



Celebrating 12 Years



www.swesa.ca



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)

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 to purchase a membership online or visit us in person.

Front Desk Hours

Monday, Wednesday, Friday

12:00 pm - 2:00 pm

Tuesday, Thursday

10:00 am - 2:00 pm

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 under the Programs tab using a secured password. Online payment can be made using Visa or Mastercard only. Interac/Debit, Cheque, American Express are not accepted online or in-person. Cash payment only accepted upon request by staff. 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 class is full. Drop-ins are currently not permitted. Registration deadlines may apply.

Fees are non-refundable, non-transferrable 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.

STAY IN THE KNOW!

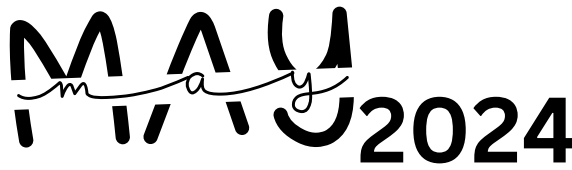












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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby Open Play Mix Card & Games 12:15 pm -2:45 pm MPR	3 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A American Mahjong Bridge Group 12:15 pm -2:45 pm MPR BOOK CLUB  3:00 pm - 4:15 pm MPR	4 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group *New Day & Time*  10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR SWESA CHOIR @ Visionary 12:30 pm - 2pm 7 of 12	5 MEET UP! Lunch @ Lemongrass Cafe 12:30pm (Self-Drive Activity, must sign up to receive details) Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
8 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	9 Walking Group Meet at 9:30 am Lobby  WORKSHOP "Experiential Art Class" 10 am - 12 pm Studio Coffee & Chat 10:30 am - 12 pm Lobby  BINGO, play for prizes 1 pm- 3 pm MPR	10 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  3:00 pm - 4:15 pm MPR	11 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group *New Day & Time*  10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR SWESA CHOIR @ Visionary 12:30 pm - 2pm 8 of 12	12 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
15 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	16 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby Dessert Day Cinnamon Bun <i>GF friendly</i> 1:00 pm - 3:00 pm  MPR	17 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	18 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby  Cribbage 12:15 pm -2:45 pm MPR FYI "Fraud Prevention" by Edmonton Police Service  3:00 pm - 4:15 pm MPR SWESA CHOIR @ Visionary 12:30 pm - 2pm 9 of 12	19 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
22 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	23 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby Board of Directors Strategic Planning YMCA - MPR	24 SWESA OUTING  THE ENJOY CENTRE 10 AM - 2:00 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 Genealogy Group  3:00 pm - 4:15 pm MPR	25 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby  Cribbage 12:15 pm -2:45 pm MPR SWESA CHOIR @ Visionary 12:30 pm - 2pm 10 of 12	26 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
29 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	30 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby SWESA LUNCH 12:30 pm - 2:30 pm MPR Menu: Shawarma Plate Mediterranean Meal (Vegetarian & Gluten Free Friendly)	Legend <i>TCRC: Terwillegar Community Recreation Centre</i> <i>MP-A: Multi Purpose- A</i> <i>MPR: Multi Purpose Room at the YMCA</i>		



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 <p>Legend TCRC: Terwillegar Community Recreation Centre MP-A: Multi Purpose- A MPR: Multi Purpose Room at the YMCA</p>		1 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	2 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR SWESA CHOIR @ Visionary 12:30 pm - 2pm W 11 of 12	3 MEET UP! Bountiful Market 12:00 pm SWESA CHOIR Performance at Bountiful Market 12:30 pm 12 of 12  Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
6 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	7 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby  DESSERT DAY! 10:30 am - 12 pm Gourmet Donuts Lobby  BINGO! 1 pm - 3 pm MPR	8 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 3:00 pm - 4:15 pm MPR 	9 WORKSHOP "How to Paint with Coffee" 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR FYI "Housing Options as you age" by Edmonton55 3 pm - 4:15 pm MPR *No Floor Curling	10 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
13 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	14  Volunteer Appreciation Lunch 1 pm - 3 pm MPR <i>No Coffee & Chat Meet</i>	15 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	16 Outing: River Cree Resort & Casino 10 am pick up 2:30 depart  Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR WORKSHOP: Week 1 of 3 Meditation with Himalayan Singing Bowls 3:00 pm - 4:15 pm 	17 *SWESA CLOSED* <i>in lieu of</i> Victoria Day Holiday & Casino Fundraising
20 <i>Victoria Day Holiday</i>	21	22	23 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR WORKSHOP: Week 2 of 3 Meditation with Himalayan Singing Bowls 3:00 pm - 4:15 pm 	24 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR
CASINO FUNDRAISING May 20 - 22, 2023 <i>SWESA is CLOSED during Casino Fundraising</i>				
27 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	28 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby SWESA LUNCH Smoked BBQ 12:30 pm - 2:30 pm MPR	29 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 3:00 pm - 4:15 pm MPR 	30 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR WORKSHOP: Week 3 of 3 Meditation with Himalayan Singing Bowls 3:00 pm - 4:15 pm 	31 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<p>Legend TCRC: Terwillegar Community Recreation Centre MP-A: Multi Purpose- A MPR: Multi Purpose Room at the YMCA</p>		<p>1 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR</p>	
<p>3 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>		<p>4 AGM ANNUAL GENERAL MEETING 2:00 pm Registration: 1:30 pm MPR</p>	<p>5 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</p>	<p>6 Floor Curling 10:00 am - 12:00 pm Studio AB Seniors Week Coffee & Chat 10:30 am - 12 pm Lobby French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR</p>	<p>7 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR</p>
<p>10 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>11 Walking Group Meet at 9:30 am Lobby WORKSHOP "Willow Heart Wreath" 9:30 am - 12 pm Studio Coffee & Chat 10:30 am - 12 pm Lobby BINGO! 1 pm - 3 pm MPR</p>	<p>12 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 3:00 pm - 4:15 pm MPR</p>	<p>13 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR FYI "Understanding and managing risks with persons living with dementia" by University of Alberta 3 pm - 4:15 pm MPR</p>	<p>14 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR</p>	
<p>17 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>18 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby Open Play Mix Card & Games 12:15 pm -2:45 pm MPR</p>	<p>19 Outing: River Cree Resort & Casino 11am pick up 3:30 pm depart 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</p>	<p>20  SWESA Birthday Brunch 10:30 am- 12:30 pm Alfred Savage Centre</p>	<p>21 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR</p>	
<p>24 Coffee & Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>25 Walking Group Meet at 9:30 am Lobby Coffee & Chat 10:30 am - 12 pm Lobby Open Play Mix Card & Games 12:15 pm -2:45 pm MPR</p>	<p>26 Outing: Elk Island National Park 10 am - 2 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 Genealogy Group 3:00 pm - 4:15 pm MPR</p>	<p>27 Floor Curling 10:00 am - 12:00 pm Studio French Conversation Group 10:30 am - 12:00 pm Lobby Cribbage 12:15 pm -2:45 pm MPR</p>	<p>28 Art Group Knitting & Stitching 12:15 pm - 4:15 pm MPR <i>Last Day of Spring Programs</i></p>	

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SWESA Programs & Activities Description (Apr - Jun, 2024)

FREE- SWESA Members

Book Club - *New* 2 dates per month. Avid readers can now enjoy 2 dates to meet and discuss their chosen books.

Coffee & Chat @ TCRC, Mondays and Wednesdays: SWESA Members meet for Coffee at TCRC 2nd floor MP-A, on Mondays and Wednesdays (unless noted) from 1 pm - 4 pm. Participants are encouraged to bring their own reusable cups. Members must provide a valid e-mail address in case of room changes or cancelations.

No Meet: Monday, May 20 and Wednesday May 22 for SWESA CASINO FUNDRAISING.

Coffee & Chat, Tuesdays - Join and meet the Tuesday's Coffee & Chat group at the YMCA Lobby from 10:30 am - 12pm on Tuesdays. Guests welcome with a signed Program waiver prior to participating. **No Meet: May 21 for Casino Fundraising.**

Fri, Apr 5 - MEET UP! 12:30 pm lunch at Lemongrass Cafe. This is a self-drive, self-pay activity. Please only sign up if you can attend as the restaurant require exact seating numbers. Complete details will only be sent to those who signed up and committed to going.

Thurs, Apr 18 - FYI TALK "Fraud Prevention" by Edmonton Police Service

Join this informative FYI presentation hosted by EPS to learn about the top seniors fraud scams, how to identify crimes, what to do when victimized and strategies + tips to not become a victim of fraud.

Fri, May 3 - MEET UP! at Bountiful Market, 12pm. SWESA Choir is performing at the Bountiful Market at 12:30 pm, let's support our SWESA Choir members and meet up at noon.

Thurs, May 9 - FYI TALK "Housing Options as you age" by Edmonton55 | Time: 3 pm - 4:15 pm at MPR

Are you confused by all the future senior housing options? Not sure what would benefit you? Join this FYI Talk to clarify the types of options for housing and care as we age. Learn to be proactive to stay in control of your housing choices as your needs change!

Tues, May 14 - Volunteer Appreciation Lunch from 1:00 pm - 3:00 pm at YMCA - MPR

SWESA Volunteers, please sign up online by April 30th. Thank you to all of our SWESA Volunteers!

Tues, June 4 - SWESA ANNUAL GENERAL MEETING - 2 PM, Registration at 1:30 pm. Meeting will begin at 2 pm.

HAPPY ALBERTA SENIORS WEEK! Join us on Thurs, Jun 6th for a special Coffee & Chat from 10:30 am - 12pm at the YMCA lobby to celebrate.

Thurs, Jun 13- FYI TALK "Going missing among persons living with dementia: Understanding and managing the risks" by University of Alberta | Time: 3pm - 4:15 pm

The number of persons living with dementia is predicted to increase in Canada and around the world. Persons living with dementia can experience changes in behaviour during their dementia journey. This can include wandering, and wandering can lead to getting lost and going missing. For the person living with dementia and their families, the consequences of lost and missing incidents can be stressful and can result in injury, premature long-term care placement, and death. Such missing incidents can also be demanding on police and search and rescue services. In this presentation, we will share what is currently known about missing incidents involving persons living with dementia including risk factors for go missing. We will also share approaches to managing these risks, highlighting research conducted at the Universities of Alberta and Waterloo.

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PAID- SWESA Programs & Activities Description (Apr - Jun, 2024, Non- Refundable)

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.

Tuesday, Apr 9: WORKSHOP "Experiential Art Class" by Carol V Time: 10 am - 12 pm | Cost: \$5/member

Would you like to dabble in art, but are scared stiff? This experiential art class will introduce you to the very basics of watercolour. What paper, brushes, or paint? What happens when you add water or more water? You will have a chance to play with watercolour on artist 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.

Tues, Apr 16: DESSERT DAY "Cinnamon Bun Treat" from Buns & Roses Organic Bakery. Time: 1:00 pm- 2:30 pm | Cost: \$5/ member & guests. Gluten Free options available upon request. Cost includes a dessert, coffee/ tea, water. Desserts will only be served until 1:30pm and later arrivals are subject to availability.

Wed, Apr 24: OUTING to The Enjoy Centre | Time: Pick up 10 am - Return 2:00 pm Cost: \$10

SWESA has chartered a low-floor bus from Edmonton Transit. Members will have an opportunity to visit the garden, pop-up shops, market and have lunch at the cafe inside the Enjoy Centre. There will be plenty of walking starting from the drop-off/pick up location, please wear proper footwear. (walkers and wheelchairs welcome)

Tues, Apr 30 - SWESA LUNCH 12:30 pm - 2:30 pm. Menu: Shawarma Plate, Mediterranean Meal COST: \$15/member & guests

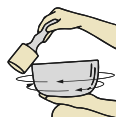


Thurs, May 9: WORKSHOP "How to Paint with Coffee - Level 2" by Famous Coffee Artist.

Time: 10 am - 12 pm Cost: \$25 member and reciprocal

Suitable for budding artists of all ages and skill levels, painting with coffee is the perfect way to get started as an artist. Coffee Artist- Linda, will demonstrate how to make paint from instant coffee and then gently guide you through the steps to create amazing pieces of art! *(Photo is sample of coffee art only, not exact art for workshop)*

Outing: Thurs, May 16th River Cree Resort & Casino. Pick up at 10 am, Depart at 2:30pm. COST: \$5 member & guests



Thurs, May 16, 23, 30 (3 Weeks) - WORKSHOP "Himalayan Singing Bowls and Breath Meditation Workshop" by Suzanne Belanger, RMT with Drops of Wisdom. | TIME: 3 pm - 4 pm | COST: \$30 member, reciprocal

Using the calming and sacred sound of the Himalayan singing bowls, you will learn to meditate and breathe mindfully in this 3-week workshop. No experience is needed, wear loose comfortable warm layers and bring a yoga mat, water to drink, and a blanket for comfort.

Tues, May 28- SWESA LUNCH 12:30 pm - 2:30 pm. Menu: Smoked BBQ with sides. COST: \$15/ member & guests

Outing: Wed Jun 19th to River Cree Resort & Casino. Bus pick up at 11am and depart at 3:30pm. COST: \$5/member & guest



Tues, Jun 11 - WORKSHOP -" Willow Heart Wreath" by Shantel | TIME: 9:30 am - 12 pm | COST: \$33 for members, reciprocal members

This project is a hand-woven heart wreath, approx. 25-inch by 30-inch, made with willow and dogwood branches that can be displayed indoor or outdoors. All materials included.

Outing: Wed, June 19 - River Cree Resort & Casino. Pick up at 11am - Depart at 3:30 pm

Thur, June 20 - SWESA *Birthday Brunch* at Alfred Savage Centre 13909- Fox Drive NW from 10:30 am - 12:00 pm

Let's Celebrate SWESA's 12th Birthday! Brunch catered by **Acapella Catering**, music by Jeff Ramsey.

Cost: \$30 per person, all are welcome. Gluten Free, Vegetarian available upon request.

Outing: Wed, Jun 26, Elk Island National Park. Details will be posted on the SWESA Bulletin.

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General Programs & Activities Description (Apr - Jun, 2024)

Floor Curling: Drop - in and join us to play in an iceless, inflatable rink curling equipment! Curling stick available.

Cards and Games: 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. We encourage groups to help setup and clean up during cards and games activities.

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 is provided during group meets. Attendees are encouraged to bring their own reusable cups to help reduce single-use cups.

Bingo!: Test your luck with this game of chance and win a surprise prize!

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. **No Meet: May 21 for Casino Fundraising.**

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.

SWESA Lunch-Offered once a month to SWESA members and guests. Menus will be posted on SWESA' bulletin for members.

French Conversation Group: Join the conversation to practice your French and get to know French speaking SWESA members.
***NEW DAY & TIME* Thursdays at 10:30 am - 12pm.**

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 scheduled on Friday, May 2nd at Bountiful Market.

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 for a fee.

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 including coffee. Desserts are served by 1:30 pm. Any later will be subject to availability. 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!

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