



www.swesa.ca



info@swesa.ca



587-987-3200

Locations:

William Lutsky Family YMCA

1975 - 111 Street NW, Edmonton, AB T6J 7E7

Front Desk Hours at YMCA

Monday, Wednesday, Friday at 12 pm - 2 pm

Tuesday, Thursday at 10 am - 2 pm

Bette Wheeler Memorial Library

located inside William Lutsky YMCA - MPR

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



***Closed for the Summer
Re-opens Fall, September 1.***

Where conversations brew and connections grow

Booster Juice Community Recreation Centre in Terwillegar (BJCR)

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

SWESA Chat Hours:

Monday, Wednesday at 1 pm - 3:30 pm

**Closed Wednesday, July 15, 2026*

**IT'S
SUMMER
TIME !!**

July 1 - August 21, 2026

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 1st to December 31st each year.

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 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-refundable and not transferable 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. Fees are non-refundable, even if participants cancel after registration or withdraw partway through.

SWESA Fitness Partners

William Lutsky Family YMCA

Offers a 3-day free trial and Financial Assistance.

YMCA 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

Senior Matinee Hour for \$3.50 from

11:30 am - 1 pm available at participating rec 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. 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  www.swesa.ca  info@swesa.ca Legend BJRC - Booster Juice Recreation Centre in Terwillegar, 2nd Floor Room MP-A Lobby - at the YMCA Studio 2 - at the YMCA MPR - at the YMCA		1  SWESA Closed	2 REGISTRATION DAY Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	3 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
			9 Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	10 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
6 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Studio 2	7 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 ICE CREAM SOCIAL 1 pm - 3 pm Studio 2 	8 Social Worker Appointments SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Studio 2	16 Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 OUTING- River Cree Casino 11 am Bus pick up, 3:30 pm Departure Cribbage Club 12:30 pm - 3 pm Studio 2 	17 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
13 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Studio 2	14 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 FYI Talk "Semi- Annual 2026 Market Review & Outlook" 1 pm - 2:30 pm Studio 2 	15 No Chat @ BJRC Bridge Club 12:30 pm - 3 pm Studio 2	23 Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	24 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
20 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Studio 2	21 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 FYI TALK "LRT Info Session" 10 am - 12 pm Studio 2  BINGO! 12:30 pm - 2:30 pm Studio 2 	22 SWESA Chat @ BJRC 1 pm - 3:30 pm MP-A Bridge Club 12:30 pm - 3 pm Studio 2	30 Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	31 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
27 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Studio 2	28 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 WORKSHOP- Charcoal Art 12:30 pm - 2:30 pm Studio 2 CREATIVE WORKSHOP	29 SWESA Chat @ BJRC 1 pm - 3:30 pm MP-A Bridge Club 12:30 pm - 3 pm Studio 2	31 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Legend BJRC - Booster Juice Recreation Centre in Terwillegar, 2nd Floor Room MP-A Lobby - at the YMCA Studio 2 - at the YMCA MPR - at the YMCA				
3  HERITAGE DAY SWESA Closed	4 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 WORKSHOP- Pastel Art 12:30 pm - 2:30 pm Studio 2 	5 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Studio 2	6 Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	7 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
10 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Studio 2	11 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2  FYI TALK "Jewelry Appraisal, Gold, Silver & Hidden Treasures" 10 am - 11:30 am Studio 2 DESSERT DAY! Fresh Fruit Flan 1 pm - 3 pm Studio 2 	12 Social Worker Appointments SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Studio 2	13 Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	14 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2
17 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Studio 2	18 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 BINGO! 12:30 pm - 2:30 pm Studio 2 	19 SWESA Chat @ BJRC 1 pm - 3:30 pm MP- A Bridge Club 12:30 pm - 3 pm Studio 2	20  OUTING - Royal Alberta Museum 9:30 bus pick up 2 pm return  Bocce Ball Outdoors 10 am - Meet at Y- Lobby Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Studio 2 SWESA Chat en Francais 10:30 am - 12 pm Studio 2 Cribbage Club 12:30 pm - 3 pm Studio 2	21 Art Club 12:30 pm - 3 pm Studio 2 Knitting & Stitching 12:30 pm - 3 pm Studio 2

SWESA Closed: Program Break August 24 - Aug 28, 2026

Save the Date! Fall Registration Begins Monday, August 31, 2026

SUMMER Programs and Activities Description | July 1 - Aug 21, 2026

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.

Only 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.

DROP-IN PROGRAMS AND FEES

Enjoy unlimited access to SWESA's drop-in clubs and activities all summer long including Art Club, Cards (Bridge-Contract, Cribbage, Canasta (Hand and Foot), Knitting & Stitching Club, Walking Club, Book/Puzzle Library, FYI TALKS, SWESA Chats (Mondays & Wednesdays) located at the Booster Juice Recreation Centre in Terwillegar and the William Lutsky YMCA (Tuesdays & Thursdays). Book Club, Cooking Club, Trivia Club will resume in Fall.

- **Unlimited Club Pass: \$18.** Provides unlimited drop-in programs for the **summer valid July 1 - Aug 21, 2026.** *(Equivalent to \$9/month in value. Must be paid in full at the time of purchase. Monthly payments are not available. Unlimited Club Pass is non-refundable, non-transferrable and for SWESA members only).*
- **Pay Per Club Visit: \$5**
 - Must be purchased online or at SWESA Front Desk and used on the day of attendance.

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

Dessert Days

ICE CREAM SOCIAL + Karaoke

Cool off with a sweet summer treat! Join us for an afternoon of ice cream, music, and laughter! Enjoy a sweet treat then take the mic for some karaoke fun. Whether you love to sing or prefer to cheer others on, everyone is welcome.

No singing talent required!

Tuesday, July 7, 2026 at 1 pm - 3 pm | Cost: \$2



FRESH FRUIT FLAN

Enjoy a delicious fresh fruit flan served with coffee or tea while catching up with fellow members. A perfect summer dessert to enjoy in good company.

Tuesday, August 11, 2026 at 1 pm - 3 pm | Cost: \$5 includes dessert and coffee/tea



FYI TALKS

FYI Talk “Semi - Annual 2026 Market Review and Outlook” with Wei Woo, Investment Advisor CIM, EPC

Join Wei Woo for a discussion on the economic, financial and market developments making headlines in 2026. Explore key trends from the first half of the year and gain insight into what may lie ahead in the months to come. Gain valuable perspective to help you navigate our changing market conditions and make informed decisions for your financial future.

Date: Tuesday, July 14, 2026 | **Time:** 1 pm - 2:30 pm | **Location:** Studio 2 | **Cost:** \$5 drop-in fee or Unlimited Club Pass (includes coffee/tea and treat)

FYI Talk “Neighbourhood LRT Update” with Ledcor and City of Edmonton

Join Ledcor, the design build contractor and City of Edmonton for an informative info session and updates on the Capital Line South LRT extension project.

Date: Tuesday, July 21, 2026 | **Time:** 10 am - 12 pm | **Location:** Studio 2 | **Cost:** \$5 drop-in fee or Unlimited Club Pass (includes coffee/tea and treat)

FYI Talk “Jewelry Appraisal, Gold, Silver & Hidden Treasures” with Jewelry Darlings

Learn how jewelry, gold, silver, and heirlooms are evaluated by a professional appraiser. Discover what influences value, common misconceptions and what to expect during the appraisal process.

Bring your questions, expand your knowledge, and feel free to bring an item for a complimentary jewelry appraisal.

Date: Tuesday, Aug 11, 2026 | **Time:** 10:00 am - 11:30 am | **Location:** Studio 2 | **Cost:** \$5 drop-in fee or Unlimited Club Pass (includes coffee/tea and treat)

SUMMER Programs and Activities Description | July 1 - Aug 21, 2026

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WORKSHOPS

Charcoal Art Workshop | Instructor: Chelsea D.

Discover the basics and learn foundational mark-making techniques in this fun and hands-on beginner friendly workshop. Participants will have the opportunity to complete a guided drawing with options including a tree, dog or building portrait. All materials are provided.

Optional materials: old paint brushes, blending stumps, spray fixative. **Please note:** Charcoal is a messy material, wear clothing that can get dirty or bring an apron to protect your clothes.

Date: Tuesday, July 28 | **Time:** 12:30 pm - 2:30 pm | **Location:** Studio 2 | **Cost:** \$25 (Maximum 12 participants)

Pastels Art Workshop | Instructor: Chelsea D.

Explore the vibrant world of soft pastels in this beginner- friendly workshop. Learn blending, layering, shading and mark-making techniques while creating your own artwork. No experience required. Please wear clothing that can get dirty or bring an apron to protect your clothes. **Required Materials:** Soft Pastels (not oil pastels) - minimum 6 colours. Optional materials: small to medium paintbrush and blending stumps.

Date: Tuesday, August 4 | **Time:** 12:30 pm - 2:30 pm | **Location:** Studio 2 | **Cost:** \$25 (Maximum 12 participants)

OUTING

River Cree Resort & Casino Trips

Thursday, July 16 | **Times:** Bus pick up at 11 am and departs at 3:30 pm | **Cost:** \$5

Royal Alberta Museum Outing

Join us for a day exploring fascinating exhibits at RAM, one of Canada's largest museums. Discover over five million artifacts and specimens showcasing Alberta's rich history, Indigenous cultures, wildlife, fossils and natural sciences.

Date: Thursday, August 20, 2026 | **Time:** Bus pick up at 9:30 am, departs 2 pm

Cost \$35 member, \$45 non-member/reciprocal members (includes admission & return transportation).

The Museum Café is available during your visit, or you're welcome to bring a lunch or snack.



GENERAL INTEREST

Bocce Ball Outdoors for the Summer!

Enjoy a casual game of bocce ball and some fresh air. No experience is necessary. Participants are encouraged to bring a lawn chair and dress for the weather.

Starting Thursday, July 9th at 10 am, meet inside the Y- Lobby before heading outdoors.

BINGO!

Join us for an afternoon of BINGO, laughter, and friendly competition. Whether you're a seasoned player or trying it for the first time, everyone is welcome! Prizes to be won and fun guaranteed!

Dates: Tuesday, July 21 and Tuesday, August 18, 2026

SWESA CHAT en Francais Parles-tu français? Join SWESA members for casual conversations on Thursday mornings from 10:30 am - 12 pm at Y-Studio 2.

SOCIAL WORKER APPOINTMENTS (By Appointments Only)

Book a confidential one-on-one appointment with a Registered Social Worker to discuss community resources, government benefits, housing options, the Canada Dental Care Plan and other supports available for seniors.

Dates: Wednesday July 8 and Wednesday, August 12, 2026.

By appointment only. To book, email info@swesa.ca. You will receive a confirmation reply.