



**SouthWest Edmonton
Seniors Association**



www.swesa.ca



info@swesa.ca



587-987-3200

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*

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

Bette Wheeler Memorial Library Hours

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

Fall Programs and Activities Schedule

Sept 2 - Dec 24, 2025

Revised: Sept 4, 2025



Open House

**Tuesday
OCTOBER 7, 2025
12 pm - 4 pm**

William Lutsky Family YMCA
1975-111 Street NW

MEMBERSHIP

A SWESA membership is required to participate in all SWESA programs and activities. The annual membership fee is \$40 and is valid from January 1 to December 31 each year.

Fall Membership: \$50 for membership purchased from Sept. to Dec. 2025 and valid until Dec. 2026 (16 months).

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

Potential members and guests may attend one session for free by signing a program waiver. To attend additional sessions, a membership must be purchased.

PROGRAM REGISTRATION

Online: SWESA Members can register through our secure website at www.swesa.ca under the Programs tab. Upon membership purchase, members will receive a password. Guests must be a registered by a SWESA member.

In-Person: Visit SWESA Front Desk inside the William Lutsky YMCA during designated hours.

We only accept Visa and Mastercard, not Amex. Cash payment is only accepted by special request.

REFUND POLICY: Fees are non-transferable and non-refundable unless canceled by SWESA. 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. Y

Members have 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, Personal Training, and many more...

To learn more, visit the YMCA Front Desk.

City of Edmonton Recreation Centres

Receive a 20% discount on a continuous monthly membership or annual membership; some restrictions may apply. The Older Adult Fitness program includes Aquatic programs, Circuit Gold, Living Fit, Yoga, Tai Chi, Essentrics, Gentle Stretch & Strength, and Barre. **Senior Matinee Hour for \$3.50 from 11:30 am - 1 pm available at participating rec centres.**

To learn more, visit City Rec Centre Front Desk.

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 and Activities Schedule Sept 2 - Dec 24, 2025

FALL FEES - SWESA Drop-in Programs

Art Club, Knitting & Stitching Club, Book Club, Walking Club, Book/ Puzzle Exchange Club, Genealogy Club, Floor Curling Club, Chess Club, Trivia Club, Bridge Club (Contract), Cribbage Club, Canasta Club (Hand and Foot), Euchre Club, SWESA Chat Club located at the Booster Juice Recreation Centre in Terwillegar and FYI Talks.

- **Unlimited Club Pass: \$28** (\$7 per month, for unlimited access from September-December 2025. The pass is registered to a member's account and is non-refundable, non-transferable, and not prorated).
- **Pay Per Club Visit: \$3** Must be purchased on the day of attendance either online or in person at SWESA Front Desk.

How to Join: purchase Club Pass or Pay Per Club Visit. Arrive 15 minutes early to meet the group and learn how they play. You can join at any point in the year. You must be a SWESA member.

SWESA Clubs, Programs and Activities Description

Art Club: 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.

Book Club: Where great books meet great company! Join us and dive into lively conversations and fresh perspectives on Tuesdays, Sept 2, Oct 14, Nov 4, Dec 2 to share. See SWESA bulletin for updates and book selections.

Cards and Game Clubs: From 12:30 pm - 3 pm, enjoy a friendly game of Canasta Hand and Foot on Mondays, Bridge (Contract) on Wednesdays, Cribbage on Thursdays, and Euchre on Thursdays.

No meet: October 13 (Thanksgiving Day) for Canasta Hand and Foot.

Chess Club - Join fellow chess enthusiasts for a friendly and engaging afternoon of strategy, conversation, and fun. Every Wednesday starting on Sept 3rd from 12:30 pm - 3 pm. Chess sets provided, or bring your own if you prefer.

Genealogy Club: Meets once a month on Tuesday, Sept 9, Oct 21, Nov 18, Dec 9 from 12:30 pm - 2:30 pm. Dig up your roots and branch out with others exploring family history. Share tips, stories, and uncover the past together.

Knitting & Stitching Club: This relaxed and social Club 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).

Trivia Club - Test your knowledge using various Trivial Pursuit games and enjoy a friendly competition on Tuesdays, Sept 23, Oct 28, Nov 25, Dec 23 from 3 pm - 4 pm. Test your knowledge using various Trivial Pursuit games and enjoy a friendly competition. All questions, all fun - no pressure!

SWESA Chat Club at Booster Juice Community Rec Centre (BJCR) Stay awhile or casually drop by our regular meeting on Monday and Wednesday from 1 pm - 3:30 pm. For any changes or unforeseen closure, please check the SWESA Bulletin. **No meet: Monday, Oct 13, Dec 29, Wednesday Dec 31.**

SWESA Walking Club, Tuesday - Meet at 9:30 am inside the YMCA Lobby to discuss where to walk. Please remember to dress for the weather.

SWESA Neighbourhood Walkers Club, Thursdays- Meet at 10 am inside the YMCA Lobby to walk the neighbourhood. Please remember to dress for the weather.

STAY IN THE KNOW!

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

PROGRAM REGISTRATION - PAID

Please Note: Drop-ins are not permitted for workshops, outings, special events, or any program or activity with specified pricing. 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, even if participants cancel after registration or withdraw partway through.

WORKSHOPS

Writing Workshop “Sharing Stories - Leaving Legacies” Instructor: Sue Paulson

Dates: Tuesday, Sept. 16 and Thursday, Sept 18 | **Time:** 10 am - 12 pm | **Location:** Y- Studio 2 | **Cost:** \$65 (Includes materials, bring your favourite pen!)

Ready to share your wisdom through stories? Want to capture precious moments and pay tribute to those who shaped your life? Eager to preserve what matters most for your kids and grandkids?

When each generation shares what life has taught us:

- Your family's stories and wisdom are preserved
- What matters most to you lives on
- Future generations inherit your memories and insights

Join us as best-selling author and speaker Sue Paulson presents Sharing Stories – Leaving Legacies.

During this two-part workshop, you will:

- ✓ Discover simple methods to capture and preserve your most meaningful stories—both written and recorded
- ✓ Learn practical ways to share memories, family history, and life lessons
- ✓ Leave with a personalized action plan and the tools to begin immediately

“Rustic Wood Decorative Pumpkins” Instructor: Shantel T.

Date: Thursday, Sept 25 | **Time:** 10 am - 12 pm | **Location:** Y - Studio | **Cost:** \$45

Create a set of two charming rustic wood decorative pumpkins, sized 8"x15" and 9"x6". Customize with your choice of paint colours and embellishments for a perfect seasonal touch. Ideal for adding a cozy, rustic vibe to any space! Cost includes all crafting materials.



“Spanish and Salsa - 4 Weeks of Language and Dance Workshop” Instructor: Damara L, Dance Art & Fitness Movement.

Dates: Thursday, Oct 2, Oct 9, Oct 16, Oct 23 | **Time:** 10 am - 11:30 am | **Location:** Y- Studio 2 | **Cost:** \$50

Learn to speak basic Spanish and master the fundamentals of salsa dancing in this fun and interactive 4-week workshop!

Each 90-minute session blends easy, everyday Spanish phrases with simple salsa techniques, helping you build both language skills and dance confidence.

No experience is needed- just comfortable shoes and an open mind.

You'll enjoy great music, cultural insights, and step-by-step instruction that may lead to a short group salsa dance by the final session.

“Digital Photo Organizing 101: Tame Your Photo Chaos Workshop” Instructor: Carmen C, Forever Neat

Date: Thursday, October 30 | **Time:** 10 am - 12 pm | **Location:** Y - Studio 2 | **Cost:** \$25

Are you overwhelmed by a sea of digital photos? In this two-hour workshop, we will guide you step-by-step on how to tackle the largest source of digital photo clutter—your smartphone.

We will also explore other places where images tend to accumulate, such as computers, old cameras, and forgotten drives.

While we may not have enough time to fully organize your entire collection during the session, you will walk away with a clear plan and practical strategies to help you declutter, consolidate, and protect your cherished memories from loss.

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PROGRAM REGISTRATION- PAID

WORKSHOPS

“Coloured Pencil Workshop – Nature on a Small Scale” Instructor: Susan Casault

Dates: Tuesdays, Nov 25, Dec 2, 9, 16 (4 weeks) | **Time:** 9:30 am - 12 pm | **Location:** Y- Studio 2 | **Cost:** \$80

Draw a colourful array of small nature drawings in this 4-week session.

Explore a variety of subjects, including flowers and miniature landscapes, on white paper.

Gain experience with choosing colours and problem-solving as you focus on values and textures. The class will include demonstrations and individual guidance. Photo reference will be provided by the instructor.

Material List:

- Coloured pencils - **must be artist's quality**. Students should have a good collection of pencils.
- A set of 36 Prismacolor Premier (not verithin or scholar) pencils is recommended, OR a collection with a variety of colours. Other good quality artist's pencils include Derwent Chromaflow, Coloursoft, or Lightfast; Faber-Castell Polychromos; Caran D'ache Luminence or Pablo; Lyra Rembrandt; Holbein
- 4 pieces of white Stonehenge drawing paper, approximately 10" x 11" or smaller. (one 22" x 30" sheet cuts into six 10" x 11" pieces) If you have other light paper colours, like cream or fawn, feel free to bring those as well.
- 1 pencil sharpener that works with your coloured pencils (Prismacolor manual sharpener with vestibule works well or Koh-i-noor 3-hole manual sharpener)
- 1 kneaded eraser
- 1 HB graphite pencil
- 1 sheet of grey or blue ERASABLE transfer paper OR 1 soft graphite stick
- eraser/drafting brush - optional
- Prismacolor or Derwent colourless blender pencil
- Scotch Magic tape, and green painters tape- *optional*
- Stylus (embossing tool) *optional*

\$3 for photo-reference, payable to the instructor on the first day of class

We will be drawing on tables. If you prefer to draw on a more upright surface, you may bring a small 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, Delta Art and Drafting, and The Paint Spot.

“Big and Bold: DIY Giant Ornaments Workshop” Instructor: Shantel T.

Make your holiday decor larger than life!

In this creative, hands-on workshop, you will craft 2 giant decorative Christmas Ornaments. Size 16x11in and 9x6 in.

Date: Thursday, Dec 4 | **Time:** 10 am - 12 pm | **Location:** Studio 2 | **Cost:** \$40 includes all materials



OUTINGS

National Indigenous Cultural Expo (N.I.C.E) Outing - Sponsored by Dr. Robert Turner, SWESA Member and Board Advisor

Join us on Friday, Oct 3rd, for a meaningful outing to the National Indigenous Cultural Expo at Edmonton Expo Centre - a special opportunity to immerse yourself in Indigenous performances, culture, fashion, traditions, and stories.

This event is a chance to respectfully honour National Truth and Reconciliation Day and reflect on the significance of Orange Shirt Day (September 30), recognizing the resilience and strength of Indigenous communities.

This marks the 4th year SWESA has honoured Sept 30, National Day for Truth and Reconciliation, proudly sponsored by Dr. Turner, SWESA Board Advisor. Register early as this outing sells out.

Date: Friday, Oct 3 | **Time:** TBD see bulletin for details | **Cost:** \$5

PROGRAM REGISTRATION - PAID

OUTINGS

COW PATTI - Comedy Dinner Theatre - Lacombe, Alberta

Join us for a delightful out-of-town Dinner Theatre Brunch in Lacombe, AB. Enjoy a delicious brunch while experiencing the charming holiday play “Ethan Claymore’s Christmas” by Norm Foster, perfect for getting into the holiday mood.

Play Synopsis:

“*Ethan Claymore's Christmas* is a story about a struggling Canadian egg farmer whose quiet life gets scrambled when a ghostly visitor from the past shows up to take a crack at healing old wounds and a meddlesome neighbor who pushes him toward a second chance at love. With scenes that shift between present day and Ethan's younger years, this festive Norm Foster gem blends big laughs with touching moments of reflection. This holiday season, Cow Patti will serve up a feel-good comedy with spirit, hilarity...and hens! **Pure Cow Patti Magic!**”

Date: Tuesday, Nov 18

Time: Bus Pick up at 9 am

Location: Tin Roof Event Centre, Lacombe, AB

Member Cost: \$110 includes a show ticket, brunch, and a round-trip motorcoach transportation.

Non-Member Cost/ Guest: \$140 includes show ticket, brunch, and round-trip motorcoach transportation.

Buffet Brunch Menu:

Eggs Benedict with Turkey, Italian Fritata (gf), Breakfast Sausages (df), Apple & Brie Chicken Breast (gf), Mini Cubed Hashbrowns with Roasted Peppers & Onions (veg.gf.df), Smashed Breakfast Potatoes (veg.gf), Blueberry Pancakes (veg), British Style Baked Beans (gf, df) Berry Salad (veg.gf, df), Broccoli Salad (veg.gf.df) Farmer Salad (veg.gf, df), Classic Potato Salad (veg.gf, df) Spinach & Feta Croissants (veg), Chocolate & Raspberry Croissants (veg), Assortment of Fresh Scones (veg), Chocolate Covered Strawberries (veg.gf), Pumpkin Squares (veg), Individual Pie Tarts, Strawberry Quark Cakes (veg), Raspberry & Vanilla Cream Puffs (veg).

Note: veg = Vegetarian, gf = Gluten Free, df = Dairy Free.

Important: Please e-mail programs@swesa.ca to inform of dietary requests and restrictions.

FINAL REGISTRATION & CUT OFF DATE: October 18 (No Exceptions)

Monthly Casino Outing - River Cree Resort & Casino

Join us for our popular monthly trip to the River Cree Resort & Casino. It’s a great way to meet SWESA members. It’s always a fun day out!

Thursday, Sept. 4 – 10 am pickup and 2:30 pm departure

Thursday, Oct 23, 10 am pickup, 2:30 pm departure

Monday, Nov 17 - 11 am pickup and 3:30 pm departure

Cost: \$5 per trip. Includes lunch voucher and bus transportation. Participants must register and travel with the group to receive voucher- no exceptions.

STAY IN THE KNOW!

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INFO SESSION, FYI TALKS

“Eating Well with Diabetes- Nutrition Information Session + Food Demo” Instructor: Registered Dietitian, Sarah J., with Nutrition Health Tours

Date: Thursday, Nov 6 | **Time:** 10 am - 11:15 am | **Location:** Y- Studio 2 | **Cost:** \$35 includes food samples and digital resource.

This November, in recognition of Diabetes Awareness Month, join Registered Dietitian Sarah Jean-Noel for an engaging 75-minute workshop filled with practical tips to help you manage your blood sugar levels.

You will learn which nutrients to prioritize and which to limit, as well as how to read nutrition labels to make healthier food choices.

The session will feature a live food demonstration, allowing you to taste a delicious diabetes-friendly recipe that’s ideal for anyone who has recently been diagnosed, is living with diabetes, or is supporting a loved one.

This workshop is also open to anyone who would like to learn more about nutrition in general.

FYI Talk “Global Financial Review” Presented by: Wei Woo

Date: Thursday, Nov 20th | **Time:** 10 am – 11:30 am | **Location:** Studio 2 | **Cost:** Club Pass or Pay Per Visit Fee

FYI Talk “Ethics of Artificial Intelligence - AI” Presented by Dr. Rockwell, Professor, University of Alberta

Date: Tuesday, Dec 9 | **Time:** 2:30 pm - 4 pm | **Location:** MPR | **Cost:** Club Pass or Pay Per Visit Fee

SWESA LUNCH, SPECIAL EVENTS

LUNCH & LEARN - Alzheimer’s Disease, Vascular Dementia, and Other Forms: Let’s Learn About Dementia

Presented by: Health Educator, Home and Community Care - Assisted Living Alberta

Lunch Catered by: Jerusalem Shawarma



Join us for an informative Lunch & Learn where we’ll explore dementia in its many forms. This session will cover valuable insight and practical information to better understand:

- What is Dementia
- Dementia & cognition
- The most common types of Dementia
- Resources to support persons living with dementia and their caregivers



Date: Tuesday, Sept 16 | **Time:** 1 pm - 4 pm | **Location:** MPR | **Cost:** \$20

Menu: Jerusalem Shawarma buffet with slow-roasted chicken shawarma, basmati rice, fatuch salad, garlic potatoes, hummus and pita. Vegetarian option: Chickpeas falafel.

Email- programs@swesa.ca for any dietary restrictions; food accommodations are dependent on the caterer’s ability to provide them.

PIE DAY! Join us for a delicious slice, friendly conversation and a whole lot of sweetness! This is a perfect way to connect with SWESA members over something comforting - pie!

Date: Tuesday, Nov 4 | **Time:** 1 pm- 2:30 pm | **Location:** Chatty Cuppa Cafe | **Cost:** \$5



SWESA HOLIDAY LUNCH with Entertainment, Catered by A Cappella Catering

Date: Tuesday, Dec 16 | **Time:** 1pm - 3 pm

Location: MPR | **Cost:** Member - \$45, Guest/Non- Member - \$55

See SWESA Bulletin for more details.



HOLIDAY BAKING POTLUCK

Get into the festive spirit with a sweet and savoury celebration! Bring your favourite holiday treat, cookies, squares, cakes or even something savoury and share the joy of baking with SWESA Members.

Date: Tues, Dec 23 | **Time:** 10 am - 12 pm | **Location:** Chatty Cuppa Cafe

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PROGRAM REGISTRATION

Better Choices, Better Health - Chronic Pain Workshop

Learn lifelong skills to manage your chronic pain through our 6-week Better Choices, Better Health Self Management Program. At this no-cost workshop, 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
- -How to talk with your health care team
- -Living a better quality of life

Please note: AHS requires an Alberta Health Card to participate in this workshop.

Dates: Tuesday, Sept 23, Oct 7, 14, 21, 28, Nov 4 (No Meet, Sept 30) **Time:** 9:30 am - 12 pm

Location: Y- Studio 2

Cost: \$1 Registration Fee

CONVERSATION CIRCLE with Norquest College

Dates: Thursday, October 30, and Thursday, November 13, from 10 am – 12 pm. **Save the Dates!**

Refer to the SWESA Bulletin for additional details and information.

SWESA Community Initiative - FOOD DRIVE - Friday, Dec 5. See SWESA Bulletin for more details.

Warm Welcome Members Meet at the Chatty Cuppa Cafe Re-Opening

Let's kick off our first day back to SWESA's Fall Programs & Activities with a Member's Meet at the Chatty Cuppa Cafe re-opening on

Tuesday, Sept 2nd from 10 am - 12 pm.

We hope to see you there!

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 Chatty Cuppa Cafe / Y-Lobby

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! *Participants are welcome to bring donate prizes.*

Dates: Tuesday, Sept 23, Oct 28, Nov 25, Dec 23 | **Time:** 12:30 pm - 2:30 pm | **Location:** MPR

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, Sept 10, Oct 8, Nov 12, Dec 10

By appointment only. Send an appointment request to info@swesa.ca. You will receive a reply confirming your appointment.















See SWESA Bulletin for more details.

















STAY IN THE KNOW!












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SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  LABOUR DAY SWESA CLOSED	2 Walking Club Meet at 9:30 am Y Lobby  CHATTY CUPPA SWESA EST. 2025 Welcome Back - Members Meet at the Chatty Cuppa Cafe Opening - 10 am SWESA Chat 10:00 am - 12 pm Chatty Cuppa Book Club 12:30 - 2:30 pm MPR 	3 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	4 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat @ Chatty Cuppa 10:00 am - 12 pm French Conversation 10:30 am - 12 pm Chatty Cuppa  OUTING: River Cree Resort & Casino 10 am pick up, 2:30 pm departure Cost: \$5 Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 - 3 pm MPR	5 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
8 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	9 Walking Club Meet at 9:30 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa Genealogy Club 12:30 - 2:30 pm MPR 	10 Social Worker Appointment SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	11 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 pm - 3 pm MPR	12 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
15 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	16 Walking Club Meet at 9:30 am- Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa  WRITING WORKSHOP- Sharing Stories, Leaving Legacy- Part 1 of 2 10 am - 12 pm Studio 2  LUNCH & LEARN "Alzheimer's Disease, Vascular Dementia, and Other Forms: Let's Learn About Dementia" Presentation by: Assisted Living Alberta 1:00 pm - 4 pm at MPR Cost: \$20 Menu: Jerusalem Shawarma	17 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	18 Neighbourhood Walkers Meet at 10 am - Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa  WRITING WORKSHOP- Sharing Stories, Leaving Legacy- Part 2 of 2 10 am - 12 pm Studio 2 French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 pm - 3 pm MPR	19 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
22 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	23 Walking Club Meet at 9:30 am Y Lobby Better Choices, Better Health Chronic Pain Workshop by AHS W1 of 6 9:30 am - 12 pm Y Studio 2 SWESA Chat 10:00 am - 12 pm Chatty Cuppa BINGO 12:30 pm - 2:30 pm MPR  Trivia Club 3 pm- 4 pm MPR 	24 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	25 BOARD MEETING Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat @ Chatty Cuppa 10:00 am - 12 pm WORKSHOP "Rustic Wood Decorative Pumpkins" 10 am - 12 pm - Studio 2 Cost \$45 French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 pm - 3 pm MPR	26 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
29 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	30 National Day for Truth and Reconciliation  SWESA CLOSED	 SouthWest Edmonton Seniors Association  www.swesa.ca  info@swesa.ca 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.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>SouthWest Edmonton Seniors Association</p> <p>October 2025</p> <p>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.</p>	 www.swesa.ca  info@swesa.ca	<p>1</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Club 12:30 pm - 3 pm MPR</p> <p>Chess Club 12:30 pm - 3 pm MPR</p>	<p>2</p> <p>Neighbourhood Walkers Meet at 10 am, Y Lobby</p> <p>SWESA Chat @ Chatty Cuppa 10:00 am - 12 pm</p> <p>French Conversation 10:30 am - 12 pm Chatty Cuppa</p> <p> Spanish & Salsa - 4 Week of Language and Dance W1 of 4 WORKSHOP @ Studio 2 10 am - 11:30 am Cost \$50</p> <p>Cribbage 12:30 pm - 3 pm MPR</p> <p>Euchre 12:30 pm - 3 pm MPR</p>	<p>3</p> <p>OUTING - Edmonton Expo Centre</p> <p>National Indigenous Cultural Expo (NICE)</p> <p>Time: TBD Cost \$5</p> <p> Art Club 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>
	<p>6</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Canasta (Hand & Foot) 12:30 pm - 3 pm MPR</p>	<p>7</p> <p>Walking Club - Meet 9:30 am Y Lobby</p> <p><i>No SWESA Chat</i></p> <p>Better Choices, Better Health Chronic Pain Workshop by AHS W2 of 6 9:30 am - 12 pm Y Studio 2</p> <p> Open House 12 pm - 4 pm</p>	<p>8</p> <p>Social Worker Appointment</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Club 12:30 pm - 3 pm MPR</p> <p>Chess Club 12:30 pm - 3 pm MPR</p>	<p>9</p> <p>Neighbourhood Walkers Meet at 10 am, Y Lobby</p> <p>SWESA Chat + Monthly Bday 10:00 am - 12 pm Chatty Cuppa</p> <p> Spanish & Salsa - 4 Week of Language and Dance W2 of 4 WORKSHOP @ Studio 2 10 am - 11:30 am Cost \$50</p> <p>French Conversation 10:30 am - 12 pm Chatty Cuppa</p> <p>Cribbage 12:30 pm - 3 pm MPR</p> <p>Euchre 12:30 pm - 3 pm MPR</p>
<p>13</p> <p></p> <p>HAPPY Thanksgiving</p> <p>SWESA CLOSED</p>	<p>14</p> <p>Walking Club Meet at 9:30 am Y Lobby</p> <p>Better Choices, Better Health Chronic Pain Workshop by AHS W3 of 6 9:30 am - 12 pm Y Studio 2</p> <p>SWESA Chat 10:00 am - 12 pm Chatty Cuppa</p> <p>Book Club 12:30 - 2:30 pm MPR</p> <p></p>	<p>15</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Club 12:30 pm - 3 pm MPR</p> <p>Chess Club 12:30 pm - 3 pm MPR</p>	<p>16</p> <p>Neighbourhood Walkers Meet at 10 am, Y Lobby</p> <p>SWESA Chat 10:00 am - 12 pm Chatty Cuppa</p> <p>Spanish & Salsa - 4 Week of Language and Dance W3 of 4 WORKSHOP @ Studio 2 10 am - 11:30 am</p> <p> French Conversation 10:30 am - 12 pm Chatty Cuppa</p> <p>Cribbage 12:30 pm - 3 pm MPR</p> <p>Euchre 12:30 pm - 3 pm MPR</p>	<p>17</p> <p>Art Club 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) 12:30 pm - 3 pm MPR</p>	<p>21</p> <p>Walking Club Meet at 9:30 am Y Lobby</p> <p>Better Choices, Better Health Chronic Pain Workshop by AHS W4 of 6 9:30 am - 12 pm Y Studio 2</p> <p>SWESA Chat 10:00 am - 12 pm Chatty Cuppa</p> <p>Genealogy Club 12:30 - 2:30 pm MPR</p> <p></p>	<p>22</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Club 12:30 pm - 3 pm MPR</p> <p>Chess Club 12:30 pm - 3 pm MPR</p>	<p>23</p> <p>Neighbourhood Walkers Meet at 10 am, Y Lobby</p> <p> OUTING: River Cree Resort & Casino 10 am pick up, 2:30 pm departure Cost: \$5</p> <p>SWESA Chat at Chatty Cuppa 10:00 am - 12 pm</p> <p>Spanish & Salsa - 4 Week of Language and Dance W4 of 4 WORKSHOP @ Studio 2 10 am - 11:30 am</p> <p> French Conversation 10:30 am - 12 pm Chatty Cuppa</p> <p>Cribbage + Euchre 12:30 pm - 3 pm MPR</p> <p>BOARD MEETING</p>	<p>24</p> <p>Art Club 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) 12:30 pm - 3 pm MPR</p>	<p>28</p> <p>Walking Club Meet at 9:30 am Y Lobby</p> <p>Better Choices, Better Health Chronic Pain Workshop W5 of 6 9:30 am - 12 pm Y Studio 2</p> <p>SWESA Chat 10:00 am - 12 pm Chatty Cuppa</p> <p>BINGO 12:30 pm - 2:30 pm MPR</p> <p></p> <p>Trivia Club 3 pm - 4 pm MPR</p> <p></p>	<p>29</p> <p>SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A</p> <p>Bridge Club 12:30 pm - 3 pm MPR</p> <p>Chess Club 12:30 pm - 3 pm MPR</p>	<p>30</p> <p>Neighbourhood Walkers Meet at 10 am, Y Lobby</p> <p>SWESA Chat with Norquest College Conversation Circle 10:00 am - 12 pm</p> <p> WORKSHOP Digital Photo Organizing 10 am - 12 pm Studio 2 Cost: \$25</p> <p>French Conversation 10:30 am - 12 pm Chatty Cuppa</p> <p>Cribbage 12:30 pm - 3 pm MPR</p> <p>Euchre 12:30 pm - 3 pm MPR</p>	<p>31</p> <p>Art Club 12:30 pm - 4:00 pm MPR</p> <p>Knitting & Stitching 12:30 pm - 4:00 pm MPR</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	4 Walking Club Meet at 9:30 am Y Lobby Better Choices, Better Health Chronic Pain Workshop by AHS W6 of 6 9:30 am - 12 pm Y Studio 2 SWESA Chat 10:00 am - 12 pm Chatty Cuppa Book Club 12:30 - 2:30 pm MPR PIE DAY! 1 pm - 2:30 pm Chatty Cuppa Cafe Cost: \$5 	5 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	6 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat @ Chatty Cuppa 10:00 am - 12 pm Nutrition Info Session & Food Demo "Eating Well with Diabetes" 10 am - 11:15 am Cost: \$35 French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 pm - 3 pm MPR 	7 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
10 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	11 <i>Remembrance Day</i>  SWESA CLOSED	12 Social Worker Appointment SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	13 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat with Norquest College Conversation Circle 10:00 am - 12 pm Chatty Cuppa French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 pm - 3 pm MPR	14 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
17  OUTING: River Cree Resort & Casino 11 am pick up, 3:30 pm departure Cost: \$5 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	18 Walking Club Meet at 9:30 am Y Lobby COW PATTI TRIP  Lacombe, AB Bus Pick Up @ 9 am Cost: \$110 Members, \$140 Non-Member SWESA Chat 10:00 am - 12 pm Chatty Cuppa  Genealogy Club 12:30 - 2:30 pm MPR 	19 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	20 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa FYI TALK - "Global Financial Review" 10:00 am - 11:30 am Y - Studio 2  French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm - 3 pm MPR Euchre 12:30 pm - 3 pm MPR BOARD MEETING	21 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
24 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	25 Walking Club Meet at 9:30 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa WORKSHOP - "Coloured Pencil - Nature Small Scale by Susan Casault W1 of 4" 9:30 am - 12 pm Y-Studio 2  BINGO 12:30 pm - 2:30 pm MPR  Trivia Club 3 pm - 4 pm MPR 	26 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	27 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage Euchre 12:30 pm - 3 pm 12:30 pm - 3 pm MPR MPR	28 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Membership Renewal 2026 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	2 Walking Club Meet at 9:30 am Y Lobby WORKSHOP - "Coloured Pencil - Nature Small Scale by Susan Casault W2 of 4 9:30 am - 12 pm Y-Studio 2"  SWESA Chat 10:00 am - 12 pm Chatty Cuppa Book Club 12:30 - 2:30 pm MPR 	3 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	4 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat @ Chatty Cuppa 10:00 am - 12 pm "BIG & BOLD - Giant Decorative Ornament Workshop" by Shantel T. 10:00 am - 12 pm Studio 2 Cost: \$40 French Conversation 10:30 am - 12 pm Chatty Cuppa  Cribbage 12:30 pm -3 pm MPR Euchre 12:30 - 3 pm MPR	5 SWESA Community Initiative FOOD DRIVE Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
8 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	9 Walking Club Meet at 9:30 am Y Lobby WORKSHOP - "Coloured Pencil - Nature Small Scale by Susan Casault W3 of 4 9:30 am - 12 pm Y-Studio 2"  SWESA Chat 10:00 am - 12 pm Chatty Cuppa  Genealogy Club 12:30 - 2:30 pm MPR  FYI TALK - Artificial Intelligence - AI by Dr. Rockwell, U of A 2:30 pm - 3:30 pm MPR	10 Social Worker Appointment SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	11 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm -3 pm MPR Euchre 12:30 pm -3 pm MPR	12 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
15 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR 	16 Walking Club Meet at 9:30 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa WORKSHOP - "Coloured Pencil - Nature Small Scale by Susan Casault W4 of 4 9:30 am - 12 pm Y-Studio 2"   SWESA HOLIDAY LUNCH with Entertainment Catered by A Cappella Catering 1 pm - 3 pm Cost: \$45 Member, Guest \$55	17 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR Chess Club 12:30 pm - 3 pm MPR	18 Neighbourhood Walkers Meet at 10 am, Y Lobby SWESA Chat + Monthly B-Day 10:00 am - 12 pm Chatty Cuppa French Conversation 10:30 am - 12 pm Chatty Cuppa Cribbage 12:30 pm -3 pm MPR Euchre 12:30 pm -3 pm MPR BOARD MEETING	19 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
22 SWESA Chat @ BJRC 1:00 pm - 4:00 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	23 Walking Club Meet at 9:30 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa  HOLIDAY BAKING POTLUCK 10:00 am - 12 pm Chatty Cuppa BINGO 12:30 pm - 2:30 pm MPR  Trivia Club 3 pm - 4 pm MPR 	24 	25 	26 
<p>Please Note: SWESA is closed for the Holidays from Dec 25 - Jan 5, 2026 Happy New Year and remember to renew your membership!</p>				
<div>  <div>  www.swesa.ca  info@swesa.ca </div> <div> SouthWest Edmonton Seniors Association </div> </div> <div> <h1>DECEMBER 2025</h1> </div>				

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