



 [www.swesa.ca](http://www.swesa.ca)  [info@swesa.ca](mailto:info@swesa.ca)

 587-987-3200  BOX 88008 Rabbit Hill PO  
Edm, AB T6R 0M5

**Administration Office and Program Location inside William Lutsky Family YMCA**  
1975- 111 Street NW (MPR, Studio)\*

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

\*(Open during scheduled programs only)

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## BECOME MEMBER

SWESA's 2024 annual membership is \$40 and valid until Dec 31, 2024.

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

Visit our website at [www.swesa.ca](http://www.swesa.ca) to purchase a membership online or visit us in person.

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## Front Desk Hours

**Monday, Wednesday, Friday**  
12:00 pm - 2:00 pm

**Tuesday, Thursday**  
10:00 am - 2:00 pm

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A SWESA membership is required to participate in all SWESA programs/activities. Potential members are welcome to attend once as a guest and will be required to purchase a membership to attend again. 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.

### Registration, Acceptable Forms of Payment, Cancellations/Refunds and Drop-ins

Members can register through our secured website at [www.swesa.ca](http://www.swesa.ca) under the Programs tab using a secured password.

**Online payment can be made using Visa or Mastercard only.**

Interac/Debit, Cheque, and American Express are not accepted online or in person. Cash payment is only accepted upon request. To register in person, please visit SWESA Front Desk during listed hours.

Please register early to avoid program cancellation due to low enrollment or to avoid disappointment when classes are full. Drop-ins are currently not permitted. Registration deadlines may apply.

Fees are non-refundable, non-transferable, and not prorated 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.

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 by email.

### 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 communicable diseases due to their participation and recognize that SWESA cannot be held liable for an 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.

### 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.

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**Administration Office and Program Locations inside William Lutsky Family YMCA**  
1975- 111 Street NW (MPR, Studio)\*

**Terwillegar Community Recreation Centre: TCRC MP-A**  
2051- Leger Rd NW (2nd Floor Room MP - A)\*  
(Open during scheduled programs only)\*

## Programs & Activities Schedule February 1 - March 22, 2024

DATES	PROGRAMS/ACTIVITIES	MEMBER COST	TIME	LOCATION
Thursday, Feb 1	Programs & Activities Start			TCRC, YMCA
Thursdays, Feb 1 - Mar 21	Floor Curling	Free	10:00 am - 12:00 pm	Studio
Thursdays, Feb 1 - Mar 21	Cribbage Group	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 2: 45 pm	MPR
Fridays, Feb 2 - Mar 22	Art Group	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 4: 15 pm	MPR
Fridays, Feb 2 - Mar 22	Knitting & Stitching Group	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 4: 15 pm	MPR
Mondays, Feb 5 - Mar 20 (No Meet Feb 19, Mar 25, 27)	Coffee & Chat TCRC	Free	1:00 pm - 4:00 pm	TCRC- MP A 2nd Floor
Mondays, Feb 5 - Mar 18 (No Meet Feb 19, Mar 25)	Canasta (Hand & Foot)	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 2: 45 pm	MPR
Mondays, Feb 5 - Mar 18 (No Meet Feb 19, Mar 25)	<b>Bingo!</b>	\$1 per card	3:00 pm - 4: 15 pm	MPR
Tuesdays, Feb 6 - Mar 19	SWESA Walking Group	Free	9:30 am	Meet at Y lobby
Tuesdays, Feb 6 - Mar 19	Coffee & Chat	Free	10:30 am - 12pm	Lobby
Tuesday, Feb 6	<b>Open Play</b> - Mix Cards & Games	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 2:45 pm	MPR
Wednesdays, Feb 7 - Mar 20 (No Meet Mar 27)	Coffee & Chat TCRC	Free	1:00 pm - 4:00 pm	TCRC- MP A 2nd Floor
Wednesdays, Feb 7 - Mar 20 (No Meet, Mar 27)	American Mahjong	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 2: 45 pm	MPR
Wednesdays, Feb 7 - Mar 20 (No Meet, Mar 27)	Bridge Contract Group	<b>Feb FREE</b> Mar - Jun (\$20 Activity Pass)	12:15 pm - 2: 45 pm	MPR
Wednesday, Feb 7	<b>Book Club</b>	Free	3:00 pm - 4:15 pm	MPR
Tuesday, Feb 13	<b>SWESA LUNCH- Celebrating Chinese New Year!</b> \$15 member & guests. See SWESA Bulletin for Menu		12:30 pm - 2:30 pm	MPR

**Please Note:** Programs and Activities are subject to change with minimal notice. Registered participants will be notified if a program changes or is cancelled.

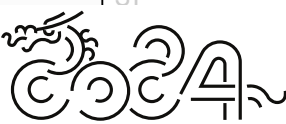













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Cont. Programs & Activities Schedule February 1 - March 22, 2024

DATES	PROGRAMS/ ACTIVITIES	MEMBER COST	TIME	LOCATION
Wednesday, Feb 14	French Conversation Group	Free	3:00 pm - 4:15 pm	MPR
Thursdays, Feb 15 - May 2	<b>SWESA Choir</b> (12 Weeks, <i>No Choir Mar 28</i> ) \$100/member & reciprocal from 12:30 pm - 2:00 pm held offsite at Visionary Centre for the Performing Arts.			
<b>Monday, Feb 19</b>	<b>CLOSED</b> for Family Day Holiday			
Tuesday, Feb 20	<b>MEET UP!</b> at Cineplex Windermere to see “Argylle”. Cost/Time: TBD, see updates in Bulletin.			
Tuesday, Feb 20	<b>Open Play</b> , Mix Cards & Games	Feb FREE Mar - Jun (\$20 Activity Pass)	12:15 pm - 2:45 pm	MPR
Wednesday, Feb 21	<b>Outing:</b> Bus trip to the River Cree Resort & Casino. 10am pick up to 2:30pm departure. \$5 member & guests			
Wednesday, Feb 21	French Conversation Group	Free	3:00 pm - 4:15 pm	MPR
Thursday, Feb 22	<b>FYI TALK</b> “Annual 2023 Global Financial Market Review & 2024 Outlook” by Wei Woo, Research Capital		3:00 pm - 4:15 pm	MPR
Tuesday, Feb 27	<b>DESSERT DAY! Angel Food Cake</b> \$5 / members & guests		1:00 pm - 3:00 pm	MPR
Wednesday, Feb 28	<b>Genealogy Group Meet</b>	Free	3:00 pm - 4:15 pm	MPR
Thursday, Feb 29	<b>WORKSHOP</b> “Bracelets for Wellness, create your own Chakra Bracelets” \$15		10:00 am - 12:00 pm	Studio
Thursday, Feb 29	<b>FYI Talk</b> “Skincare & Samples” with Jackie T, Mary Kay		3:00 pm - 4:15 pm	MPR
Tuesday, Mar 5	<b>Coffee &amp; Chat with Norquest College ESL Adult Learners</b>		10:00 am - 12:00 pm	Studio
Tuesday, Mar 5	<b>Open Play</b> - Mix Cards & Games	Included in Activity Pass (Mar - Jun \$20 Activity Pass)	12:15 pm - 2: 45 pm	MPR
Wednesday, Mar 6	<b>Book Club</b>	Free	3:00 pm - 4:15 pm	MPR
Thursday, Mar 7	<b>FYI Talk</b> “Info for Arc, electronic fare payment system for Seniors”	Free	3:00 pm - 4:25 pm	MPR
Tuesday, Mar 12	<b>SWESA Lunch, Korean Fried Chicken \$10 Lunch.</b> See Bulletin for more details.		12:30 pm - 2:30 pm	MPR
Wednesday, Mar 13	<b>Outing:</b> Bus trip to the River Cree Resort & Casino. 11am pick up and 3:30pm departure \$5 members & guests			
Wednesday, Mar 13	French Converstion Group	Free	3:00 pm - 4:15 pm	MPR
Thursday, Mar 14	<b>WORKSHOP</b> “Pysanky Easter Egg” \$20/member, reciprocal member		9:30 am - 12:00 pm	Studio
Tuesday, Mar 14	Elected Officials Meet!		3:00 pm - 4:15 pm	MPR
Monday, Mar 18	<b>MEET UP!</b> Breakfast at Saratoga Restaurant		9:30 am	Offsite
Tuesday, Mar 19	<b>WORKSHOP:</b> “Porch Rabbit Decor” \$40 member/ reciprocal		9:30am - 12:00pm	Studio
Tuesday, Mar 19	<b>DESSERT DAY!</b> Carrot Cake Day \$5/ member & guest		1:00 pm - 3:00 pm	MPR
Thursday, Mar 21	<b>FYI Talk</b> “Sleep Apnea & Snoring “ by Infinity Health		3:00 pm - 4:15 pm	MPR
Mar 25 - Mar 29 - SWESA Closed for Program Break. Programs & Activities will resume next week, April 2nd.				
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	31	1 Floor Curling 10:00 am - 12:00 pm Studio  Cribbage 12:15 pm -2:45 pm MPR	
FEBRUARY 				
5 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR  Bingo! 3:00 pm - 4:15 pm MPR	6 Walking Group 9:30 am  Coffee & Chat 10:30 am - 12 pm Lobby  Open Play Mix Cards & Games 12:15 pm -2:45 pm MPR	7 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  American Mahjong & Bridge Group 12:15 pm -2:45 pm MPR  BOOK CLUB  3:00 pm - 4:15 pm MPR	8 Floor Curling 10:00 am - 12:00 pm Studio  Cribbage 12:15 pm -2:45 pm MPR	9 Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
12 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR  Bingo! 3:00 pm - 4:15 pm MPR	13 Walking Group 9:30 am  Coffee & Chat 10:30 am - 12 pm Lobby  SWESA Lunch Celebrating Chinese New Year! 12:30 pm – 2:30 pm MPR \$15/member & guests	14 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  American Mahjong & Bridge Group 12:15 pm -2:45 pm MPR  French Conversation Group 3:00 pm - 4:15 pm MPR	15 Floor Curling 10:00am - 12:00pm Studio  Cribbage 12:15 pm -2:45 pm MPR  SWESA CHOIR  @ Visionary (Feb 15 - May 2 No Choir, Mar 28) Week 1 of 12 12:30 pm - 2pm	16 Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
19  Happy Family Day 	20 Meet Up! at the Movies  (Self-Drive Activity)  Walking Group 9:30 am  Coffee & Chat 10:30 am - 12 pm Studio  Open Play Mix Cards& Games 12:15 pm -2:45 pm MPR	21 Outing: River Cree Casino at 10 am- 2:30 pm   Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  American Mahjong & Bridge Group 12:15 pm -2:45 pm MPR  French Conversation Group 3:00 pm - 4:15 pm MPR	22 Floor Curling 10:00am - 12:00pm Studio  Cribbage 12:15 pm -2:45 pm MPR  SWESA CHOIR  @ Visionary Week 2 of 12 12:30 pm - 2pm  “FYI Talk “Annual 2023” Global Financial Review & 2024 Outlook by Wei Woo at 3pm - 4:15pm MPR 	23 Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
26  Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR  Bingo! 3:00 pm - 4:15 pm MPR	27 Walking Group 9:30 am  Coffee & Chat 10:30 am - 12 pm Studio  DESSERT DAY! Angel Food Cake  1:00 pm - 3:00 pm at MPR	28 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A  American Mahjong & Bridge Group 12:15 pm -2:45 pm MPR  Genealogy Group Meet  3:00 pm - 4:15 pm MPR	29 WORKSHOP  “Bracelets for Wellness” 10:00 am - 12pm - Studio   No Floor Curling  Cribbage 12:15 pm -2:45 pm MPR  FYI: Skincare & Samples, Mary Kay 3:00 pm - 4:15 pm MPR  SWESA CHOIR  @ Visionary Week 3 of 12 12:30 pm - 2pm	Legend  TCRC MP-A: Terwillegar Community Recreation Centre, Multipurpose Room - A  MPR: Multi Purpose Room at the YMCA

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Legend</b> TCRC: Terwillegar Community Recreation Centre MP-A: Multi Purpose- A MPR: Multi Purpose Room at the YMCA	<b>1</b> Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
<b>4</b> <b>Coffee &amp; Chat @ TCRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR  <b>Bingo!</b> 3:00 pm - 4:15 pm MPR	<b>5</b> Walking Group 9:30 am  <b>Coffee &amp; Chat</b> with Norquest College ESL Adult Learners 10:30 am - 12 pm Studio   <b>Open Play for Cards &amp; Games</b> 12:15 pm -2:45 pm MPR	<b>6</b> <b>Coffee &amp; Chat @ TCRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>American Mahjong &amp; Bridge Group</b> 12:15 pm -2:45 pm MPR  <b>BOOK CLUB</b> 3:00 pm - 4:15 pm MPR	<b>7</b> Floor Curling 10:00am - 12:00pm Studio  Cribbage 12:15 pm -2:45 pm MPR  <b>FYI Talk "Arc fare payment system" by City of Edm</b> 3:00 pm - 4:15 pm MPR  <b>SWESA CHOIR</b> @ Visionary Week 4 of 12 12:30 pm - 2pm	<b>8</b> Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
<b>11</b> <b>Coffee &amp; Chat @ TCRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR  <b>Bingo!</b> 3:00 pm - 4:15 pm MPR	<b>12</b> Walking Group 9:30 am  <b>Coffee &amp; Chat</b> 10:30 am - 12 pm Lobby  <b>SWESA Lunch</b> "Korean Fried Chicken" <b>12:30pm - 2:00 pm</b> MPR	<b>13</b> <b>Outing:</b> River Cree Resort & Casino 11am- 3:30 pm  <b>Coffee &amp; Chat @ TCRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>American Mahjong &amp; Bridge Group</b> 12:15 pm -2:45 pm MPR  <b>French Conversation Group</b> 3:00 pm - 4:15 pm MPR	<b>14</b> <b>WORKSHOP</b> "Pysanky Easter Eggs" 9:30 am - 12 pm Studio   <b>No Floor Curling</b>  <b>Cribbage</b> 12:15 pm -2:45 pm MPR  <b>Elected Official Meet</b> 3:00pm - 4:15 pm MPR  <b>SWESA CHOIR</b> @ Visionary Week 5 of 12 12:30 pm - 2pm	<b>15</b> Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
<b>18</b> <b>MEET UP!</b> <b>Breakfast @ Saratoga Restaurant 9:30 am</b> (Self-Drive Activity)  <b>Coffee &amp; Chat @ TCRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR  <b>Bingo!</b> 3:00 pm - 4:15 pm MPR	<b>19</b> <b>WORKSHOP</b> "Porch Rabbit Decor" 9:30 am - 12 pm Studio  Walking Group 9:30 am  <b>Coffee &amp; Chat</b> 10:30 am - 12 pm Lobby  <b>DESSERT DAY!</b> <b>Carrot Cake</b> 1pm -3pm MPR	<b>20</b> <b>Coffee &amp; Chat @ TCRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>American Mahjong &amp; Bridge Group</b> 12:15 pm -2:45 pm MPR  <b>French Conversation Group</b> 3:00 pm - 4:15 pm MPR	<b>21</b> Floor Curling 10:00am - 12:00pm Studio  Cribbage 12:15 pm -2:45 pm MPR  <b>SWESA CHOIR</b> @ Visionary Week 6 of 12 12:30 pm - 2pm  <b>FYI Talk "Sleep Apnea &amp; Snoring" by Infinity Healthcare</b> 3:00 pm - 4:15 pm MPR	<b>22</b> Art Group and Knitting & Stitching  12:15 pm - 4:15 pm MPR
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>Program Break: March 25 - 29, 2024</b> Programs and activities will resume next week!				<b>Good Friday</b>
			NO SWESA CHOIR	

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## FREE- SWESA Members

### **Thurs, Feb 22 - FYI TALK “Annual 2023 Global Financial Market Review and 2024 Outlook” presented by Wei Woo, Research Capital**

Join Wei Woo to discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies. Review the year 2023 landscape and look at forward guidance for 2024.

### **Thurs, Feb 29 - FYI TALK “Skincare & Samples” presented by Jackie T. Mary Kay**

Discuss your winter skincare with Jackie, a Mary Kay Beauty Consultant and sample products best suited for our winter climate.

### **Tues, Mar 5 - Coffee & Chat Group with visitors from Norquest College, ESL Adult Learners**

Join this special Coffee & Chat “Conversation Circle” with Norquest College ESL Adult Learners to discuss a specific topic on “Our Relationship with Nature”. Coffee/ Tea provided for group visit.

### **Thurs, Mar 7 - FYI TALK “Info on ARC, Edmonton’s Electronic Fare Payment” presented by ETS**

ETS staff will be on hand to talk about Arc, the new transit electronic fare payment system now available for seniors (65+). At this session you will learn about ARC, how it works, and how you can get started.

### **Mon, Mar 18 - MEET Up! for Breakfast at Saratoga Family Restaurant to enjoy their Monday’s Special “Germain Sausage & Eggs.” This is a self-drive & pay your own way meet. Sign up for reservation and updates on this meet.**

### **Thurs, Mar 21 - FYI TALK “Sleep Apnea & Snoring” presented by Infinity Healthcare**

Discover the causes and symptoms of snoring, the impact of snoring on sleep quality, and an introduction to sleep apnea

## PAID- Programs & Activities Description (Non- Refundable)

### **Activity Pass: FREE to SWESA members for February!**

The SWESA Activity Pass can be purchased for \$20 (Valid from Mar - Jun 2024) for SWESA members to access unlimited number of non-instructional activities eg. Cards and Games (Cribbage, Hand and Foot Canasta, Bridge (Contract), American Mahjong, Art Group, Knitting & Stitching. AP’s are registered in members’ account and are non-refundable, non-transferable, and not prorated if you join part way through.

### **Tues, Feb 13 SWESA LUNCH “Celebrating Chinese New Year” \$15/member & guests. Let’s enjoy a family-style dining lunch! Menus will be posted on SWESA’ bulletin.**

**Thurs (Feb 15 - May 2) SWESA Choir:** Led by professional instructors from Visionary Centre for the Performing Arts, SWESA welcomes all music lovers who can carry a tune. Mixed abilities and experiences are welcome and no auditions required. A group performance is to be expected, Friday, May 2nd. No Choir, Thurs Mar 28.  
**Reciprocal Members Welcome.**

### **Tues, Feb 20 MEET UP! at the movies to see “Argylle”. Details will be posted on the bulletin as movie is not yet released.**

### **Wed, Feb 21 OUTING at the River Cree Resort & Casino!**

Let’s test our luck together! Bus pick up is at 10am pickup and 2:30pm departure from River Cree.

### **Tues, Feb 27 DESSERT DAY “Angel Food Cake desserts” includes dessert, coffee/tea, water.**

## Programs & Activities Description for Feb 1 - Mar 22, 2024

### PAID- Programs & Activities (Non- Refundable)

**Tues, Feb 27 DESSERT DAY** “Angel Food Cake desserts” includes dessert, coffee/tea, water.



#### **Thurs, Feb 29 WORKSHOP**

“Bracelets for Wellness” Craft a beautiful bracelet with Peggy to align your chakras and awaken your senses. Take advantage of the properties of semi-precious stones and minerals. All materials and a mineral list included in this 2 hour class.

*Sample Bracelets created by Peggy*

**Tues, Mar 12 SWESA LUNCH “Korean Fried Chicken”** It’s all in the Korean Gochujang sauce! Details and menus will be posted on SWESA’s Bulletin.

#### **Wed, Mar 13 OUTING to the River Cree Resort & Casino!**

Let’s test our luck together! Bus pickup is at 11 am pickup and 3:30pm departure from River Cree Resort & Casino.



**Thurs, Mar 14 WORKSHOP** “Pysanky Easter Eggs” Come learn the traditional art of writing Ukrainian Easter eggs! Beginner to experienced, everyone is welcome! All materials provided in this workshop.

*Sample Photo from SWESA’s Pysanky Workshop*



**Tues, Mar 19 WORKSHOP** “Porch Rabbit Decor” Let’s get creative with this 3 Ft tall Porch Rabbit Decor. A perfect addition for your Easter or Spring decorations. All materials provided in this workshop.

*Sample Photo Porch Rabbit Decor*

**Tues, Mar 19 DESSERT DAY! “Carrot Cake”** Celebrate dessert day with one of SWESA’s favourite dessert!



**Program Break: March 25 - 29, 2024**

**Programs and activities will resume in April.**

**Please Note:** Programs and Activities are subject to change with minimal notice.

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## General Programs & Activities Description (Feb 1 - Mar 22, 2024)



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**Activity Pass:** The SWESA Activity Pass can be purchased for \$20 (Valid from Mar - Jun 2024) for SWESA members to access unlimited number of non-instructional activities eg. Cards and Games (Cribbage, Hand and Foot Canasta, Bridge (Contract), American Mahjong, Art Group, Knitting & Stitching. AP's are registered in members' account and are non-refundable, non-transferable, and not prorated if you join part way through.

**Floor Curling:** Join us to play in an iceless, inflatable rink curling equipment! Curling stick available.

**Cards and Games:** Free for the month of February! Join the groups to learn and play a friendly game of Cribbage, American Mahjong, Bridge Contract, Canasta Hand and Foot. From March - June, players are welcome to join any time with a purchase of a \$20 Activity Pass. Please arrive 10 mins ahead of the listed time to allow tables and teams to be set for game play.

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

**Knitting & 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.

**Coffee & Chat Groups** (TCRC and YMCA locations): It's not about the coffee, it's more about the conversation and socialising at our Coffee & Chat 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. Coffee, Tea provided.

**Bingo!:** For \$1 per Bingo Card, test your luck with this game of chance.. Players will win a prize! Interested in being a Bingo Caller? Let us know!

**SWESA Walking Group:** Meet at YMCA lobby Tuesday mornings where the group decides where to walk. Then return and join the Coffee & Chat Group. Dress for the weather and sign up to be added to the list for updates and or cancellation notices.

**Open Play - Mix Cards & Games:** This is a shared time for all Cards and Game players (Cribbage, American Mahjong, Bridge Contract, Canasta Hand & Foot etc.) looking to play an extra game. Please let us know if your group will play as equipment and space are limited.

**American Mahjong:** A rummy-like game played with tiles rather than cards. American Mahjong uses a card of standard hands against which all games are played and changed annually. The game uses more tiles than the traditional game with a joker.

**Bridge Contract Group:** Contract Bridge or simply bridge, is a trick- taking card game that uses a 52 deck of cards played with a min of 4 players.

**Book Club:** Join our friendly and informal group for book enthusiasts! The group will select one book for the featured discussions each month which will be listed on SWESA's Bulletin.

**SWESA Lunch-**Offered once a month to SWESA members for \$10-\$15/member and guests. Menus will be posted on SWESA' bulletin.

**French Conversation Group:** Join the conversation to practice your French and get to know French speaking SWESA members.

**SWESA Choir:** Led by professional instructors from Visionary Centre for the Performing Arts, SWESA welcomes all music lovers who can carry a tune. Mixed abilities and experiences are welcome and no auditions required. A group performance is to be expected, Friday, May 2nd.

**MEET UP!** Is a Self-Drive Activity where SWESA members will meet at a certain location to enjoy an activity together such as theatre, breakfast and local outing destinations.

**Outings:** Outings are bus trips provided by SWESA in various local and or out of town locations.

**FYI Talks:** Free to SWESA members, FYI Talks are educational and informative presentations offered by experts in varying topics from organizations or businesses. Guests are welcome but encouraged to support SWESA and become a member. Check the SWESA Bulletin for each talk descriptions.

**Dessert Days!:** Dessert days are social events offered to SWESA members for \$5 per dessert. Guests are welcome however encouraged to support SWESA and become a member. Check SWESA's Bulletin for dessert choice of the month.

**Outings:** Outings are bus trips provided by SWESA in various local and or out of town locations.

**Genealogy Group Meet:** We're "tracking down" SWESA members interested in creating a Genealogy Group. Join us and let's get this group started!

**Elected Officials Meet!:** Meet your local city councillor ward representative. Be sure to check the Bulletin for elected official's schedule.