

Programs & Activities Schedule January 6 - March 21, 2025

Locations

Front Desk and SWESA Cafe

William Lutsky YMCA at 1975- 111 Street NW

Booster Juice Community Recreation Centre (BJCR)*

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

*Open during scheduled programs only

Front Desk Hours at SWESA YMCA

Monday, Wednesday, Friday at 12 pm - 2 pm

Tuesday, Thursday at 10 am - 2 pm

BOOK - PUZZLE LIBRARY Swap Hours

Monday - Friday 12:30 pm - 3:00 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.

Become a Member

A SWESA membership is required to participate in all SWESA programs and activities.

To purchase a membership, visit our secured website at www.swesa.ca under Become a Member or purchase in person at the SWESA Front Desk inside the William Lutsky YMCA during Front Desk Hours.

SWESA Membership for 2025 is \$40 and valid from Jan 1 - Dec 31, 2025. Membership fees are non-refundable, and not prorated.

Potential members are welcome to attend once with a signed program waiver and must purchase a membership to attend again.

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.

Registration

SWESA Members can register online using our secured website at www.swesa.ca using a visa or mastercard (no amex, cash accepted by special request only) and under the Programs tab with a password provided upon membership purchase.

For in- person registration, please visit SWESA Front Desk inside the William Lutsky YMCA during the listed hours.

Fees are non-refundable and 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.

Only registered participants will be notified with program changes, updates or if program is cancelled by email.

SWESA Fitness Partners

William Lutsky YMCA



Offers a 3-day free trial and Financial Assistance. Access to Pickleball group, Aquafit Shallow/Deep & Warm Water, Cardio and Strength, Core Class, Gentle Fit, Tai Chi Qigong, Yoga Restorative, Yoga Chair, Bridge to Wellness, Essentrics, Cardio Dance - Zumba etc.

City of Edmonton Recreation Centres

Receive a 20% discount on continuous monthly membership or annual membership, some restrictions may apply. Older Adult Fitness Available: Aquatic programs, Circuit Gold, Living Fit, Yoga- Hatha, Tai Chi Essentrics- Gentle Stretch & Strength, Barre etc.

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>Legend BJRC- Booster Juice Recreation Centre in Terwillegar - 2nd Floor Room MP-A MPR - Multi Purpose Room at the YMCA Studio 2 - at the YMCA Lobby - at the YMCA</p>		<p>1</p> <p>HAPPY NEW YEAR  SWESA CLOSED</p>	<p>2</p> <p> SWESA CLOSED</p>	<p>3</p> <p> SWESA CLOSED</p>
<p>6</p> <p>Registration Begins</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>7</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Book Club  12:15 pm - 2:30 pm MPR</p>	<p>8</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>9</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>10</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>13</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>14</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>Drawing - Beyond the Basics with Susan C. (W1 of 6) 930 am -12 pm Cost: \$110 Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Genealogy Group  12:15 pm - 2:30 pm MPR</p>	<p>15</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>16</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>17</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>20</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p> <p>FYI TALK "How does the YMCA Membership Work?"  3:00 pm - 4:00 pm MPR</p>	<p>21</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>Drawing - Beyond the Basics with Susan C. (W2 of 6) 930 am -12 pm Cost: \$110 Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>BINGO  12:30 pm - 2:30 pm MPR</p>	<p>22</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>23</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>24</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>27</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>28</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>Drawing - Beyond the Basics with Susan C. (W3 of 6) 930 am -12 pm Cost: \$110 Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>SWESA LUNCH  Chinese New Year with Panda Hut 12:30 pm - 2:30 pm \$15 MPR</p>	<p>29</p> <p></p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>30 BOARD MEETING</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>31 </p> <p>SWESA OUTING Mah Society of Edm 10 am - 1 pm Cost: \$15 includes Uber Transport</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>

Legend








BJRC- Booster Juice Recreation Centre in Terwilligar, 2nd Floor Room MP-A

MPR - Multi Purpose Room at the YMCA

Studio 2 - at the YMCA

Lobby - at the YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>4</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Drawing - Beyond the Basics with Susan C. (W4 of 6) 930 am -12 pm Cost: \$110 Studio 2</p> <p>Book Club 12:15 pm - 2:30 pm MPR </p>	<p>5</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>6</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby </p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>7</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>10</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p>	<p>11</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat with Norquest College Community Learning Students 10:30 am - 12 pm Lobby </p> <p>Drawing - Beyond the Basics with Susan C. (W5 of 6) 930 am -12 pm Cost: \$110 Studio 2</p> <p>Genealogy Group 12:15 pm - 2:30 pm MPR </p>	<p>12</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>13</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>14</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>17</p> <p>HAPPY family DAY </p> <p><i>SWESA CLOSED</i></p>	<p>18</p> <p>Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Drawing - Beyond the Basics with Susan C. (W6 of 6) 930 am -12 pm Cost: \$110 Studio 2</p> <p></p> <p>CARROT CAKE DAY! 12:30 pm - 2:30 pm Cost: \$5 MPR</p>	<p>19</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>20</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>OUTING: River Cree Resort & Casino 11 am pick up and 3:30 pm departure Cost: \$5 </p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>21</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
<p>24</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:15 pm -2:45 pm MPR</p> <p></p> <p>FYI TALK : "Hearing and Beyond with Hearing Care Doctors 3:00 pm - 4:15 pm MPR</p>	<p>25</p> <p>Walking Group Meet at 9:30 am Y-Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Watercolour Experiential Workshop with Carol V. (Week 2 of 3) 10:00 am - 12 pm Studio </p> <p>BINGO 12:30 pm - 2:30 pm MPR</p> <p>Let's Play! </p> <p>Trivia Pursuit & Treats hosted by Mike B. 1:00 pm - 3:00 pm Free MPR</p>	<p>26</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Group 12:15 pm -2:45 pm MPR</p>	<p>27</p> <p>BOARD MEETING</p> <p>Floor Curling 10 am - 12 pm Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>28</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Legend BJRC- Booster Juice Recreation Centre in Terwillegar, 2nd Floor Room MP-A MPR - Multi Purpose Room at the YMCA Studio 2 - at the YMCA Lobby - at the YMCA</p>				<p>1 Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>	
<p>3</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>4 Walking Group Meet at 9:30 am Lobby</p> <p>Watercolour Experiential Workshop with Carol V. (Week 2 of 3) 10:00 am - 12 pm Studio</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Book Club 12:15 pm - 2:30 pm MPR</p> 	<p>5</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>6 Floor Curling 10 am - 12 pm Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>7</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>	
<p>10</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>11 Walking Group Meet at 9:30 am Lobby</p> <p>Watercolour Experiential Workshop with Carol V. (W 3 of 3) 10:00 am - 12 pm Studio</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>Genealogy Group 12:15 pm -2:30 pm MPR</p> 	<p>12</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>13 Floor Curling 10 am - 12 pm Studio 2 <i>*Last Day for the Season</i></p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>	<p>14</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>	
<p>17</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>18 Walking Group Meet at 9:30 am Lobby</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>FYI TALK "Understanding the basic paperwork to sign at an investment institution" presented by Wei Woo 10:00 am - 11:30 am Studio</p> <p>SWESA LUNCH Menu: Small Town Lunch 12:30 pm - 2:30 pm \$15 MPR</p>  	<p>19</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>20</p> <p>Card Making Class- Paint with Coffee Workshop with Linda Finstad</p> <p>10 am - 12 pm Cost: \$25 includes all supplies Studio 2</p> <p>SWESA Chat 10:30 am - 12 pm Lobby</p> <p>French Conversation Group 10:30 am - 12 pm Lobby</p> <p>OUTING: River Cree Resort & Casino 11 am pick up and 3:30 pm departure Cost: \$5</p> <p>Cribbage 12:15 pm -2:45 pm MPR</p>  	<p>21</p> <p>Art Group 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>	
<p>24</p>	<p>ATTENTION PLEASE </p> <p>Black Out Dates SWESA is CLOSED from March 24 - 29, 2025 Programs & Activities will resume next week!</p>		<p>26</p>	<p>27 BOARD MEETING</p>	<p>28</p>

STAY IN THE KNOW!

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

Winter Programs and Activities Description | Jan 6 - March 21, 2025

PAID - Programs and Activities Descriptions

ACTIVITY PASS - Winter

The cost is \$7/ month (\$21 for 3 months) available for SWESA members only and valid from Jan 6 - Mar 21, 2025.

Members access unlimited non-instructional, drop-in activities such as: Art Group, Cards & Games (Bridge- Contract, Cribbage, Canasta Hand and Foot), Knitting & Stitching, Book Club, Walking Group, Book/Puzzle Library, Genealogy Group, Floor Curling and SWESA Chat located at the Booster Juice Recreation Centre in Terwillegar.

The Activity Pass is registered in the members' accounts and is 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.

Genealogy Group: *New Day and Time!* We meet on the 2nd Tuesday of the Month, Jan 11, Feb 14, and Mar 11 from 12:15 pm - 2:30 pm.

Knitting & Stitching: The group meets on Fridays from 12:30 pm - 4 pm. 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.

SWESA Walking Group Meet Tuesdays at 9:30 am inside the YMCA Lobby to discuss 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.

Carrot Cake Day! Tuesday, Feb 18th from 12:30 pm - 2:30 pm **Location:** MPR **Cost:** \$5 *Registration Required

Trivia Pursuit & Treats! Tuesday, Feb 25th from 1 pm - 3:00 pm **Location:** MPR **Cost:** \$5 *Registration Required

SWESA LUNCH

Tuesdays, January 28 with Panda Hut Menu

Tuesdays, March 18 with Small Town Lunch Menu

Time: 12:30 pm - 2:30 pm | **Location:** MPR | **Cost:** \$15 per person

OUTINGS

- **Mah Society of Alberta**

Visit the "Journey of the Horse" to see 2 levels of fascinating objects, archive and genealogy library and learn cultural practices and historic experience about Edmonton's Chinese community.

Date: Friday, January 31 | **Time:** 10 am - 1 pm (Meet at the Y at 10 am for Uber Transportation)

Cost: \$15 includes return Uber transportation.

A special thank you to SWESA Member James Mah and the Mah Society of Edmonton for hosting our Members.

- **River Cree Resort & Casino Trip**

Thursday, Feb 20, Bus Pick up at 11 am and departs 3:30 pm

Thursday, Mar 20, Bus pick up at 11 am and departs 3:30 pm

Cost: \$5 includes Casino lunch voucher and transportation.

...Continued Next Page for Workshops and Free Program Descriptions

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WINTER Programs and Activities Description | Jan 6 - Mar 21, 2024

PAID - Programs and Activities

WORKSHOPS

- **Drawing – Beyond the Basics** with Susan Casault, Canadian Visual Artist www.susancasault.com

Tuesdays, January 14, 21, 28, February 4, 11, 18, 2025 (6 - Weeks) from 9:30 am - 12 pm | Cost: \$110

For pencil enthusiasts who have completed a basic drawing class, or have previous drawing experience, this 6-week session is a chance to take the basics that you have learned and use them with a variety of subjects. Gain more confidence in your abilities, by using line, proportion, depth, values, and perspective to create realistic drawings. The class will be taught with demonstrations and one-on-one guidance. Photo reference will be provided by the instructor.

Material List

- Sketchpad, approximately 9" x 12", OR several sheets of inexpensive drawing paper
- Graphite pencils: 2H, HB, 2B, 4B (other pencils are optional)
- Pencil Sharpener
- Ruler (clear 12" - 16" is ideal)
- White gum eraser
- Kneaded eraser
- 1 paper stomp, tortillon, q-tips, or foam makeup brush for blending - optional
- Brush (called an eraser or drafting brush) - optional
- Drafting stylus, small crochet hook, or pen with no ink, for embossing - optional

We will be drawing on tables. If you prefer to draw on a more upright surface, you may bring a drawing board.

If purchasing supplies at an art store, take your class receipt as they may give you a student discount. Some art stores in Edmonton include Colours Art and Framing, Delta Art and Drafting, The Gilded Rabbit, and The Paint Spot.

- **Watercolour Experiential Workshop Series** with Carol Vaage, Educator, Author, Artist www.carolvaage.net

Tuesdays, Feb 25, March 4, March 11 (3 Weeks) from 9:30 am - 12 pm | Cost: \$80

This is a series of workshops and must register for all 3 days.

Feb. 25 – Focus on Skies. We will explore color, texture, dark, light to create dramatic, stormy, misty, cloudy, and Alberta crisp skies.

March 4 – Focus on Trees and Grasses. Exploring tree shapes, colors, and foregrounds of grasses/weeds.

March 11- Focus on Loose Florals. Exploring wet on wet, dry brushing, light, composition, backgrounds

Experimenting is everything in art, especially with watercolours. Whether you're new to art or are looking to discover new ways to add texture or special effects, experiential art gives you the permission to explore and try different techniques and practises in a playful and fun way.

Materials List

- Watercolor pan set (either ½ pans or full pans): Preferably the set will have a metal case so that one half can be used as palettes. Costs for these begin around \$20, depending on how many colors you wish to use.
- Watercolor brushes: one watercolor brush round size 10 and one round size 4 (can be synthetic or natural hair)
- Watercolor Paper: 1 watercolor pad (taped, not coiled) 140 lb weight, cold-press, size 8x10 or 9x12
- Pipette
- Two black line markers – permanent. One fine, the other size 0.5 or bigger
- Small water spritzer/spray bottle
- Water container
- Toilet paper or paper towels
- Masking tape
- Pencils – 1 6B and 6H, if you have them
- Eraser
- Table cover

If you already have art supplies that are similar to this list, please bring them to use. You may wish to supplement your exploration with watercolor pencils if you have them. The Paint Spot is a southside art store that will give you lots of options, and Delta Art has the most variety, but is on 111 th Ave.

- **Card Making Class - Paint with Coffee** with Linda Finstad, Fine Art Photographer www.famouscoffeeartist.com

Thursday, March 20th from 10am - 12pm | Cost: \$25 includes all materials, Beginner friendly & NO experience required

Create 4 stunning greeting cards in this 2 hour class! You will learn to stain the watercolour paper to look like burnish wood, understand values and how they impact composition. Please bring an apron and willingness to try something new!



Sample Card

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WINTER Programs and Activities Description | Jan 6 - Mar 21, 2024

FREE Programs and Activities for SWESA Members

BINGO! Tuesday, Jan 21st, Feb 25 - 12:30 pm - 2:30 pm | MPR

French Conversation Group: Join the group to get to know SWESA's French Speaking Members! We meet weekly on Thursday mornings from 10:30 am - 12 pm.

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.

JANUARY

“How does the YMCA Membership work?” with William Lutsky YMCA Staff

Monday, Jan 20th, 3:00 pm - 4:00 pm - MPR

Hosted by the YMCA Staff, join this information session to learn more about the YMCA membership, and the variety of programs available including how to apply for the YMCA financial assistance.

FEBRUARY

“Hearing and Beyond” with Hearing Care Doctors

Monday, Feb 24th from 3:00 pm - 4:15 pm - MPR

Join Hearing Care Doctors to learn about age-related hearing deficits, what to expect at hearing tests and technologies available today.

MARCH

“Understanding the basic paperwork to sign at an investment institution” with Wei Woo, Research Capital

Tuesday, March 18th from 10:00 am - 11:30 am - Studio 2

Are you thinking about investing? Join this FYI Talk to learn the legal paperwork to sign with investment firms and what financial advisors must fully disclose with the Client Relationship Management 2 (CRM2) its transparency, framework, and regulations before opening an account with any investment firm.

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