



## Locations

### Administration, Front Desk, 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*

---

## 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.

---

# Summer Programs and Activities Schedule July 1 - August 22, 2025

**Revised: June 25, 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

**ONLINE REGISTRATION:** SWESA Members can register through our secured website at [www.swesa.ca](http://www.swesa.ca) under the Programs tab. Upon membership purchase, members will be provided with a password. Payment with Visa or Mastercard – no Amex. Cash payment only accepted by special request.

**IN-PERSON REGISTRATION:** Visit SWESA Front Desk inside the William Lutsky YMCA during the listed hours.

**REFUND POLICY:** Fees are non-refundable unless SWESA cancels a program due to low registration. SWESA reserves the right to cancel or change programs and activities with minimal notice. Only registered participants will be notified by email about program changes, updates or cancellations.

## 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>Legend</b> <b>BJRC- Booster Juice</b> Recreation Centre in Terwillegar, 2nd Floor Room MP-A  <b>Lobby - at the YMCA</b> <b>Studio 2 - at the YMCA</b>	<b>1</b>  <b>SWESA CLOSED</b>	<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 Y- Studio 2	<b>3</b> <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>4</b> <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y- Studio 2
<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 Y- Studio 2	<b>8</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>DESSERT DAY!</b> <b>Fresh Fruit Flan</b> 1 pm - 2:30 pm Y- Studio 2 	<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 Y- Studio 2	<b>10</b> <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>11</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y- Studio 2
<b>14</b> <b>Workshop - Pressed Flowers, Cardmaking (W1 of 2)</b> 9:30 am - 12 pm Y- Studio 2 Cost \$30   <b>OUTING: River Cree Resort &amp; Casino</b> 11 am pick up and 3:30 pm departure Cost: \$5  <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 Y- Studio 2	<b>15</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>Trivia Pursuit</b> 12:30 pm - 2:30 pm Y- Studio 2 	<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 Y- Studio 2	<b>17</b> <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>18</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y- Studio 2
<b>21</b> <b>Workshop - Pressed Flowers, Cardmaking (W2 of 2)</b> 9:30 am - 12 pm Y- Studio 2 Cost: \$30  <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 Y- Studio 2	<b>22</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>BINGO</b> 12:30 pm - 2:30 pm Y- Studio 2 	<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 Y- Studio 2	<b>24</b> <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>25</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y- Studio 2
<b>28</b>  <b>No SWESA Chat @ BJRC</b>  <b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm Y- Studio 2	<b>29</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2   <b>FYI Presentation</b> <b>Global Financial Market Review presented by Wei Woo</b> 1 pm - 2:30 pm Y- Studio 2	<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 Y- Studio 2	<b>31</b> <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>1</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y- Studio 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Legend</b> <b>BJRC-</b> Booster Juice Recreation Centre in Terwillegar, 2nd Floor Room MP-A  <b>Lobby</b> - at the YMCA <b>Studio 2</b> - at the YMCA				<b>1</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y - Studio 2
<b>4</b>    <b>SWESA CLOSED</b>	<b>5</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y - Studio 2    <b>"Toonie" Ice Cream Social</b> 1:00 pm - 2:30 pm Y - Studio 2	<b>6</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 Y- Studio 2	<b>7</b>  <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>8</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y - Studio 2
<b>11</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 Y- Studio 2	<b>12</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y - Studio 2    <b>Capital Line LRT Info Session update</b> with City of Edmonton , Leducor 10 am- 11:30 am Y- Studio	<b>13</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 Y- Studio 2	<b>14</b>  <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>15</b> <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y - Studio 2  <b>ROOT FOR TREES SWESA Community Initiative Program</b> 10 am - 12 pm Location- Fort Edm Park Area Cost: Free 
<b>18</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm Room 7  <b>Canasta (Hand &amp; Foot)</b> 12:15 pm -2:45 pm Y- Studio 2	<b>19</b> <b>Walking Group</b> Meet at 9:30 am   Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y - Studio 2    <b>BINGO</b> 12:30 pm - 2:30 pm Y - Studio 2	<b>20</b>  <b>SWESA Chat @ BJRC</b> 1:00 pm - 4:00 pm Room 7  <b>Bridge Group</b> 12:15 pm -2:45 pm Y- Studio 2	<b>21</b>  <b>Neighbourhood Walkers</b> Meet at 10 am, Y Lobby  <b>SWESA Chat</b> 10:30 am - 12 pm Y- Studio 2  <b>French Conversation Group</b> 10:30 am - 12 pm Y- Studio 2  <b>Cribbage</b> 12:15 pm -2:45 pm Y- Studio 2	<b>22</b>  <b>Art Group</b> 12:30 pm - 3:00 pm Y- Studio 2  <b>Knitting &amp; Stitching</b> 12:30 pm - 3:00 pm Y - Studio 2
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>SWESA Program Break: August 25 - 29, 2025</b> <b>See you in September!</b>				

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

## SUMMER Programs and Activities Description | July 1 - Aug 22, 2025

**Program Registration** - Programs and Activities are subject to change with minimal notice. Registered participants will be notified if a program changes or is cancelled by email.

**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.**

**WORKSHOP: “Pressed Flowers Card Making Workshop”** hosted by Nancy R, a long-standing SWESA Art Group member

Join us for a two-day workshop to create beautiful greeting cards using pressed plant materials.

No prior experience is needed, just a willingness to try something new! Participants will make 8-10 handmade cards, applying artistic principles with delicate flowers and woodland creatures made from leaves.

Supplies are included including Nancy’s personal collection of dried flowers. Please bring scissors or a paper cutting tool and blunt-nose tweezers, if you have them.

**Date:** Mondays, July 14 and 21 **Time:** 9:30 am - 12:00 pm **Location:** Y - Studio 2 | **Cost:** \$30 (Maximum 12 participants)

### DESSERT DAYS

**July - Fresh Fruit Flan-** Tuesday, July 8 | **Time:** 1 pm - 2:30 pm | **Cost:** \$5

**August - “Toonie” Ice Cream Social** - Tuesday, August 5 | **Time:** 1 pm - 2:30 pm | **Cost:** \$2

**OUTING - River Cree Resort & Casino Trip** Monday, July 14 Bus pick up at 11 am and departs at 3:30 pm | Cost: \$5

### SUMMER ACTIVITY PASS - *Available for SWESA members only*

**Cost: \$14** (valid July 1 - Aug 22, 2025)

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 and the William Lutsky YMCA. The Activity Pass is registered in the member’s account and is non-refundable, non-transferable, and not prorated if you join part way through.

### SWESA Chat Tuesday and Thursday *(For July and August Only)*

**Art Group:** Meets on Fridays from 12:30 pm - 3 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.

**Book Club:** *On Summer break, will resume in September.*

**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: July 1, August 4 for Canasta Hand and Foot.**

**Genealogy Group:** *On Summer break, will resume in September.*

**Knitting & Stitching:** This relaxed and social group meets on Fridays from 12:30 pm to 3 pm. This is a self-directed activity where members bring their projects (knitting, cross stitching, crocheting, felting, hand sewing, beading etc).

**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, July 1, 28, August 4, 25 - 29 for Program Break.**

**SWESA Walking Group** Tuesday: Meet 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.

**SWESA Neighbourhood Walkers** - Thursdays: Meet at 10 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.



## SUMMER Programs and Activities Description | July 1 - Aug 22, 2025

**Program Registration** - Programs and Activities are subject to change with minimal notice. Registered participants will be notified if a program changes or is cancelled by email.

**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.**

### FYI TALKS

**“Semi - Annual 2025 Global Financial Market Review and Outlook”**- Investment Advisor Wei Woo, CIM, EPC -

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that is currently affecting your retirement savings and investment strategies now and into the future.

We will review what has happened so far in 2025 and look at forward guidance on what to expect for the remainder of the year.

**Date:** Tuesday July 29, 2025 | **Time:** 1 pm - 2:30 pm | **Location:** Y- Studio

**“LRT, Capital Line Info Session Update”** with the City of Edmonton and Ledcor

Join the City of Edmonton representatives for an informative Capital Line South LRT extension project update with Ledcor, the design-build contractor.

**Date:** Tuesday August 12, 2025 | **Time:** 10 am - 11:30 am | **Location:** Y- Studio 2

### GENERAL INTEREST

**Trivia Pursuit** : A little brain exercise never hurt. Come test your knowledge and enjoy some laughs over a friendly game of Trivia Pursuit!

**Date:** Tuesday, July 15 | **Time:** 12:30 pm - 2:30 pm | **Location:** Y - Studio 2

**BINGO!:** Get ready to call out *BINGO!* for a chance to win surprise prizes. Whether you're a bingo pro or just in it for the laughs, this is your chance to relax, socialize and take home something unexpected. Come for the game, stay for the fun!

**Tuesday, July 22 | Tuesday, August 19 | Time: 12:30 pm - 2:30 pm | Location: Y - Studio 2**

**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 Y- Studio 2

**SOCIAL WORKER APPOINTMENTS:** Meet a Registered Social Worker at SWESA to discuss government benefits, the Canada Dental Program, housing options or another topic of support.

**Dates:** 2nd Wednesday of the Month, July 9, August 13

**By appointment only.** See SWESA Bulletin for more details.

**“Root for Trees, SWESA Community Initiative Program.**

Join SWESA's Community Initiative Program and volunteer to take part in planting to help expand Edmonton's urban forest within SWESA's boundary.

We require a minimum of 10 registered participants. All Planting supplies are provided by A Root for Trees Program Leader. Attendees must sign a liability waiver, be dressed for the weather and wear sturdy, closed-toe footwear such as runners.

**Date:** Friday, August 15, 2025

**Time:** 10 am - 12 pm

**Location:** Fort Edmonton Park Area

**Cost:** Free

**Please note:** Participants are responsible for their own transportation. Registration is required as date and time are subject to change.

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