

Locations

William Lutsky YMCA

1975- 111 Street NW

Terwillegar Community Recreation Centre*

2051- Leger Rd NW (2nd Floor Room MP - A)

*Open during scheduled programs only

Front Desk Hours at SWESA YMCA

Monday, Wednesday, Friday
12 pm - 2 pm

Tuesday, Thursday
10 am - 2 pm

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

Fall Programs & Activities Schedule Sept 3 - Dec 23, 2024

Revised- Sept 4, 2024

Fall Membership

SWESA's Membership for Fall is \$50 and valid from Sept 2024 until Dec 31, 2025. Membership fees are non-refundable, and not prorated. Visit our website at www.swesa.ca to purchase a membership online or visit the front desk.

A SWESA membership is required to participate in all SWESA programs/activities. Potential members are welcome to attend once with a signed program waiver and must purchase a membership to attend again.

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

Members can register by visiting our secured website at www.swesa.ca and under the Programs tab using the secure password provided when you purchase a membership. Online payment can be made using Visa or Mastercard only. Cash payments are only accepted upon special request.

To register in person, please visit SWESA Front Desk inside the William Lutsky YMCA during the listed hours. Fees are non-refundable.

No refunds will be given to participants if they withdraw from a program of their own volition, or should they cancel after a registration.

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

SWESA is not responsible for any 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.

Be Scent Aware












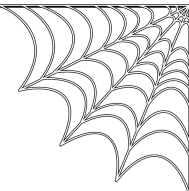
Out of respect for those with respiratory health conditions, we ask that you do not wear or use scents when in our facilities. We appreciate your cooperation.








STAY IN THE KNOW!

Visit our website at www.swesa.ca for the most up to date information on programs, activities and special events.










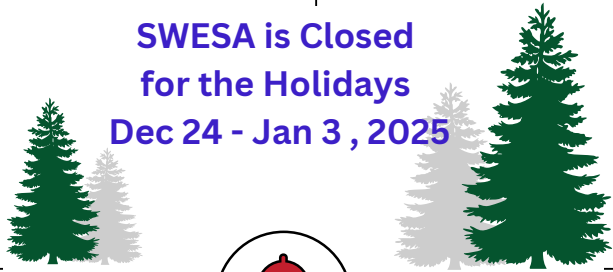
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Happy</i> LABOUR DAY</p> <p>SWESA CLOSED</p>	<p>3</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p><i>Board of Directors Strategic Planning Meeting MPR</i></p>	<p>4</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p> <p>Book Club  3:00 pm - 4:15 pm MPR</p>	<p>5</p> <p>French Conversation Group 10 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>6</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>9</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>10</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>BINGO  1 pm - 3 pm MPR</p>	<p>11</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p> <p>Genealogy Group 3:00 pm -4:15 pm MPR</p>	<p>12</p> <p>French Conversation Group 10 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>13</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>16</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>17</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p> SWESA LUNCH Pizza Party Deep Dish 12:30 pm - 2:30 pm \$15 MPR</p>	<p>18</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p> <p> FYI Talk: "Demystify Probate + Estate Planning Refresher" with SWESA President David Rowand 3:00 pm - 4:15 pm MPR</p>	<p>19</p> <p>WORKSHOP "Experiential Art Class" with Carol V. 930 am -12 pm \$5 Studio 2</p> <p>French Conversation Group 10 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>20</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>23</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>24</p> <p>SWESA OUTING  Metis Crossing at Smokey Lake, AB 9:30 am bus pick up</p> <p>\$50 includes Motorcoach, Entrance Fee, Lunch, Activity</p> <p>No Meet for Walking Group and SWESA Chat</p>	<p>25</p> <p>SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p> <p>Genealogy Group 3:00 pm -4:15 pm MPR</p>	<p>26</p> <p>BOARD MEETING</p> <p>French Conversation Group 10 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>27</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>30</p> <p> National Truth and Reconciliation Day</p> <p>SWESA CLOSED</p>	<p>Legend TCRC: Terwillegar Community Rec Centre, 2nd Fl MP-A MPR: Multi Purpose Room at the YMCA Studio 2: at the YMCA</p>	<p></p>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Walking Group Meet at 9:30 am Lobby WORKSHOP - AHS Better Choices, Better Health 9:30 am - 12 pm Studio 2 Week 1 of 6 SWESA Chat 10:30 am - 12 pm Lobby WORKSHOP "The Simple Joy of Singing" with Anna Beaumont 1 pm - 3 pm MPR Cost \$40 	2 SWESA Chat@ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Book Club  3:00 pm - 4:15 pm MPR	3 WORKSHOP: "Chunky Hand Knit Pumpkins" with Shantel 9:30 am - 12 pm \$35 Studio 2  French Conversation Group 10 am - 12 pm Lobby "SENIORS TAKE OVER DAY" to Art Gallery of AB 11 am - 2 pm Cribbage 12:15 pm -2:45 pm MPR	4 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
	7 SWESA Chat@ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	8 Walking Group Meet at 9:30 am Lobby WORKSHOP - AHS Better Choices, Better Health 9:30 am - 12 pm Studio 2 Week 2 of 6 SWESA Chat 10:30 am - 12 pm Lobby BINGO  1 pm - 3 pm MPR	9 SWESA Chat@ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Genealogy Group 3:00 pm -4:15 pm MPR	10 French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR FYI Talk: "Your Hearing and Aids!" with Canadian Hard of Hearing Association 3:00 pm - 4:15 pm MPR 
 	15 Walking Group Meet at 9:30 am Lobby WORKSHOP - AHS Better Choices, Better Health 9:30 am - 12 pm Studio 2 Week 3 of 6 SWESA Chat with Norquest College 10:30 am - 12 pm Lobby CRIB Tutorial, Learn to Play & Refresher 1 pm - 2:30 pm MPR	16 SWESA Chat@ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR	17 French Conversation Group 10 am - 12 pm Lobby Outing- River Cree Resort & Casino 11 am pick up, 3:30 pm departure \$5 Cribbage 12:15 pm -2:45 pm MPR	18 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
21 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	22 Walking Group Meet at 9:30 am Lobby WORKSHOP - AHS Better Choices, Better Health 9:30 am - 12 pm Studio 2 Week 4 of 6 SWESA Chat with Norquest College 10:30 am - 12 pm Lobby DESSERT DAY! Donuts \$2, Drop - in 1 pm - 3 pm MPR 	23 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Genealogy Group 3:00 pm -4:15 pm MPR	24 BOARD MEETING French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR	25 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
28 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	29 Walking Group Meet at 9:30 am Lobby WORKSHOP - AHS Better Choices, Better Health 9:30 am - 12 pm Studio 2 Week 5 of 6 SWESA Chat 10:30 am - 12 pm Lobby SWESA LUNCH Indian Cuisine 12:30 pm - 2:30 pm \$15 MPR  	30 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR	31 French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>November 2024</h1>				1 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
4 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	5 Walking Group Meet at 9:30 am Lobby WORKSHOP - AHS Better Choices, Better Health 9:30 am - 12 pm Studio 2 Week 6 of 6 SWESA Chat 10:30 am - 12 pm Lobby Open Play Mix Card & Games 12:15 pm -2:45 pm MPR	6 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Book Club  3:00 pm - 4:15 pm MPR	7 French Conversation Group 10 am - 12 pm Lobby WORKSHOP  “Sharing Stories - Leaving Legacies - a Writing Workshop” with Sue Paulson 9:30 am - 11:30 am Studio 2 \$45 includes materials Cribbage 12:15 pm -2:45 pm MPR	8 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
11 Remembrance Day  LEST WE FORGET <i>SWESA CLOSED</i>	12 Walking Group Meet at 9:30 am Lobby WORKSHOP - Boosting Your Brain Health with AHS 9:30 am - 12 pm Studio 2 Week 1 of 4 SWESA Chat 10:30 am - 12 pm Lobby BINGO  1 pm - 3 pm MPR	13 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Genealogy Group 3:00 pm -4:15 pm MPR	14 French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR	15 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
18 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR FYI Talk “Cultivating Happiness & Positivity” with Cultivate the Moments. 3 pm -4:15 pm MPR 	19 Walking Group Meet at 9:30 am Lobby WORKSHOP - Boosting Your Brain Health with AHS 9:30 am - 12 pm Studio 2 Week 2 of 4 SWESA Chat 10:30 am - 12 pm Lobby Apple PIE DAY!  12 pm - 2:30 pm SWESA Cafe - Drop \$5	20 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR	21 French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR	22 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
25 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	26 Walking Group Meet at 9:30 am Lobby WORKSHOP - Boosting Your Brain Health with AHS 9:30 am - 12 pm Studio 2 Week 3 of 4 SWESA Chat 10:30 am - 12 pm Lobby  SWESA LUNCH Italian Lunch 12:30 pm - 2:30 pm \$15 MPR	27 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Genealogy Group 3:00 pm -4:15 pm MPR	28 BOARD MEETING French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR	29 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	3 Walking Group Meet at 9:30 am Lobby WORKSHOP - Boosting Your Brain Health with AHS 9:30 am - 12 pm Studio 2 Week 4 of 4 SWESA Chat 10:30 am - 12 pm Lobby "A White Elephant Gift Exchange" BINGO 1 pm - 3 pm MPR 	4 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Book Club  3:00 pm - 4:15 pm MPR	5 French Conversation Group 10 am - 12 pm Lobby WORKSHOP "3ft Fresh Cedar Gnomes" with Shantel 9:30 am - 12 pm MPR Cribbage 12:15 pm -2:45 pm MPR FYI Talk: "Optimizing Retirement & Estate Planning Benefits" with Wei Woo from 10 am - 11:30 am MPR  	6 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
9 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	10  Holiday Event 	11 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR Genealogy Group 3:00 pm -4:15 pm MPR	12 BOARD MEETING French Conversation Group 10 am - 12 pm Lobby Outing- River Cree Resort & Casino 11 am pick up, 3:30 pm departure \$5 Cribbage 12:15 pm -2:45 pm MPR	13 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
16  SWESA OUTING Muttart Conservatory 9:30 am bus pick up - 2 pm SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	17 Walking Group Meet at 9:30 am Lobby SWESA Chat 10:30 am - 12 pm Lobby DESSERT POTLUCK  1 pm - 3 pm MPR	18 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Group 12:15 pm -2:45 pm MPR	19 French Conversation Group 10 am - 12 pm Lobby Cribbage 12:15 pm -2:45 pm MPR	20 Art Group 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
23 SWESA Chat @ TCRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR	24 Christmas Eve SWESA CLOSED	25 MERRY CHRISTMAS 	SWESA is Closed for the Holidays Dec 24 - Jan 3 , 2025 	

'TIS THE SEASON TO BE JOLLY

DECEMBER 2024





MEMBERSHIP RENEWAL
 Visit our website at www.swesa.ca under
 "Become a Member" to renew your
 2025 Membership.
 Thank you for supporting SWESA

FALL Programs and Activities Description | Sept 3 - Dec 23, 2024

FREE- Programs and Activities for SWESA Members

BINGO! Tuesdays, Sept 10, Oct 8, Nov 12, Dec 3 from 1 - 3 pm at MPR. Join us and win fun surprise prizes!

SWESA Chat (TCRC MPR-A and YMCA Lobby): Join our SWESA Chat for good laughs and conversation. This is an excellent way to meet SWESA members. Coffee, Black Tea, Green Tea and Herbal Tea are provided during the meet. Members are encouraged to bring their own reusable cups to help reduce single-use cups.

No Meet: Tues- Sept 24, Mon - Sept 30, Mon - Oct 14, Mon Nov 11 and Dec 24 - Jan 3, 2026

A special SWESA Chat (Conversation Circle) with guests from Norquest College is on Tues, Oct 15 and Tues Oct 22nd.

Cribbage Tutorial- Learn to Play or Refresh your Game! Tuesday, October 15th 1 pm - 2:30 pm

DESSERT POTLUCK Tues, Dec 17 from 1 pm - 3 pm | Bring a dessert to share the spread with SWESA Members!

FYI TALKS

Free to SWESA members, FYI Talks are educational and informative presentations offered by experts on varying topics from organizations or businesses. Guests are welcome but encouraged to support SWESA and become a member.

Registration is required.

SEPTEMBER: “Demystify Probate & Estate Planning Refresher” with SWESA President, D. Rowand

Wednesday, Sept 18 from 3 pm - 4:15 pm - MPR

Join Dave Rowland, a retired lawyer and SWESA President to review and discuss the importance of wills, enduring powers of attorney, personal directives, and probate of wills.

OCTOBER: “Your Hearing and Aids” with the Canadian Hard of Hearing Association

Thursday, Oct 10 from 3 pm - 4:15 pm - MPR

Cindy with the Canadian Hard of Hearing Association has developed a thorough, effective and efficient way to present key issues to hearing aid wearers, AND their communication Partners in a fun and lively manner. This presentation will take you on a path of understanding hearing loss, recognizing unrealistic expectations of hearing aids and undertake the reality of hearing loss.

NOVEMBER: “Cultivating Happiness & Positivity” with Cultivate the Moments, Adrianna A.

Monday, Nov 18 from 3 pm - 4:15 pm - MPR *(Note: Date changed to Nov 18th)*

A big part of cultivating positivity is happiness. Community and social connections are the most important things that influence your happiness. In this FYI presentation, learn about the longest happiness research spanning 80 years and practical steps and practices such as mindfulness, ways to find connection, purpose, and gratitude."

DECEMBER: “Optimizing the Retirement and Estate Planning Benefits of a Tax Free Savings Account ” with Wei Woo, Investment Advisor, CIM, EPC

Thursday, Dec 5 from 10am - 11:30am - Studio 2

Join Wei Woo in clarifying the myths surrounding the Tax Free Savings Account that was introduced in 2009 and discuss how to use this highly flexible account to maximize your personal financial strategies during the final estate year of 2024.

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FALL Programs and Activities Description | Sept 3 - Dec 23, 2024

SWESA Walking Group

Meet Tuesdays at 9:30 am inside the YMCA Lobby to where to walk then return to join the SWESA Chat group. Please remember to dress for the weather and sign up to be added to the list for updates and or cancellation notices.

No Walk on Tues, Sept 24 as SWESA is at the outing.

“SENIORS TAKE OVER DAY” of the Art Gallery of AB - Thursday, Oct 3 from 11am - 2pm

Seniors Takeover Day is an opportunity for SWESA members to participate in AGA’s annual take over day. Full details TBA. Please note: Members will meet at SWESA and travel via transit to the Art Gallery of AB.

WORKSHOPS hosted by Alberta Health Services

Tuesdays, Oct 1st - Nov 5th “Better Choices, Better Health - Chronic Pain” from 9:30 am - 12 pm, (6 week program)

Learn lifelong skills to manage your chronic pain through the 6-week program. You will learn how to manage daily challenges with having chronic pain, ways to manage your pain, tips for healthy eating and becoming more active, tips how to talk with your health care team and living a better quality of life

Tuesdays, Nov 12 - Dec 3rd “Boosting Your Brain Health” from 9:30 am - 12 pm, (4 week program)

Are you noticing changes to your thinking, attention, and memory? This 4-week program is for motivated individuals to take action 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 our brain health and how to set goals for day-to-day life that can benefit brain health.

PAID - Programs and Activities Descriptions

ACTIVITY PASS - FALL

Cost is \$20 and available for SWESA members only. Fall Activity Pass is valid from Sept 3 - Dec 23, 2024. Members access unlimited non-instructional activities eg. Art Group, Cards & Games (Bridge- Contract, Cribbage, Canasta Hand and Foot), and Knitting & Stitching. AP’s are registered in members’ accounts and are non-refundable, non-transferable, and not prorated if you join part-way through.

Art Group: Meets on Fridays from 12:30 pm - 4 pm. This is a self-directed and informal program where participants bring their projects and supplies. This is a great way to meet SWESA artists or aspiring artists to create art, connect, and learn in a shared space.

Cards and Games: From 12:15 pm - 2:45 pm, members can enjoy a friendly game of Bridge (Contract) on Wednesdays, Canasta Hand and Foot on Mondays and Cribbage on Thursdays from 12:15 pm - 2:45 pm.

Knitting & Stitching: The group meets on Fridays from 12:30 pm - 4pm. This is a self- directed activity where members bring their own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, and many more). This is a relaxed, social group where you can share ideas and learn tips from participants.

DESSERT Days:

Tuesday, Oct 22: **“Donuts Drop-in”** Cost: \$2, cash only and drop- in at MPR

Tuesday, Nov 19: **“Apple PIE DAY!”** Cost: \$5, cash only and drop- in at MPR

Continued Next Page for Outings, Workshops and Social Events

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

FALL Programs and Activities Description | Sept 3 - Dec 23, 2024

PAID - Programs and Activities

OUTINGS

- **Métis Crossing in Smoky Lake, AB** in commemorating the National Truth & Reconciliation Day.

Join the trip to explore the cultural gathering centre to deepen your understanding of the Métis story through an immersive activity and dine with a traditional lunch. Motorcoach (56 seater) pick up at 9:30 am. The trip to Metis Crossing is approximately 1 hour and 25 minutes each way.

Date: Tuesday, Sept 24 | **Cost:** \$50, members & guests includes Motorcoach Bus (56 seater), Lunch, Entrance Fee, Educational Activity.

Thank you to Dr. Robert Turner and David Rowand for sponsoring the Motorcoach Bus.

- **River Cree Resort & Casino**

Dates: Thursday, Oct 17 and Thursday, Dec 12. | **Cost:** \$5 includes Casino lunch voucher. Bus pick up at 11 am and departs 3:30 pm for both dates.

- **Holiday Outing to the Muttart Conservatory**

Date: Monday, Dec 16. 9:30 am ETS Chartered Bus. | **Cost:** \$35 includes transportation and entrance fee.

WORKSHOPS (Members and Reciprocal Members Welcome. All materials included in Workshops)

- **Thurs, Sept 19 “Experiential Art Class”** with Carol V from 9:30 am - 12 pm - MPR | **Cost:** \$5

You will have a chance to play with watercolor on an artist’s paper to try different experiments. Dry brushes to wet on wet and mixing colours etc. Everything will be very loose, with no expectations of finished art pieces, but happy accidents can occur!

- **Tues, Oct 1 “The Simple Joys of Singing”** with Anna B from 1 pm - 3 pm- MPR | **Cost:** \$50 (min 6 participants required)

Join Anna to sing simple songs and learn essential tips to help let go and enjoy your voice. Anna Beaumont has been studying the voice and its powerful connection to life, harmony, and vibration for over 25 years and help people release and uncover their authentic voice by building inner and outer connections to their voice, body, and emotions.

We welcome all music lovers who can carry a tune to enjoy the workshop in a relaxed and friendly environment.

- **Thurs, Oct 3 “Chunky Hand Knit Pumpkin Creation”** with Shantel T from 9:30 am - 12 pm - MPR | **Cost:** \$35

No knitting tools are required, just your hands! Create a set of 2 decorative hand-knit pumpkins with one pumpkin slightly larger than the other.



- **Thurs, Nov 7 “ Sharing Stories - Leaving Legacies - a Writing Workshop”** with Sue P from 9:30 am - 11:30 am

Studio 2| **Cost** \$45

Ready to share your wisdom through stories and capture precious moments? Join best-selling author and speaker Sue Paulson in this 2-hour workshop “Sharing Stories – Leaving Legacies©”

You will learn to: Explore methods both written, auditory to choose and preserve stories, pinpoint ways to communicate stories, memories, and event and create a plan to get you started. Bring your favorite pen. Handouts and journals will be provided.

- **Thurs, Dec 5 “3ft Fresh Cedar Gnome”** with Shantel T from 9:30 am - 12 pm - Studio 2 | **Cost:** \$55

Create a 3 ft fresh cedar gnomes to add to your holiday season decor.



SAVE - THE - DATES

Tues, Sept 17 - SWESA Lunch, Pizza Party - Deep Dish at MPR | Cost: \$15

Tues, Oct 29 - SWESA Lunch Indian Cuisine, Celebrating Diwali at MPR | Cost: \$15

Tues, Nov 26 - SWESA Lunch, Italian Lunch at MPR | Cost: \$15

Tues, Dec 10 - SWESA Holiday Event, Cost and Location TBD