



 [www.swesa.ca](http://www.swesa.ca)

 [info@swesa.ca](mailto:info@swesa.ca)



**CHATTY CUPPA**  
SWESA EST. 2025



### Locations

#### Administrataion, Front Desk and Chatty Cuppa 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*

#### Chatty Cuppa Cafe Hours

Tuesday, Thursday 10 am - 12 pm

#### Front Desk Hours at SWESA YMCA

Monday, Wednesday, Friday at 12 pm - 2 pm

Tuesday, Thursday at 10 am - 2 pm

#### Book - Puzzle Library 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.

## Spring Programs and Activities Schedule - April 1 - June 30, 2025

Revised - April 8, 2025

### MEMBERSHIP

Purchase a membership by visiting our website at [www.swesa.ca](http://www.swesa.ca) under 'Become a Member' tab or in-person at the SWESA Front Desk inside the William Lutsky YMCA during Front Desk Hours.

A SWESA membership is required to participate in all SWESA programs and activities. 2025 membership fee is \$40, non-refundable, not prorated and valid from Jan 1 - Dec 31, 2025.

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

Thank you for supporting our vibrant community!

### 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 through our secured website at [www.swesa.ca](http://www.swesa.ca) under the Programs tab with a password provided upon membership purchase using a visa or mastercard, no amex. Cash payment is only accepted by special request. 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 and only registered participants will be notified with program changes, updates or if program is cancelled by e-mail.

### 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. To learn more, visit: <https://ymcanab.ca/locations/william-lutsky-family-ymca>







#### City of Edmonton Recreation Centres







Receive a 20% discount on continuous monthly membership or annual membership, some restrictions may apply. Older Adult Fitness include Aquatic programs, Circuit Gold, Living Fit, Yoga, Tai Chi Essentrics- Gentle Stretch & Strength, Barre, Senior Matinee Hour etc. To learn more, visit their website at: [https://www.edmonton.ca/programs\\_services/for\\_seniors/recreation](https://www.edmonton.ca/programs_services/for_seniors/recreation)

### STAY IN THE KNOW!

Visit our website at [www.swesa.ca](http://www.swesa.ca) for the most up to date information on programs, activities and special events.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31 REGISTRATION DAY</b>  <b>SWESA Chat @ BJRC</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>1</b> <b>Walking Group</b> Meet at 9:30 am Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa  <b>Book Club</b>  12:15 pm - 2:30 pm MPR	<b>2</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Bridge Group</b> 12:15 pm - 2:45 pm MPR	<b>3</b> <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa  <b>French Conversation Group</b> 10:30 am - 12 pm Lobby  <b>Cribbage</b> 12:15 pm - 2:45 pm MPR	<b>4</b>  <b>Art Group</b> 12:30 pm - 4:00 pm MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR
<b>7</b>  <b>SWESA Chat @ BJRC</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>8</b> <b>Walking Group</b> Meet at 9:30 am Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa  <b>Genealogy Group</b>  12:15 pm - 2:30 pm MPR	<b>9</b> <b>Social Worker Appointment</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Bridge Group</b> 12:15 pm - 2:45 pm MPR	<b>10</b> <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa  <b>French Conversation Group</b> 10:30 am - 12 pm Lobby  <b>POETRY SLAM</b> with Norquest College 12:45 pm - 2 pm Studio 2   <b>Cribbage</b> 12:15 pm - 2:45 pm MPR	<b>11</b>  <b>Art Group</b> 12:30 pm - 4:00 pm MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR
<b>14</b>  <b>SWESA Chat @ BJRC</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>15</b> <b>Walking Group</b> Meet at 9:30 am Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm   Chatty Cuppa  <b>WORKSHOP</b> <b>"Experiencing a Difficult            Diagnosis" with            CJ Counseling</b>  10:00 am - 12 pm Studio 2 Cost: \$5  <b>BINGO</b>  12:30 pm - 2:30 pm MPR	<b>16</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Bridge Group</b> 12:15 pm - 2:45 pm MPR	<b>17</b> <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa  <b>French Conversation Group</b> 10:30 am - 12 pm   Lobby  <b>WORKSHOP</b>  <b>"Tame Muscle Pain"</b> with Suzanne Belanger 10:00 am - 12 pm Studio 2   Cost: \$25  <b>Cribbage</b> 12:15 pm - 2:45 pm MPR	<b>18</b>    <b>SWESA CLOSED</b>
<b>21</b>    <b>SWESA CLOSED</b>	<b>22</b> <b>Walking Group</b> Meet at 9:30 am Lobby  <b>WORKSHOP- (BYBH)</b> <b>Boosting Your Brain Health            with AHS (W1 of 4)</b> 9:30 am - 12 pm  <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa   <b>EARTH DAY CONCERT</b> with MSS School Choir & Handbell Group 1 pm - 2:00 pm   MPR	<b>23</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Bridge Group</b> 12:15 pm - 2:45 pm MPR	<b>24</b> <b>BOARD MEETING</b>  <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa  <b>French Conversation            Group</b> 10:30 am - 12 pm Lobby  <b>Cribbage</b> 12:15 pm - 2:45 pm MPR	<b>25</b>  <b>Art Group</b> 12:30 pm - 4:00 pm MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR
<b>28</b>  <b>SWESA Chat @ BJRC</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>29</b> <b>Walking Group</b> Meet at 9:30 am Lobby  <b>WORKSHOP- (BYBH)</b> <b>Boosting Your Brain Health            with AHS (W2 of 4)</b> 9:30 am - 12 pm  <b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa   <b>SWESA            VOLUNTEER            APPRECIATION LUNCH</b> 1 PM- 2:30 PM <i>thank you</i>	<b>30</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A  <b>Bridge Group</b> 12:15 pm - 2:45 pm MPR	<b>LEGEND</b>  <b>BJRC-</b> Booster Juice Recreation Centre in Terwilligar - 2nd Floor Room MP-A <b>MPR -</b> Multi Purpose Room at the YMCA <b>Studio 2 -</b> at the YMCA <b>Lobby -</b> at the YMCA  	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Legend</b></p> <p><i>BJRC</i>- Booster Juice Recreation Centre in Terwillegar, 2nd Floor Room MP-A</p> <p><i>MPR</i> - Multi Purpose Room at the YMCA</p> <p><i>Studio 2</i> - at the YMCA</p> <p><i>Lobby</i> - at the YMCA</p>			<p><b>1</b></p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm   Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>2</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>5</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>6</b></p> <p><b>Walking Group</b> Meet at 9:30 am Lobby</p> <p><b>WORKSHOP- (BYBH)</b> <b>Boosting Your Brain Health</b> with AHS (W3 of 4) 9:30 am - 12 pm</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>Book Club</b> 12:15 pm - 2:30 pm MPR</p> 	<p><b>7</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>8</b></p> <p><b>WORKSHOP</b> <b>"Personalized 16x16 Birdhouse"</b> with Shantel T. 9:30 am - 12pm Studio 2   Cost \$50</p>  <p>Sample</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm   Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm   MPR</p>	<p><b>9</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>12</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>13</b></p> <p><b>Walking Group</b> Meet at 9:30 am   Lobby</p> <p><b>WORKSHOP- (BYBH)</b> <b>Boosting Your Brain Health with AHS</b> 9:30 am - 12 pm (W4 of 4)</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>Genealogy Group</b> 12:15 pm - 2:30 pm MPR</p>  <p><b>DESSERT DAY</b> <b>Chocolate Cake</b> 1pm - 2:30 pm Chatty Cuppa Cafe Cost: \$5</p> 	<p><b>14</b></p> <p><b>Social Worker Appointment</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>15</b></p> <p><b>Info Session "MAID- Medical Assistance in Dying"</b> presented by AHS 10:00 am - 12 pm Studio 2</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>16</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>19</b></p> <p><b>Victoria Day</b></p> <p><b>SWESA CLOSED</b></p>	<p><b>20</b></p> <p><b>Walking Group</b> Meet at 9:30 am Y-Lobby</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>WORKSHOP: "Coloured Pencil on Black Paper"</b> with Susan Casault (W1 of 6) 9:30 am - 12 pm Studio 2   Cost \$110</p> <p><b>BINGO</b> 12:30 pm - 2:30 pm MPR</p> 	<p><b>21</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>22</b></p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm Lobby</p> <p><b>OUTING: River Cree Resort &amp; Casino</b> 11 am pick up 3:30 pm departure Cost: \$5</p>  <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>23</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>26</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>27</b></p> <p><b>Walking Group</b> Meet at 9:30 am   Y- Lobby</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>WORKSHOP</b> <b>"Coloured Pencil on Black Paper"</b> with Susan Casault (W2 of 6) 9:30am - 12pm Studio 2</p> <p><b>SWESA ANNUAL GENERAL MEETING</b> <b>1 PM - 2:30 PM</b></p> <p><b>AGM</b></p>	<p><b>28</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>29</b></p> <p><b>BOARD MEETING</b></p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>30</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>HAPPY ALBERTA SENIORS WEEK</b> <b>JUNE 2 - 8</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>3</b></p> <p><b>Walking Group</b> Meet at 9:30 am Lobby</p> <p><b>WORKSHOP</b> "Coloured Pencil on Black Paper" with Susan Casault (W3 of 6) 9:30 am - 12 pm   Studio 2</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>13</b> <b>SWESA BIRTHDAY LUNCH</b> catered by A Capella Catering 1 pm - 3 pm MPR   Cost: \$35 <i>Happy Birthday</i></p>	<p><b>4</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>5</b></p> <p><b>WORKSHOP</b> "Nutrition-Anti-Inflammatory Eating Presentation with Nutrition Health Tours" 10 am - 12 pm Studio 2   Cost \$15</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm   Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>6</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>9</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>10</b></p> <p><b>Walking Group</b> Meet at 9:30 am   Lobby</p> <p><b>WORKSHOP</b> "Coloured Pencil on Black Paper" with Susan Casault (W4 of 6) 9:30 am - 12 pm   Studio 2</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>Book Club</b>  12:15 pm - 2:30 pm MPR</p>	<p><b>11</b></p> <p><b>Social Worker Appointment</b> </p> <p><b>OUTING : Ukrainian Cultural Heritage Village</b> 10 am pick up - 3:30 pm <b>Cost: \$65</b> includes ETS chartered bus, admission and lunch</p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>12</b></p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm   Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>13</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>16</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>17</b></p> <p><b>Walking Group</b> Meet at 9:30 am   Lobby</p> <p><b>WORKSHOP</b> "Coloured Pencil on Black Paper" with Susan Casault (W5 of 6) 9:30 am - 12 pm   Studio 2</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>OUTING: River Cree Resort &amp; Casino</b>  11 am pick up and 3:30 pm departure   Cost: \$5</p> <p><b>Genealogy Group</b>  12:15 pm -2:30 pm MPR</p>	<p><b>18</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>19</b></p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm   Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>20</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>23</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>24</b></p> <p><b>Walking Group</b> Meet at 9:30 am   Lobby</p> <p><b>WORKSHOP</b> "Coloured Pencil on Black Paper" with Susan Casault (W6 of 6) 9:30 am - 12 pm   Studio 2</p> <p><b>SWESA Chat</b> 10:30 am - 12 pm   Chatty Cuppa</p> <p><b>BINGO</b>  12:30 pm - 2:30 pm MPR</p>	<p><b>25</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Bridge Group</b> 12:15 pm -2:45 pm MPR</p>	<p><b>26</b></p> <p><b>BOARD MEETING</b></p> <p><b>SWESA Chat</b> 10:30 am - 12 pm Chatty Cuppa</p> <p><b>French Conversation Group</b> 10:30 am - 12 pm   Lobby</p> <p><b>Cribbage</b> 12:15 pm -2:45 pm MPR</p>	<p><b>27</b></p> <p><b>Art Group</b> 12:30 pm - 4:00 pm MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4:00 pm MPR</p>
<p><b>30</b></p> <p><b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p><b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm MPR</p>	<p><b>PRIDE MONTH</b> </p> <p><b>Legend</b> <i>BJRC</i> - Booster Juice Recreation Centre in Terwillegar, 2nd Floor Room MP-A <i>MPR</i> - Multi Purpose Room at the YMCA <i>Studio 2</i> - at the YMCA <i>Lobby</i> - at the YMCA</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.

## SPRING Programs and Activities Description | April 1 - June 30, 2025

**Program Registration - PAID** 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.

• **“Experiencing a Difficult Diagnosis” Workshop with CJ Counseling Services**  
**Tuesday, April 15, 2025 at 10 am - 12 pm, Studio 2 | Cost: \$5**

Do you or someone you know have a medical condition that has changed your life? Join Cassie Janovsky, MPS, CCC, for an information session and guided discussion on the practical and emotional aspects of experiencing a difficult diagnosis.

• **“Tame Muscle Pain” Workshop with Suzanne Belanger, Drops of Wisdom**  
**Thursday, April 17, 2025 at 10 am - 12 pm, Studio 2 | Cost: \$25**

In this guided self-care class, you will carefully try techniques and variations for common pain spots in muscles and fascia with Suzanne, a registered massage therapist. You can participate either seated in a chair, standing or lying on a mat. Please wear loose stretchy pants and bring a yoga mat, small pillow, and water to drink.

• **“16x16 Personalized Birdhouse Craft” Workshop with Shantel T.**  
**Thursday, May 8, 2025 at 9:30 am - 12 pm, Studio 2 | Cost: \$50 includes all materials**

Choose from a variety of paints, fabric cutouts and beautify a fully constructed, 16x16 inch wood Birdhouse. What a great addition to your garden!

• **DESSERT DAY- Tuesday, May 13 from 1 pm - 2:30 pm | Cost: \$5**

Join us for Chocolate Cake at the Chatty Cuppa Cafe



• **Coloured Pencil on Black Paper Workshop with Susan Casault**  
**Tuesday, May 20, 27, June 3, June 10, June 17, June 24 (6-weeks) at 9:30 am - 12 pm, Studio 2 | Cost: \$110**

All on black paper, draw a variety of subjects, including animals, nature and nightscapes. Gain experience with choosing colours and problem solving as you focus on basic shapes, values and textures. The class will include demonstrations and individual guidance with photo reference provided by the instructor.

An introductory class or previous coloured pencil experience is recommended but not mandatory. Participants are required to bring the following materials to class.

**Material List:**

- coloured pencils - must be artist quality. Students should have a good collection of pencils. A set of 36 Prismacolor Premier (not verithin or scholar) pencils are recommended or a collection with a variety of colours. Some other examples of artist's pencils include Derwent Coloursoft or Chromaflow, Fabercastell Polychromos, Caran D'Ache Luminence, Lyra Rembrandt, Holbein
- 6 pieces of black Stonehenge drawing paper approx 10" x 11" (one 22" x 30" sheet cuts into six 10' x 11" pieces)
- 1 pencil sharpener that works with your coloured pencils (Prismacolor manual sharpener with vestibule works well or Koh-i-noor 3 hole manual sharpener, or Exacto battery operated sharpener)
- 1 kneaded eraser, 1 HB graphite pencil *Optional: Eraser/ drafting brush, Green Painter's Tape*
- 1 sheet of white or light coloured ERASABLE transfer paper (Saral transfer paper is available for purchase from the instructor for \$2 a sheet)

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

Most art stores will give a discount on supplies needed for an art class, so take your class receipt with you when shopping. Some art stores in Edmonton include The Gilded Rabbit, Colours Art and Framing, Delta Art and Drafting, and The Paint Spot.

• **Outing- River Cree Resort & Casino Trip on Thursday, May 22: Bus pick up at 11 am and departs at 3:30 pm | Cost: \$5**

• **SWESA 13th BIRTHDAY LUNCH - Tuesday, June 3rd, 1 pm - 3 pm at MPR | Cost: \$35**

Join us in celebrating SWESA's 13th Birthday with a catered lunch from A Cappella Catering and Entertainment. Menu and Entertainment will be posted on SWESA Bulletin.



• **Nutrition Workshop - Anti-Inflammatory Eating - Tuesday, June 5<sup>th</sup>, 10 am - 12 pm at MPR | Cost: \$15**

Chronic inflammation is linked to arthritis, heart disease, diabetes, Alzheimer's disease, and more. While many factors contribute to inflammation, diet and lifestyle choices can make a difference. The session will cover: Foods to include and limit to help reduce inflammation, Simple meal-planning ideas for anti-inflammatory eating, and Lifestyle habits that support lower inflammation and better overall health.

• **Outing- Ukrainian Cultural Heritage Village - Wednesday, June 11 from 10 am - 3:30 pm | Cost \$65**

Spend the day at an outdoor museum to learn about the early Ukrainian settlement in east central Alberta and explore more than 40 historical buildings. Pick up 10 am at the William Lutsky YMCA location, and departs at 2:30pm for 3:30pm arrival.

Cost includes admission, lunch with coffee, return bus transportation /chartered ETS low floor bus.

**Lunch Menu:** Cabbage rolls, Bowl of Borshch (beet soup), Cheddar perogies, sauteed onions and sour cream.

• **Outing- River Cree Resort & Casino Trip on Tuesday, June 17: Bus pick up at 11 am and departs at 3:30 pm | Cost: \$5**

**ACTIVITY PASS - Cost: \$21; valid from Apr 1 - June 30, 2025 | SWESA Members Only**

With a purchase of an activity pass, members have access to 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, FYI Talks and SWESA Chat located at the Booster Juice Recreation Centre in Terwillegar. The Activity Pass is registered in the members' account 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 self-directed and informal program is a great way to meet SWESA artists or aspiring artists to connect, create, and learn in a shared space. Participants bring their projects and supplies. **No meet: Fri, April 18.**

**Book Club:** The group selects one specific book to be featured for discussion each month. Book selections cover a range of genres, both fiction and non-fiction. **Dates: Tues April 1, May 5, June 10 from 12:15 pm - 2:30 pm**

**Cards and Games:** From 12:15 pm - 2:45 pm, members can enjoy a friendly game of **Canasta Hand and Foot** on Mondays, **Bridge (Contract)** on Wednesdays, and **Cribbage** on Thursdays. **No meet: Mon, Apr 21 for Canasta Hand and Foot.**

**Genealogy Group:** Join the group and learn tips and tricks to become a family historian and ways to trace your ancestry. **Dates: Tues April 8, May 13, and June 17 from 12:15 pm to 2:30 pm.**

**Knitting & Stitching:** This relaxed and social group meets on Fridays from 12:30 pm to 4 pm. This is a self-directed activity where members bring their projects (knitting, cross stitching, crocheting, felting, hand sewing, beading etc). **No meet: Fri, April 18.**

**SWESA Chats at Booster Juice Community Rec Centre (BJCR)** Stay awhile or casually drop by our regular meeting on Monday and Wednesday from 1 pm - 4 pm. For any changes or unforeseen closure, please check the SWESA Bulletin. **No meet: Monday, April 21.**

**SWESA Walking Group** Meet Tuesdays at 9:30 am inside the YMCA Lobby to discuss where to walk. Please remember to dress for the weather and sign up to be added to the list for updates and or cancellation notices.

**PROGRAM REGISTRATION - ATTENDANCE LIST**

**SOCIAL WORKER APPOINTMENTS | Dates: 2nd Wednesday of the Month, April 9, May 14, June 11.**

Meet a Registered Social Worker at SWESA to discuss government benefits, the Canada Dental Program, housing options or another topic of support. **By appointment only.** See SWESA Bulletin for more details.

**BINGO!** Tuesdays April 15, May 20, June 24 at 12:30 pm - 2:30 pm | MPR

**French Conversation Group:** Join the group to get to know SWESA's French Speaking Members on Thursday mornings from 10:30 am - 12 pm at the Y - Lobby.

**"Boosting Your Brain Health" with Alberta Health Services | Tues, April 22, 29, May 6, 13 at 9:30 am - 12 pm, Studio 2 |Cost: Free**

This 4-week workshop helps motivated adults act on improving their brain health. Participants learn about how your brain changes from your lifestyle choices and health conditions. Learn goal setting for day-today that can benefit your brain health and new ways to improve your brain health.

**NOTE: Participants are required to provide contact information and Health Card to AHS, OT Services for Chronic Disease Management.** The workshop is not suitable for people with a diagnosis of dementia, moderate cognitive impairment, or brain injury. It does not provide information on Alzheimer's dementia or how to care for someone with dementia. People are encouraged to seek out the courses offered by the Alzheimer's Society.

**Info Session "MAID- Medical Assistance in Dying " presented by Alberta Health Services on Thurs, May 15 from 10 am - 12pm, Studio 2 | Cost: Free**

We will explore the current landscape of Medical Assistance in Dying (MAID) in Alberta, examining its legal, ethical, and practical dimensions. The presentation begins with a thorough overview of the current legislation governing MAID, focusing on the legal framework that defines eligibility, and the processes involved. From the initial request to the assessment stages and ultimately, the final steps of an assisted death, the presentation will guide you through each aspect of the MAID process. Key safeguards designed to protect vulnerable individuals and ensure that those who choose MAID are making informed, voluntary decisions will also be highlighted. By the end of the session, you will have a comprehensive understanding of how MAID is practiced in Alberta today, along with the necessary safeguards that ensure the integrity of the process.

**SPECIAL EVENTS - Save the Dates!**

**Poetry Slam with Norquest College - Thursday, Apr 10 from 12:45 pm - 2pm** English students from the Academic Upgrading program are studying poetry and will share, recite an original poem accompanied by a visual representation. SWESA members are welcome and invited to join to share their own poems to recite.

**Earth Day Concert with Handbell & Choir students from MSS School | Tuesday, April 22 from 1 pm - 2 pm**  
Back by popular demand! Join the Handbell & Choir students for an hour of music celebrating Earth Day.



**Volunteer Appreciation Lunch | Tuesday, April 29 from 1 pm - 2:30 pm**



**SWESA Annual General Meeting | Tuesday, May 27. Meeting begins at 1 pm - 2:30 pm**

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