tues	Zumba Gold - S2	\$60	1:00 pm - 2:00 pm	BQCC – Gym
Jul 4 - Aug 22	Tues	Essentrics for Srs. S2	\$60	2:30 pm - 3:15 pm	BQCC – Gym
July 5 - Aug 23	Wed	Core & All S2	\$60	10:15 am - 11:15 am	BQCC – Gym
July 5 - Aug 23	Wed	Yoga- Stretch & Str. 3- S2	\$60	11:45 am - 1:00 pm	BQCC – Gym
July 5 - Aug 23	Wed	Yoga 1 Session 2	\$60	1:30 pm - 2:30 pm	BQCC – Gym
Jul 6 - Aug 24	Thurs	Cardio Total Fit - S2	\$60	9:45 am - 10:45 am	BQCC – Gym
Jul 6 - Aug 24	Thurs	Boxing, Get Fit! S2	\$60	11:30 am - 12:30 pm	BQCC – Gym
Jul 6 - Aug 24	Thurs	Zumba Gold - S2	\$60	1:00 pm - 2:00 pm	BQCC – Gym
Jul 6 - Aug 24	Thurs	Essentrics for Srs - S2	\$60	2:30 pm - 3:15 pm	BQCC – Gym
Jul 7 - Aug 25	Fri	Core & All Friday S2	\$60	10:15 am - 11:15 am	BQCC – Gym
July 7 – Aug 25	Fri	Yoga Stretch & Strength	\$60	11:30 am - 12:30 pm	BQCC – Gym
Jul 7 - Aug 25	Fri	Essentrics Age Rev. S2	\$60	1:00 pm - 2:00 pm	BQCC – Gym
Jul 7 - Aug 25	Fri	Line Dance, Beg. S2	\$60	2:30 pm - 3:30 pm	BQCC – Gym
July 11	Tues	FYI Talk with Dr. Wagg	Free	3:00 PM - 4:30 PM	BQCC – MP R
July 13	Thurs	Outing- River Cree Casino	\$5	10:30 am - 3:00 pm	BQCC – Offsite
July 13	Thurs	Taste of Edm Volunteer Orientation Day	-	1:00 pm - 3:00 pm	YECC – Hall
July 14	Fri	Garage Sale Fundraiser	Free	10:00 am - 3:00 pm	YECC – Hall
June 18	Tues	Café SWESA - Scrabble	Free	10:00 am - 12:00 pm	BQCC – MP R
July 19 - Aug 23	Wed	Line Dance, Interm. S2	\$40	3:00 pm - 4:00 pm	BQCC – Gym
Jul 21 - Aug 23	Fri	Line Dance, Beginners	\$40	2:30 pm - 3:30 pm	BQCC – Gym
Jul 24 - 28		SWESA Taste of Edm- Fundraising Week			
Jul 24	Mon	Outing: Taste of Edm	TBD	11:00am – 2:00 pm	Churchill Square
Jul 27	Thurs	Outing: Wine Tour and BBQ Lunch	\$75	11:00 am	Offsite
August TBD		Outing: Birchwood Meadows details TBD			
Aug 3	Mon	SWESA Closed for Civic Holiday			
Aug 15	Tues	Outing- River Cree Casino	\$5	11:00 am - 3:30pm	Offsite
Aug 18	Fri	FYI Talk "Dividend Investing"	Free	10:00 am - 11:30 am	BQCC – MP R
Aug 22	Tues	Café SWESA - Scrabble	Free	10:00 am - 12:00 pm	BQCC – MP R
Aug 25	Fri	Last day of Spring - Summer Program Guide			
Aug 28 - Sept 1	-	Program Break - Gearing up for Fall!			

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