

PROGRAMS & ACTIVITIES GUIDE

Sept – Dec 2023

Revised 09.15.23

IN THIS GUIDE

Café SWESA Coffee and
 French Conversation...Page 6

Living Strong Fitness...Page 10

Sound Bath & Meditation Series... Page 11

Yoga Series “Happy Hips” ...Page 12

“Boosting Your Brain Health” with
 Alberta Health Services...Page 13

Workshops: Wearable Art,
 Paint with Coffee... Page 13

Dine & Dance Event, Luncheons... Page 16

Pie Day, Holiday Potluck...Page 16

Kihcihkaw- aski (Sacred Land) Outing...Page 17

Cow Patti Road Trip... Pg 17



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 | **E-mail:** programs@swesa.ca

Administration Office:

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

Program Locations and Administration Office

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

Terwillegar Community Recreation Centre: **TCRC** 2051 Leger Rd NW, 2nd Floor Room MP- A

Mailing Address:

SWESA, Box 88008 Rabbit Hill PO Edmonton, AB T6R 0M5

Stay in the Know!

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

TABLE OF CONTENTS

Land Acknowledgement..... Page 2
 Volunteering at SWESA Page 2

Membership Information..... Page 3
 Membership Benefits..... Page 3
 Disclaimer/ Liability Page 3

How to Register..... Page 4
 Cancellations/Refunds..... Page 4
 Checking-in at our facilities..... Page 4
 Centre Hours and Closures..... Page 4

Fall Programs and Activities

SWESA Activity Pass..... Page 5
 Art Group..... Page 5
 Knitting & Stitching Group..... Page 5
 Cards and Games Page 5
 American Mahjong..... Page 5
 Arizona 10..... Page 5
 Bridge (Contract)..... Page 5
 Canasta Hand & Foot Page 5
 Cribbage..... Page 5

Café SWESA Coffee & Chats, Book Club,
 Coffee & French Conversation..... Page 6

Instructor- led Programs Page 7-8
Art: Drawing and Acrylic, Intro to Drawing... Page 7
 SWESA Choir Page 7
 Line Dance Beginners, Intermediate..... Page 8

Fitness and Wellness Page 9-12

Workshops..... Page 13

FYI Talks..... Page 14 -15

Special Events, **Dine & Dance**, Luncheons Page 16

Outings Page 17

Regular Weekly Programs & Activities Page 18
 Listings

September - December Schedule..... Page 19-20

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.

Volunteering at SWESA

Volunteer opportunities are often listed in our Bulletin.

Be sure to subscribe and receive the Bulletin directly to your inbox or send an e-mail to info@swesa.ca to inquire on how you can volunteer at SWESA.

Membership Information

Membership Fees

SWESA's 2024 annual membership is \$40 and valid from Jan 1 – Dec 31, 2024.

New Members joining between Sep 1 - Dec 31, 2023, the cost is \$50 and valid until Dec 31, 2024.

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

Regular Members are ages 55+ who paid a membership fee for the current year. Members will receive a password to register on-line.

Reciprocal Members from partnered senior centres. Must provide a valid membership and will receive member rates for instructor-led programs only. Reciprocal Members must register in-person with proof of valid membership from participating centres.

Non-Members will receive 2 guest access to participate in activities 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 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
- Eligibility to purchase an Activity Pass with unlimited access to activities under Activity Pass listings.

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.

How to Register: Registration begins Tues. Sept 5, 2023

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. Registration deadlines may apply.

On-line registration: Members can register through our secured website at www.swesa.ca under Programs. On-line payment can be made by using Visa or Mastercard only. American Express and Interac/Debit are not accepted. Reciprocal memberships must register in-person with proof of membership from participating senior centre.

In-Person registration: Visit 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

Guests participating in all SWESA programs/activities must complete and sign a participant agreement form prior to attending. Attendance will be checked by staff and or volunteers. Please check in when you arrive.

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, 2nd Floor MP-A, 2051 Leger Road NW

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 or in person at the Admin Office.

SWESA locations are closed on the following dates:
Monday, September 4 Labour Day
Monday, October 2 Lieu Day, National Truth, and Reconciliation Day
Monday, October 9 Thanksgiving Holiday
Friday, November 10 Remembrance Day, Lieu Day
Monday – Friday December 25 – 29 Holiday Winter Break

FALL PROGRAMS & ACTIVITIES (September - December)

SWESA ACTIVITY PASS

The Fall Activity Pass is valid from **September 5 – December 15, 2023**

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 Cards and Games (Cribbage, Hand and Foot Canasta, Bridge (Contract), American Mahjong, Arizona 10, Art Group, Knitting & Stitching. 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.

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, 9:30 am – 12:00 pm

Dates: Sept 11, 18, 25, Oct 16, 23, 30, Nov 6, 13, 20, 27, Dec 4, 11 (No meet, Oct 2, 9)

Location: Blue Quill Community Centre, MP R

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: Sept 15, 22, 29, Oct 6, 13, 20, 27, Nov 3, 17, 24, Dec 1, 8, 15 (No meet, Nov 10)

Location: Blue Quill Community Centre, MP R

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

September 5 – December 15, 2023

WHEN	CARDS & GAMES	TIME	LOCATION
Monday	American Mahjong	9:30 am – 12:00 pm	BQCC MP R
Monday	Canasta Hand and Foot	12:30 pm – 3:00 pm	BQCC MP R
Tuesday	Cribbage	12:30 pm – 2:30 pm	BQCC MP R
Wednesday	Bridge Contract	12:30 pm – 3:00 pm	BQCC MP R
Wednesday	Arizona Ten	1:30 pm – 3:30 pm	BQCC Gym
Thursday	Cribbage	12:30 pm – 2:30 pm	BQCC MP R
No meet on the following dates: Oct 2, 9, Nov 10 and Dec 18 - 29			

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

Café SWESA, Coffee & Chat

It's not about the coffee, it's more about the conversation and socialising 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, water and 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), 2ND Floor, MP-A**
Time: 1:30 pm – 4:00 pm (No Meet on Monday, Oct 2 *lieu day National Truth and Reconciliation Day*, Monday, Oct 9 *Thanksgiving*)

Tuesday

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

Wednesday

- ☕ **Terwillegar Community Recreation Centre (TCRC), 2ND Floor, MP-A**
Time: 1:30 pm – 4:00 pm
-

Café SWESA, Book Club

Join our friendly and informal Café SWESA for book enthusiasts! The group will select one book for the featured discussions each month.

Dates: Tuesday Sept 5, Oct 3, Nov 7, Dec 5

Time: 2:45 pm – 4:00 pm

Location: BQCC – MP R

Café SWESA, Coffee & French Conversation

SWESA invites you to join this once a month Coffee and Chat group to practice your French and get to know French speaking SWESA members.

Dates: Tuesday Sept 26, Oct 31, Nov 28, Dec 12

Time: 2:45 pm – 4:00 pm

Location: BQCC – MP R

Café SWESA, Walking Group

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

Dates: Tuesdays

Time: 9:30 am

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

INSTRUCTOR-LED PROGRAMS

Draw and Paint in Acrylic – All levels | Instructor: Willie Wong

Explore your creative side in this relaxed beginner-friendly class. For the first 2 sessions, you will be guided through the process of preliminary drawing the subjects then finish painting using the most versatile, vibrant, and fast drying paint. Acrylic painting is a great skill to learn and easy to work for beginners. This is a fragrance-free class. **You are required to purchase supplies for acrylic painting; drawing supplies are included.** A list will be available upon registration.

Dates: Wednesday, Sept 13, 20, 27, Oct 4, 11, 18 (6 weeks)

Time: 10:00 am – 12:00 pm

Location: Blue Quill Community Centre, MP R

Cost: \$75 member/reciprocal member rate

Introduction to Drawing | Instructor: Susan Casault

Anyone can learn to draw! 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 with plenty of time to practice what you've learned. Photo reference will be provided by the instructor. **You are required to purchase supplies.** A list will be available upon registration.

Date: Thursday, Nov 2, 9, 16, 30, Dec 7, 14 (6 Weeks)

Time: 9:30 am – 12:00 pm

Location: Blue Quill Community Centre, BQCC MP-R

Cost: \$75 members/ reciprocal member rate

SWESA Choir | Instructor: Visionary Centre for the Performing Arts

Join us to meet a vibrant group of singers to learn various genre of music led by professional instructors from Visionary Centre for the Performing Arts. A group performance is to be expected in this program.

SWESA welcomes all music lovers who can carry a tune to enjoy the benefits of singing in a relaxed and friendly environment. **Mixed abilities and experiences are welcome, no auditions required!**

Date: Thursday, Sept 14, 21, 28, Oct 5, 12, 19, Nov 2, 9, 16, 23, 30, Dec 7 (12 classes, no class Oct 26)

Time: 12:30 pm – 2:00 pm

***New Location*:** Visionary Performing Arts at 2804 Calgary Trail NW

Cost: \$130 (no additional sheet music expense) members/reciprocal member rate

Choir Social Event – Thursday, September 7th, 2023

You're invited to SWESA's Choir Social on Thursday, Sept 7 to explore our new program location at Visionary Centre for the Performing Arts at 2804 Calgary Trail NW.

Casually drop by or stay for the hour to meet potential choir members from 1 pm – 2 pm. More details in SWESA's bulletin to RSVP for this event.

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 September 15, 22, 29, October 6, 13, 20, 27 (7 classes)

Cost: \$70 member/reciprocal member rate

Session 2: Friday, Nov 3, 17, 24, Dec 1, 8, 15 (6 classes, No class Nov 10)

Cost: \$60 member/reciprocal member rate

Time: 2:30 pm – 3:30 pm

Location: Blue Quill Community Centre, Gym

Line Dance, Intermediate | Instructor: Tracy Walters **Pre-requisite:** Beginner Line Dance.

The Intermediate Line Dance is for those who have taken a beginner line dance and looking for a challenge. Perfect your basic steps and progress to learn more dances. Shoes with leather or suede soles are recommended and comfortable clothing. Participants must be able to comfortably go up and down the stairs to the dance studio.

Session 1: Wednesday, Sept 13, 20, 27, Oct 4, 11, 18, 25 (7 classes)

Cost: \$70 member/reciprocal member rate

Session 2: Wednesday, Nov 1, 8, 15, 22, 29, Dec 6, 13 (7 classes)

Cost: \$70 member/reciprocal member rate

Time: 3:00 pm – 4:00 pm

Location: Blue Quill Community Centre, Dance Studio- Lower Level (no elevator)

FITNESS & WELLNESS

Important Information: All Fitness & Wellness programs are held at Blue Quill Community Centre, Gym. Classes are non-transferrable. Please only attend the days and or dates that you are registered for.

Please bring items specifically listed in each fitness program below. Shared fitness equipment such as yoga blocks, belts, stretch band and weights are available on a first come, first served basis. 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.

Cardio Total Fit | Instructor: Jannine Otto | Fitness Level 2: Moderate to Active, standing with floor work. Plenty of modifications will be provided to suit your fitness level. Bring yoga mat, water bottle, and wear indoor runners.

Enhance your cardiovascular health, increase strength, mobility, flexibility, and balance! This class uses an interval style format that includes a variety of low impact cardio exercises combined with strength building resistance intervals using handheld weights and bands.

Session 1: Thursday, Sept 14, 28, Oct 5, 12, 19 (5 classes, no class Sept 21, Oct 26) **Cost:** \$60 member/reciprocal member rate

Session 2: Thursday, Nov 2, 9, 16, 30, Dec 7, 14 (6 classes, no class Nov 23)

Cost: \$60 member/reciprocal member rate

Time: 9:45 am – 10:45 am

Core & All Fitness Level 2-3: Moderate to Active, standing and floor work. Plenty of modification will be provided to suit your fitness level. Bring yoga mat, water bottle, and wear indoor runners.

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, Sept 13, 20, 27, Oct 4, 11, 18, 25 (7 classes)

Cost: \$70 member/reciprocal member rate

Session 2: Wednesday, Nov 1, 8, 15, 22, 29, Dec 6, 13 (7 classes)

Cost: \$70 member/reciprocal member rate

Friday Instructor: Esther Sipos and Deb Proc

Session 1: Friday, Sept 15, 22, 29, Oct 6, 13, 20, 27 (7 classes)

Cost: \$70 member/reciprocal member rate

Session 2: Friday, Nov 3, 17, 24, Dec 1, 8, 15 (6 classes, no class Nov 10)

Cost: \$60 member/reciprocal member rate

Time: 10:15 am - 11:15 am

Essentrics for Seniors | Instructor: Lori Griffith | Fitness Level 1: Gentle, standing with chair work, (no floor work).

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This class focuses on improving mobility, balance and strength and ideal for those who are beginning to exercise or those looking for gentle, slow tempo and for those with muscle stiffness/atrophy, frozen shoulder, chronic aches and pains. Bring yoga mat, water bottle.

Tuesday

Session 1: Tuesday, Sept 12, 19, 26, Oct 3, 10, 17, 24, 31 (8 classes)

Cost: \$80 member/reciprocal member rate

Session 2: Tuesday, Nov 7, 14, 21, 28, Dec 5, 12 (6 classes)

Cost: \$60 member/reciprocal member rate

Thursday

Session 1: Thursday, Sept 14, 28, Oct 5, 12, 19 (5 classes, no class Sept 21, Oct 26)

Cost: \$50 member/reciprocal member rate

Session 2: Thursday, Nov 2, 9, 16, 30 Dec 7, 14 (6 classes, no class Nov 23)

Cost: \$60 member/reciprocal member rate

Time: 2:30 pm – 3:15 pm

Essentrics – Age Reversing | Instructor: Lori Griffith | Fitness Level 2: Gentle to Moderate, includes standing and some floor work (back and side only). Please bring water and 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, Sept 15, 22, 29, Oct 6, 13, 20, 27 (7 classes)

Cost: \$70 member/reciprocal member rate

Session 2: Friday, Nov 3, 17, 24, Dec 1, 8, 15 (6 classes, no class Nov 10)

Cost: \$60 member/reciprocal member rate

Time: 1:00 pm – 2:00 pm

Living Strong – Strength, Balance, and Stretch | Instructor: Catherine Lavedrine
Fitness Level 1: Light to Moderate includes standing and floor work, plenty of modification to suit all fitness level. Bring water, yoga mat, wear indoor runners.

Living Strong is designed to keep you moving throughout your daily activities. Join the program to help improve your balance and coordination through a variety of gentle cardio and resistance exercises that is suitable for anyone looking for a low impact workout or recovering from an injury.

DEMO CLASS – Thursday, Sept 14 from 11am-12pm - Free to all

Session 1: Thursday, Sept 28, October 5, 12, 19 (4 classes, no class Sept 21, Oct 26)

Cost: \$45 member/reciprocal member rate

Session 2: Thursday, Nov 2, 9, 16, 30 December 7 (5 classes)

Cost: \$55 member/reciprocal member rate

Time: 11:00 am – 12:00 pm

Meditation Series, Singing Bowl | Instructor: Suzanne Belanger Fitness Level 1. Bring a yoga or exercise mat, a small pillow, light blanket or shawl, water. Wear loose comfortable clothing.

Calming sounds and vibrations make meditation effortless! This class soothes the build-up of tension and increases your capacity to cope and thrive. Just close your eyes, breathe, and let the pure tones wash over you. You may lie on a mat, or sit on a mat, or sit on a chair.

Date: Thursday, Sept 14, 21 (2 classes)

Time: 1:00 pm – 2:00 pm

Cost: \$25 member/reciprocal rate

Sound Bath with Gentle ROM (Range of Motion) Instructor: Suzanne Belanger Fitness Level 1 - 2 with floor work. Bring a yoga or exercise mat, a small pillow, light blanket or shawl, water.

Soothing sounds allow your body and mind tension to dissolve so moving your joints is that much easier. Close your eyes and be guided to gently limber up your joints. Wear comfortable loose clothing and socks you can easily move in as you will be both seated and lying on a mat on the floor.

Date: Thursday, Oct 5, 12, 19 (3 classes)

Time: 1:00 pm – 2:00 pm

Cost: \$35 member/reciprocal rate

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.

Dates: Tuesday Sept 12, 19, 26, October 3, 10, 17, 24 (7 classes)

Time: 10:30 am – 11:40 am (1hr and 10 mins)

Cost: \$80 member/reciprocal member rate

Yoga, Stretch & Strengthen 3 | Instructor: Darria Hirsekorn Fitness Level 3: Advanced Class. Bring a yoga mat, water and a blanket or shawl.

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.

Session 1: Wednesday, Sept 13, 20, 27, October 4, 11, 18, 25 (7 classes)

Cost: \$70 member/reciprocal member rate

Session 2: Wednesday, Nov 1, 8, 15, 22, 29, Dec 6, 13 (7 classes)

Cost: \$70 member/reciprocal member rate

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

Yoga Series – Happy Hips and Healthy Shoulders | Instructor: Linda Vaudan Fitness Level 1- 2 Moderate to Active with floor work. Bring a yoga mat, water and a blanket or shawl.

The amazing anatomy of our shoulders and hips consists of many muscles, tendons and ligaments built for mobility. In everyday activities, it's important to strengthen and stabilize our shoulders and hips. In this series, we will learn "Intro to Happy Hips and Healthy Shoulders" on Sept 15 – 29 then finish with Flexibility, Strength, and Balance Yoga from Oct 13 - 27. **Please note: no class on Oct 6.**

We will do a variety of poses on your back, sitting on the floor, yoga poses on your stomach and standing for balance.

Date: Friday, Sept 15, 22, 29, Oct 13, 20, 27 (6 weeks, no class Oct 6)

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

Cost: \$60 member/reciprocal member rate

Gentle Yoga for Osteoporosis and Osteoarthritis | Instructor: Catherine Bunton Fitness Level 1, Gentle. Bring a yoga mat, water and a blanket or shawl.

Move through a yoga practice "from the bones" and learn safe yoga for skeletal health and "conscious" walking.

Benefits of this gentle yoga for those with Osteoporosis and Osteoarthritis includes strengthening the muscles, improve posture and bone density.

Date: Tuesday, Oct 31, Nov 7, 14, 21, 28, Dec 5 (6 classes)

Time: 11:00 am – 12:00 pm

Cost: \$60 members/reciprocal member rate

Yoga Stretch & Strengthen | Instructor: Vera Resera Fitness Level Gentle – 2 with 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.

Dates: Friday, Nov 3, 17, 24, December 1, 8, 15 (6 classes)

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

Cost: \$60 member/reciprocal member rate

Zumba Gold | Instructor: Tammy Clark | Fitness Level 1-2: Moderate to Active. Suitable for all abilities and mobility levels

Move your body to the Latin rhythms of reggaeton, cumbia, salsa, and merengue! The hour will fly by in this low-impact workout with fun steps in a supportive class.

Session 1: Tuesday, Sept 12, 19, 26, October 3, 10, 17, 24, 31 (8 classes)

Cost: \$80 member/reciprocal member rate

Session 2: Tuesday, Nov 7, 14, 21, 28, December 5, 12 (6 classes)

Cost: \$60 member/reciprocal member rate

Time: 1:00 pm – 2:00 pm

WORKSHOPS

Workshops are held at Blue Quill Community Centre- MP R unless specified. Space is limited, please register early to avoid disappointments. Rates are valid for members, reciprocal and guests.

Wearable Art Workshop with Peggy Ziebarth

Create your own pair of earrings! In this workshop, you will be guided to make your own handmade, personalized earrings with beading and crystals. Visit our SWESA Admin Office to see samples!

Date: Thursday, Sept 28 | **Time:** 10:00 am – 12:00 pm | **Cost:** \$15

Learn to Paint with Coffee with Linda Finstad

Painting with coffee is the perfect way to get started as an artist. In this workshop, Coffee Artist - Linda Finstad will demonstrate how to make paint from instant coffee then guide you through beginner coffee art projects. No previous experience needed.

Date: Thursday, Oct 19 | **Time:** 10:00 am – 12:00 pm | **Cost:** \$30

Boosting Your Brain Health with Alberta Health Services

Are you noticing changes to your thinking, attention, and memory? This 4-week program is for motivated adults to act on improving brain health and maintaining an active mind. You will learn how our brains change from our lifestyle choices and health conditions, new ways to improve brain health and how to set goals for day-to-day life that can benefit brain health. **Please register by October 11. Participants required to attend all 4 sessions.**

Dates: Wednesday, Oct 25, Nov 1, Nov 8, Nov 15 | **Time:** 9:30 am – 12:00 pm | **Cost:** Free

Tabletop Gnome Trio Workshop with The Rusted Red Rooster

Create your own custom handmade tabletop gnome trio. This unique project can be turned into a holiday display or year round décor as fun options!

Date: Wednesday, Nov 22 | **Time:** 10:00 am – 12:00 pm | **Cost:** \$40

“Whoville Tree” Workshop with Hypnotic Bloom

The iconic curved conifer is coming to SWESA! Join our neighbourhood florist Hypnotic Bloom to create this iconic “Whoville tree” to add to your gift giving list or as your festive season décor.

Date: Friday, Dec 1 | **Time:** 10:00 am – 12:00 pm | **Cost:** \$40

Sound Bath & Meditation - Peace & Calm in the Holidays Workshop with Suzanne Belanger. Bring your own yoga or exercise mats, a small pillow, a light blanket, and water to drink. Wear comfortable loose clothing. If needed, a chair will be provided.

Over the holidays, peaceful singing bowls and guided breath meditation can soothe pressure over. Try some easy yet powerful strategies to help you cope during this busy time of year.

Date: Thursday, Dec 14 | **Time:** 1:00 pm – 2:00 pm | **Cost:** \$18 | **Location:** BQCC Gym

FYI TALKS | FYI Talks are held at Blue Quill Community Centre, MP R. Space is limited, please register early to avoid disappointments.

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: “Experiential Art Class, Basic Watercolour” Presented by: Carol Vaage

Would you like to dabble in art, but are scared stiff? This experiential art class will introduce you to the very basics of watercolor. What paper, brushes, or paint? What happens when you add water or more water?

You will have a chance to play with watercolor on small squares of paper to try different experiments. Dry brushes to wet on wet. Mixing colours etc.

Everything will be very loose with no expectations of finished art pieces, but happy accidents do occur! This will take you from putting a toe in the water to jumping in to the ‘water’colour, so to speak.

Date: Friday, Sept 15 | **Time:** 10:00 am – 11:30 am

FYI TALK “2023 New Retirement Realities” Presented by: Wei Woo, EPC, CIM

This presentation provides a look at the new landscape of retirement for 2023, and how the changing experience will financially impact retirees and retired investors, as well as their families. Discussion includes the evolving family structure, and redefining what it means to be financially stable during the retirement years. We will take a closer look at the most recent 2023 Fidelity Retirement study report for Canadians living in retirement, to gain insight into what it means for you.

Date: Friday, Sept 29 | **Time:** 10:00 am – 11:30 am

FYI Talk “Discover the Modern Pharmacist’s Role” presented by iCare Pharmacy

Join us for an enlightening talk as we delve into how pharmacists in Alberta are now empowered to do more than ever before. Learn about medication prescribing, personalized consultations, vaccine, travel administration, and why they should now be an essential part of your healthcare team. Don't miss this insightful session on the evolving world of pharmacy care and what it means for your care.

Date: Friday, Oct 13 | **Time:** 10:00 am – 11:30am

FYI Talk “TELUS Wise Seniors– Navigate the Digital World” Presented by: Telus WISE Ambassador

You may be more connected than you think! In this presentation, you will learn to navigate the digital world with safety tips for internet, social media, smart phones, social gaming/ chat apps, online dating and learn how to protect yourself from identity theft.

Date: Friday, Oct 20 | **Time:** 10:00 am – 11:30 am

FYI Talk “Changing trends, back to basics with mutual funds in retirement”

Presented by Wei Woo, EPC, CIM

What are Mutual Funds and how do they work? Learn the ins and outs on how to be successful in mutual fund investing. To ensure your best interests are truly aligned with a financial professional, we will also discuss fundamental developments in the mutual fund market for financial customers. You will also learn how financial advisors or investment advisors receive compensation from traditional methods to deferred sales charges and discuss the rapidly growing fee-based accounts.

Date: Friday, Oct 27 | **Time:** 10:00 am – 11:30 am

FYI Talk “Fall Prevention Tips Presentation” Presented by Home First Healthcare

November is Falls Prevention Month. Join this presentation to learn how to stay safe, healthy, and independent by preventing falls and injuries.

Date: Friday, Nov 3 | **Time:** 10:00 am – 11:30 am

FYI Talk “Fraud Prevention Refresher” presented by Edmonton Police Services

Join the Edmonton Police Services to learn tips and strategies to **NOT** become a victim of fraud during the holidays.

Date: Friday, Nov 17 | **Time:** 10:00 am – 12:00 pm

SWESA SPECIAL EVENTS

Save – The – Dates!

Dine & Dance Special Event

Treat yourself, invite friends and family to a buffet dinner from A Capella Catering and enjoy a performance from Edmonton's own national anthem singer Karella and SWESA event DJ for your greatest hits requests. Let's celebrate a casual autumn equinox evening together!

No dancing or dance partner required! Cash Bar and 50/50 available and Door Prizes!

Date: ~~Thursday, Sept 21~~ | **Time:** ~~Doors Open at 5:00 pm~~ *Cancelled*

Location: Pioneers Cabin 9430 – Scona Road NW

Cost: \$75 Single Ticket or \$600 for an exclusive Table of 8

Flu Clinic

 hosted by iCare Pharmacy Windermere

Together with SWESA, iCare Pharmacy Windermere will be offering an on-site vaccination clinic. Vaccines will be released in early to mid October from Alberta Health Services. Details will be posted in SWESA's Bulletin.

Date: Wednesday, Oct 25 | **Time:** TBD | **Location:** Blue Quill Community Centre – BQCC MP R

SWESA Luncheon

Date: Thursday, October 26 "Halloween Bash" | **Time:** 12:00 pm – 2:00 pm (Doors Open, 11:30 am)

Location: Blue Quill Community Centre, BQCC – Gym

Cost: \$25 per person

Check SWESA's Bulletin for Luncheon details and menu.

SWESA Social – Pie Day!

You're invited to SWESA's Social. Join us for pie, coffee/ tea, and great company. This event is open to guests of SWESA 55+.

Date: Thursday, Nov 23 | **Time:** 1:00 pm – 3:00 pm

Location: Blue Quill Community Centre – BQCC MPR

Cost: Free to SWESA members and guests.

SWESA Luncheon

Date: Monday, Dec 18 "SWESA's Holiday Luncheon" | **Time:** 12:00 pm – 2:00 pm (Doors Open, 11:30 am)

Location: Blue Quill Community Centre, BQCC – Gym

Cost: \$30 member/ reciprocal member and non-member/guests rate

Check SWESA's Bulletin for Luncheon details and menu.

Holiday Dessert Potluck

Let's celebrate the holidays together! Bring your favourite holiday baking at SWESA to be shared with members and guests. Coffee, Tea, Water will be provided.

Date: Wednesday, Dec 20 | **Time:** 1:00 pm – 2:30 pm

Location: BQCC - Gym

Cost: Free to SWESA Members and guests.

SWESA OUTINGS

Kihcihkaw- aski (Sacred Land) Visit

Join SWESA to visit the Kihcihkaw aski (Sacred Land in Cree). Tour the Sacred Land more than 16 years in the making with Philip Campiou, an Elder Advisor and Knowledge Keeper. Transportation is provided by yellow bus.

Date: Monday, Sept 25 | **Time:** 11:00 am – 2:00pm (Bus pick up at 11 am and return at 2 pm)

Location: 14141 Fox Drive NW (Yellow bus pick up from BQCC)

Cost: Free to SWESA members, reciprocal member, and guests. Please dress for the weather. Bring snacks and water bottle.

Art Gallery of Alberta Outing

Join us at the Art Gallery of Alberta to experience “*From Warhol to Banksy*”, an exhibit that defined the Pop Art movement of our world. This outing will require walking and transportation provided by yellow bus.

Date: Thursday, Oct 19 | **Time:** 11:30 am - 2 pm (Bus pick up from BQCC at 11:30 am and return at 2 pm)

Location: Art Gallery of Alberta

Cost: \$22 includes yellow bus transportation

Cow Patti Theatre Trip

Join SWESA for the season opener of Cow Patti Theatre featuring “Danny & Delilah” by Norm Foster starring Cow Patti’s “Head Cow” Anna Marie Lea. Please dress for the weather. Bring a water bottle and road trip snacks.

Date: Thursday, Nov 9 | **Time:** 9:30 am – 5:30 pm (9:15 am Motorcoach pick up at BQCC)

Location: Cow Patti Theatre, Lacombe AB

Cost: \$115.00 includes buffet lunch, motorcoach bus transportation. **Last day ticket sale on Monday, October 23rd**. Please purchase your tickets early to help us estimate the number of attendees.

Jubilations Dinner Theatre Outing

“Crocodile Rock” with SWESA at the Jubilations Dinner Theatre featuring the legend of Elton John. Check SWESA’s bulletin for menu, transportation details and other updates.

Date: Tuesday, Dec 5 | **Time:** 11 am – 2:30pm (Bus pick up at 10:15am)

Location: Jubilation Dinner Theatre, West Edmonton Mall

Cost: \$65 includes matinee multi-course meal and return transportation.

River Cree for the Holidays

Test your luck and beat the cold at the River Cree Resort & Casino. The outing will include transportation to and from Blue Quill Community Centre, a lunch at Tap 25 restaurant and \$5 voucher to play.

Date: Wednesday, Dec 6 | **Time:** 11:00 am – 3:30 pm (Bus pick up at 11:00 am)

Location: River Cree Resort & Casino

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

SWESA Regular Weekly Programs and Activities

Location	Day	Program	Time
BQCC – MP R	Monday	American Mahjong	9:30 am – 12:00 pm
BQCC – MP R	Monday	Art Group	9:30 am – 12:00 pm
BQCC – MP R	Monday	Canasta (Hand and Foot)	12:30 pm – 3:00 pm
TCRC – MP A	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 – 11:40 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 – Gym	Wednesday	Arizona Ten	1:30 pm – 3:30 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 – Dance Studio	Wednesday	Line Dance, Intermediate	3:00 pm – 4:00 pm
TCRC – MP A	Wednesday	Café SWESA Coffee & Chat	1:30 pm – 4:00 pm
BQCC – Gym	Thursday	Cardio Total Fit	9:45 am – 10:45 am
BQCC – Gym	Thursday	Living Strong- Strength, Balance, and Stretch	11:00 am – 12:00 pm
BQCC – MP R	Thursday	Cribbage	12:30 pm – 2:30 pm
BQCC – Gym	Thursday	Meditation & Sound Bath series	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” (Sept – Oct)	11:30 am – 12:45 pm
BQCC – Gym	Friday	Yoga Stretch & Strengthen (Nov- Dec)	11:30 am – 12:45 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 | **E-mail:** programs@swesa.ca | **Phone:** 587-987-3200

Program Locations:

Blue Quill Community Centre (Admin Office & MP R): **BQCC** -11304 - 25 Ave NW
 Terwillegar Community Recreation Centre, Room MP-A: **TCRC** - 2051 Leger Rd NW

SWESA 2023 September – December Programs and Activities Listing

Dates	Day	Program	Member Cost	Time	Location
Sept. 4	Mon	SWESA Closed Labour Day			
Sept. 5	Tues	Registration Day! Register on-line or in-person at BQCC Admin Office			
Sept 5 – Dec 12	Tues	Walking Group	Free	9:30 am – 12:00 pm	BQCC- Offsite
Sept 5 – Dec 12	Tues	Café SWESA Coffee & Chat	Free	10:00 am – 12:00 pm	BQCC MP R
Sept. 5	Tues	Café SWESA Book Club	Free	2:45 pm – 4:00 pm	BQCC MP R
Sept 5 – Dec 12	Tues	Cribbage	Activity Pass	12:30 pm – 2:30 pm	BQCC MP R
Sept 6 – Dec 13	Wed	Café SWESA Coffee & Chat	Free	1:30 pm – 4:00 pm	TCRC MP A
Sept 6 – Dec13	Wed	Bridge Contract	Activity Pass	12:30 pm – 3:00 pm	BQCC MP R
Sept 6 – Dec13	Wed	Arizona Ten	Activity Pass	1:30 pm – 3:30 pm	BQCC Gym
Sept. 7	Thurs	Choir Social at Visionary Perform. Arts	-	1:00 pm – 2:00 pm	Offsite
Sept 7 – Dec 15	Thurs	Cribbage	Activity Pass	12:30 pm – 2:30 pm	BQCC MP R
Sept 8 – Dec 15	Fri	Knitting & Stitching Group	Activity Pass	12:00 pm – 3:00 pm	BQCC MP R
Sept 11 – Dec 11	Mon	American Mahjong	Activity Pass	9:30 am – 12:00 pm	BQCC MP R
Sept 11 – Dec 11	Mon	Art Group	Activity Pass	9:30 am – 12:00 pm	BQCC MP R
Sept 11 – Dec 11	Mon	Café SWESA Coffee & Chat	Free	1:30 pm – 4:00 pm	TCRC MP A
Sept 12 – Oct 24	Tues	Tai Chi, Beginners	\$80	10:30 am – 11:40 am	BQCC Gym
Sept 12 – Oct 31	Tues	Zumba Gold S1	\$80	1:00 pm – 2:00 pm	BQCC Gym
Sept 12 – Oct 31	Tues	Essentrics for Seniors S1	\$80	2:30 pm – 3:15 pm	BQCC Gym
Sept 13 – Oct 25	Wed	Core & All Wednesday S1	\$70	10:15 am – 11:15 am	BQCC Gym
Sept 13 – Oct 18	Wed	Draw & Paint in Acrylic – All levels	\$75 + supplies	10:00 am – 12:00 pm	BQCC MP R
Sept 13 – Oct 25	Wed	Yoga Stretch & Strengthen 3 S1	\$70	11:45 am – 1:00 pm	BQCC Gym
Sept 13 – Oct 25	Wed	Line Dance, Intermediate S1	\$70	3:00 pm – 4:00 pm	BQCC Studio
Sept 14 – Oct 19	Thurs	Cardio Total Fit S1	\$60	9:45 am – 10:45 am	BQCC MP R
Sept. 14	Thurs	Living Strong – Strength, Balance, and Stretch *Demo Class*	Free	11:00 am -12:00 pm	BQCC Gym
Sept 14 – Dec 7	Thurs	SWESA Choir at Visionary	\$130	12:30 pm – 2:00 pm	Offsite
Sept 14 – Sept 21	Thurs	Meditation Series, Singing Bowl (2 classes)	\$25	1:00 pm – 2:00 pm	BQCC Gym
Sept 14 – Oct 19	Thurs	Essentrics for Seniors S1	\$50	2:30 pm – 3:15 pm	BQCC Gym
Sept 15.	Fri	FYI Talk: “Experiential Art Class”	Free	10:00 am – 11:30 am	BQCC MP R
Sept 15 – Oct 27	Fri	Core & All Friday S1	\$70	10:15 am – 11:15 am	BQCC Gym
Sept 15 – Oct 27	Fri	Yoga Series – Happy Hips & Healthy Shoulders (No Class Oct 6)	\$60	11:30 am – 12:45 pm	BQCC Gym
Sept 15 – Oct 27	Fri	Essentrics – Age Reversing S1	\$70	1:00 pm – 2:00 pm	BQCC Gym
Sept 15 – Oct 27	Fri	Line Dance, Beginners S1	\$70	2:30 pm – 3:30 pm	BQCC Gym
Sept. 21	Thurs	SWESA Dine & Dance Special Event at Pioneers Cabin at 9430– Scona Road NW Cost: \$75 per ticket or \$600/Table 8 Doors Open at 5 pm *Cancelled*			
Sept. 25	Mon	Outing: Kihcihkaw - aski (Sacred Land) Outing	Free	11:00 am - 2:00 pm	Offsite
Sept. 26	Tue	Café SWESA Coffee & Chat French Conversation Group	Free	2:45 pm - 4:00 pm	BQCC MP R
Sept. 28	Thurs	Workshop: Wearable Art, Earrings	\$15	10:00 am - 12:00 pm	BQCC MP R
Sept. 28	Thurs	Live Strong - Strength, Balance & Stretch S1	\$45	11:00 am - 12:00 pm	BQCC Gym
Sept. 29	Fri	FYI Talk: "2023 New Retirement Realities"	Free	10:00 am - 11:30 am	BQCC MP R
Oct. 2	Mon	SWESA Closed in Lieu of National Truth & Reconciliation Day			
Oct. 3	Tues	Café SWESA Book Club	Free	2:45 pm - 4:00 pm	BQCC MP R
Oct 5 - 19	Thurs	Sound Bath with Gentle ROM (Range of Motion)	\$35	1:00 pm - 2:00 pm	BQCC Gym

Page 2 of 2 SWESA 2023 September - December Programs and Activities Listing

Oct. 9	Mon	SWESA Closed - Happy Thanksgiving!			
Oct. 13	Fri	FYI Talk "Discover the Modern Pharmacist's Role"	Free	10:00 am - 11:30 am	BQCC MP R
Oct. 19	Thurs	Workshop: Learn to Paint with Coffee	\$30	10:00 am - 12:00 pm	BQCC MP R
Oct. 19	Thurs	Outing: Art Gallery of Alberta	\$22	11:30 am - 2:00 pm	Offsite
Oct. 20	Fri	FYI Talk "Telus Wise Seniors..."	Free	10:00 am - 11:30 am	BQCC MP R
Oct. 25	Wed	Flu Clinic at SWESA	Free	TBD	BQCC MP R
Oct 25 - Nov 15	Wed	Boosting Your Brain Health with AHS	Free	9:30 am - 12:00 pm	BQCC MP R
Oct. 26	Thurs	SWESA Luncheon \$25 per person Doors Open 11:30 am at Blue Quill Community Centre. Check weekly Bulletin for details and menu.			
Oct. 27	Fri	FYI Talk "Changing trends, back to basics with mutual funds in retirement"	Free	10:00 am - 11:30 am	BQCC MP R
Oct.31	Tue	Café SWESA Coffee & Chat French	Free	2:45 pm - 4:00 pm	BQCC MP R
Oct 31 - Dec 5	Tues	Gentle Yoga for Osteoporosis and Osteoarthritis	\$60	11:00 am - 12:00 pm	BQCC Gym
Nov 3.	Fri	FYI Talk "Fall Prevention Presentation"	Free	10:00 am - 11:30 am	BQCC MP R
Nov 1 - Dec 13	Wed	Core & All S2	\$70	10:15 am - 11:15 am	BQCC Gym
Nov 1 - Dec 13	Wed	Yoga Stretch & Strengthen 3 S2	\$70	11:45 am - 1:00 pm	BQCC Gym
Nov 1 - Dec 13	Wed	Line Dance, Intermediate	\$70	3:00 pm - 4:00 pm	BQCC Studio
Nov 2 - Dec 14	Thurs	Introduction to Drawing	\$75 + supplies	9:30 am - 12:00 pm	BQCC MP R
Nov 2 - Dec 14	Thurs	Cardio Total Fit S2	\$60	9:45 am - 10:45 am	BQCC Gym
Nov 2 - Dec 7	Thurs	Living Strong - S2	\$55	11:00 am - 12:00 pm	BQCC Gym
Nov 2 - Dec 14	Thurs	Essentrics for Seniors S2	\$60	2:30 pm - 3:15 pm	BQCC Gym
Nov 3 - Dec 15	Fri	Line Dance, Beginners S2	\$60	2:30 pm - 3:30 pm	BQCC Gym
Nov 3 - Dec15	Fri	Core & All S2	\$60	10:15 am - 11:15 am	BQCC Gym
Nov 3 - Dec 15	Fri	Essentrics - Age Reversing S2	\$60	1:00 pm - 2:00 pm	BQCC Gym
Nov 3 - Dec 15	Fri	Yoga Stretch & Strengthen	\$60	11:30 am - 12:45 pm	BQCC Gym
Nov 7 - Dec 12	Tues	Zumba Gold S2	\$60	1:00 pm - 2:00 pm	BQCC Gym
Nov 7 - Dec 12	Tues	Essentrics for Seniors S2	\$60	2:30 pm - 3:15 pm	BQCC Gym
Nov 7.	Tues	Café SWESA Book Club	Free	2:45 pm - 4:00 pm	BQCC MP R
Nov. 9	Thurs	Outing: Cow Patti Theatre	\$115	9:15 am - 5:30 pm	Lacombe, AB
Nov. 10	Fri	SWESA Closed, in lieu of Remembrance Day			
Nov. 17	Fri	FYI Talk "Fraud Prevention" with EPS	Free	10:00 am - 12:00 pm	BQCC MP R
Nov. 22	Wed	Workshop: Tabletop Gnome Trio	\$40	10:00 am - 12:00 pm	BQCC MP R
Nov. 23	Thurs	SWESA Social - Pie Day!	Free	1:00 pm - 3:00 pm	BQCC Gym
Nov. 28	Tues	Café SWESA Coffee & Chat French	Free	2:45 pm - 4:00 pm	BQCC MP R
Dec. 1	Fri	Workshop: "Whoville Tree"	\$40	10:00 am - 12:00 pm	BQCC MP R
Dec. 5	Tues	Café SWESA Book Club	Free	2:45 pm - 4:00 pm	BQCC MP R
Dec. 5	Tues	Outing: Jubilations Dinner Theatre	\$65	10:15 am - 2:30 pm	Offsite
Dec. 6	Tues	Outing: River Cree for the Holidays	\$5	11:00 am - 3:30 pm	Offsite
Dec. 14	Thurs	Workshop: Sound Bath & Meditation: Peace & Calm in the Holidays	\$18	1:00 pm - 2:00 pm	BQCC Gym
Nov. 28	Tues	Café SWESA Coffee & Chat French	Free	2:45 pm - 4:00 pm	BQCC MP R
Dec. 18	Mon	SWESA Luncheon "Holiday Luncheon" \$30 per person Doors Open 11:30 am at Blue Quill Community Centre. Check weekly Bulletin for details and menu.			
Dec. 20	Wed	Holiday Dessert Potluck	Free	1:00 pm - 3:30 pm	BQCC Gym

Happy Holidays! SWESA Closed from December 25 - 29, 2023. See you in the New Year!

Website: www.swesa.ca | **E-mail:** programs@swesa.ca | **Phone:** 587-987-3200

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