


**April 7 - June 30, 2026**

*Revised May 15, 2026*

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

 [info@swesa.ca](mailto: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

CHATTY  
**CUPPA**  
Café

**Tuesday & Thursday**

**10 am - 12 pm**

Everyone Welcome.

Open to Members & the Public.

Visit us inside the William Lutsky YMCA.

Cash Only

*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

## 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<sup>st</sup> to December 31<sup>st</sup> each year.

To purchase a membership, either visit our website at [www.swesa.ca](http://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](http://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, Sauteaux, 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 7 - June 30, 2026

### Drop-in Programs and Fees

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

**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.

### Drop-In Program Fees

- **Unlimited Club Pass: \$27.** Provides unlimited drop-in programs for 14- weeks and valid from Apr 7 - June 30, 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.

### 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, Apr 7<sup>th</sup>, May 5<sup>th</sup>, June 9<sup>th</sup> from 12:30 pm - 2:30 pm.** 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.

**No meet: Monday, May 18<sup>th</sup> Victoria Day Holiday. Canasta Hand and Foot make up date: Wednesday, May 20<sup>th</sup>.**

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

**Cooking Club** - Love trying new recipes? Join our **new** Cooking Club, a fun, social way to share and discover great recipes for cooking and baking. We meet once a month, **Tuesdays April 14<sup>th</sup>, May 12<sup>th</sup>, June 16<sup>th</sup> from 12:30 pm - 2:30 pm.** Come swap ideas and get inspired in the kitchen to build your recipe collection.

**Genealogy Club:** Meets once a month on **Tuesdays, Apr 14<sup>th</sup>, May 12<sup>th</sup>, June 16<sup>th</sup> 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 once a month. **\*New Date & Time\*** **Tuesdays, April 7<sup>th</sup>, May 5<sup>th</sup>, June 9<sup>th</sup> from 12:30 pm - 2:30 pm.** 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, May 18<sup>th</sup> Victoria Day.

**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-** We're looking for a Thursday morning walking host to help us lead the way! Walkers will meet at 10 am inside the YMCA Lobby to walk the neighbourhood. *Interested? Email [info@swesa.ca](mailto:info@swesa.ca).*

# SPRING Programs and Activities Description | April 7 - June 30, 2026

**Please Note:** Drop-ins are not permitted for workshops, outings, special events, or any program or activity with specified pricing. **Fees are non-refundable are not transferrable.** 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.**

## WORKSHOPS

### **Experiential Watercolours Abstract Workshop** Instructor: Carol V., SWESA Member

**Date:** Tuesday, April 21, 2026

**Time:** 1 pm - 3 pm

**Location:** Y-Studio 2

**Cost:** \$25 member, reciprocal member

Using three primary pigments, water, and a spray bottle, we will experiment creating beautiful abstracts with flowing water. Ideas about complementary colour mixes for shadows will also be covered.

#### **Required Material List**

- Various watercolour brushes
- 3 good quality primary watercolour pigments (yellow, red, blue) *Suggested brands Daniel Smith or Winsor Newton*
- Small spray bottle, Paper towel/toilet paper
- Plastic table cover, Water container

### **Zentangle Workshop** Instructor: Suzanne M., SWESA Member

**Date:** Tuesday, April 28, 2026

**Time:** 1 pm - 3 pm

**Location:** Y-Studio 2

**Cost:** \$25 member, reciprocal member



Join us for a relaxing, meditative Zentangle Workshop designed for all skill levels. If you can write the letters "icso" you can do Zentangle.

We will create abstract, black and white art using simple, structured patterns called tangles on a small paper "tile". The result will be a beautiful composition that is fun and relaxing to create.

This is a beginner friendly workshop with no experience required. Cost includes all materials.

### **Colour Analysis Workshop - What's Colour Got To Do With it?** Instructor: Mary Lynn I.

**Date:** Tuesday, May 12, 2026

**Time:** 1 pm - 3 pm

**Location:** Y-Studio 2

**Cost:** \$105 member, reciprocal member

Includes a personalized one on one colour consultation and a take home guide

Do you have a mish mash of colour in your closet and drawers? Ever wonder why some colours look amazing on you and others don't?

Colour has an incredible impact on your self confidence, appearance and your wardrobe choices.

Join Mary Lynn, an Image Consultant in this engaging session that will help you discover the colours that suit your best.

Learn how colours can enhance your natural features, appearance, how to simplify your wardrobe and get dressed with purpose.

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**Coloured Pencil - Portraits** Instructor: Susan C.

**Dates:** Tuesdays, May 26, June 2, 9, 16, 23, 30, 2026 (6 weeks)

**Time:** 9:30 am - 12 pm

**Location:** Y-Studio 2

**Cost:** \$130 Member and reciprocal member

In this six week session you will gain confidence in your ability to draw realistic portraits using the versatile medium of coloured pencil. Experiment with various pencil techniques and use the fundamentals of blending and layering to create accurate drawings of adults and children. Instruction will include demonstrations as well as individual guidance. Photo-reference will be provided by the instructor.

**Previous experience with coloured pencils and/or a previous drawing class is recommended.**

### Material List:

- Coloured pencils - must be artist quality such as Prismacolor Premier (not scholar or verithin), Derwent Coloursoft, Chromaflow or Lightfast, Faber Castell Polychromos, Caran D'Ache Luminence, Lyra Rembrandt, or Holbein

Students will need a good selection of colours including browns and peach tones. Below are some Prismacolor colours for portraits. Similar colours may be substituted so bring what you have. You can always buy a set and then supplement with individual pencils if necessary. Other brands will have different colour names so we can figure things out when you get to class.

Prismacolor pencils are no longer sold individually at all art stores but can still be found online and at some Michaels locations. Chromaflows are sold individually at the Gilded Rabbit and Delta sells many brands individually that vary in price.

Pink 929	Mineral Orange 1033 or Burnt Ochre 943	Chestnut 1081 (optional)
Nectar 1092	Dark Umber 947	Mahogany Red 1029 (optional)
Blush Pink 928	Light Umber 941	Rosy Beige 1019 (optional)
Light Peach 927	Henna 1031	Clay Rose 1017 (optional)
Peach 939	Sienna Brown 945	Violet 932 (optional)
Powder Blue 1087	Hot Pink 993 (optional)	
Beige Sienna 1080	Putty Beige 1083 (optional)	
Greyed Lavender 1026	Terra Cotta 944 (optional)	
Black Grape 996	Pink Rose 1018 (optional)	
Indigo Blue 901	Cream 914 (optional)	

- 3 sheets of white Stonehenge paper, approximately 10" x 11" (a 22" x 30" sheet cut into six 10" x 11" pieces)
- 3 sheets of fawn (beige) Stonehenge paper, approximately 10" x 11" (a 22" x 30" sheet cuts into six 10" x 11" pieces)
- Pencil sharpener that works well with your coloured pencils (Prismacolor sharpener with vestibule or a 3 hole Koh-i-noor manual sharpener usually work well)
- Kneaded eraser, 1 HB graphite pencil
- 1 Brush (often called an eraser brush or drafting brush, OR a clean paint brush or makeup brush)-optional
- Magic scotch tape and green painter's tape – optional
- 1 Prismacolor Colorless Blender or Derwent Blender – optional
- 1 embossing tool (stylus) - optional
- Grey or coloured ERASABLE transfer paper or soft graphite stick (Saral transfer paper can be purchased for \$2 from the instructor)

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

## WORKSHOPS

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**Better Choices, Better Health® Self- Management Program** hosted by: Primary Care Alberta

**Dates:** Tuesdays, May 19, May 26, June 2, June 9, June 16, June 23, 2026 (6 weeks)

**Time:** 1 pm - 3:30 pm

**Location:** Y-Studio 2

**Cost:** \$1

Learn lifelong skills to manage your chronic condition through our 6-week Better Choices, Better Health® - Chronic Condition workshop! You will learn how to manage daily challenges with having a chronic condition. This includes ways to manage your condition, how to avoid falls and improve balance, tips for healthy eating, ways to exercise and be active and how to talk with your healthcare team.

## OUTINGS

**River Cree Resort & Casino - Monthly Outing**



**Dates and Times:**

Tuesday April 28 - 10 am pickup and 2:30pm departure

Tuesday May 19 - 11 am pickup and 3:30 pm departure

Join us for our popular monthly trip to the River Cree Resort & Casino. It's a great way to meet SWESA members.

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

**University of Alberta Botanic Garden, Devon Alberta**



**Date:** Thursday, June 11, 2026

**Time:** Bus pick up 9:30 am at YMCA | Return: 2:30 pm

**Cost:** \$40 members, \$50 non-members/guests includes admission and return transportation

Join us for a refreshing day at the beautiful U of A Botanic Garden. Enjoy a peaceful walk through beautiful landscapes and seasonal blooms.

**Please note:**

Bring a packed lunch or you may choose to purchase food at the on-site café. Seniors receive a free coffee at the café and can access the tram system.

This outing involves a fair amount of walking. Wearing comfortable, supportive footwear is strongly recommended. Folding walkers are welcome on the bus.

For safety reasons, in the event of poor air quality or heavy smoke, the outing will be cancelled.

Outing will run rain or shine, dress for the weather.

### 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.

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## GENERAL INTEREST

**CRAFTER'S CORNER: Cards for a Cause** hosted by: SWESA Programs

Join us for a creative and meaningful morning at Program's Crafters Corner!

Using provided card kits and supplies, participants will create handmade cards that will be donated to be sold to the June Health & Wellness Market.

**Date:** Tuesday, May 12, 2026

**Time:** 10 am - 12 pm

**Location:** Y- Studio 2

**Cost:** \$5 member. Includes 2 take home cards per participant.

## BINGO!

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 donated prizes.*

**Dates:** Tuesday, May 19<sup>th</sup>, June 30<sup>th</sup>, 2026 | **Time:** 12:30 pm - 2:30 pm | **Location:** MPR  
(No Bingo in April)



## FRENCH CONVERSATION CHAT at the Chatty Cuppa Café

Parles-tu français? Join SWESA members for casual conversations on Thursday mornings from 10:30 am - 12 pm at Chatty Cuppa Café / Y-Lobby.

## 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:** Second Wednesday of each Month, April 8, May 13, June 10, 2026.

**By appointment only.**

**To book, email [info@swesa.ca](mailto:info@swesa.ca). You will receive a confirmation reply.**

See SWESA Bulletin for more details.

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## FYI TALK

**“Ageism: Changing the Conversation on Aging.”** Presented by: Edmonton Seniors Coordinated Council

**Date:** Tuesday, April 28, 2026

**Time:** 1 pm - 2:30 pm

**Location:** Y-MPR

**Cost:** \$3 member, \$5 non-member

Explore how ageism shapes everyday experiences.

Participants will be invited to share reflections and perspective during a guided discussion where we'll explore how age-related stereotypes appear in daily life and how we can build more inclusive communities for people of all ages.

Together, we'll explore:

- How ageism appears in everyday situations
- Why it matters for individuals and communities
- Ways we can challenge age-related stereotypes

Let's work together to challenge ageism!

**“Sharing Seniors Smart Savings: Tips & Tricks for Everyday Living”** hosted by: Judy M., SWESA Member

Join this informal and interactive social session where members come together to share practical ways to save money. From grocery discounts, senior days discounts to helpful apps, let's discover together new ways to stretch our budget while learning from each other.

Come with your favourite saving tips!

**Date:** Tuesday, May 5, 2026 | **Time:** 10 am - 12 pm

**Location:** Y- Studio 2

**Cost:** \$3 member, \$5 non-member

## LUNCH & LEARN

Join us for our Lunch & Learn program, where members gather to explore a variety of interesting and informative topics.

**“Waste in Edmonton: Where Does It All Go?”**

Presented by: City of Edmonton, Waste Education City Operations

**Date:** Tuesday, May 19, 2026

**Time of Presentation:** 10 am - 11:30 am in Y - Studio 2, Lunch to follow at the Chatty Cuppa Café

**Cost:** \$8 member

**Lunch Menu:** Assorted Sandwiches, Treat, Coffee/Tea

This presentation will provide an overview of Edmonton's Waste System, including garbage, recycling, food scraps, eco-stations and household hazardous waste.

Learn how Edmonton's waste system works and why its recognized worldwide as a leader in urban waste management and sustainability.

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## SPECIAL EVENTS

### VOLUNTEER APPRECIATION LUNCH

We're celebrating our amazing volunteers because we're grateful for all you do.

**Date:** Tuesday, April 21<sup>st</sup>, 2026

**Time:** 1 pm - 3 pm

**Location:** Y-MPR

**Please RSVP by Wednesday, April 15, 2026**



### SWESA Casino Fundraiser

Casino funding is a main source of income for SWESA. Volunteers receive a free meal from the casino restaurant and/or snacks during their shift. We work together and the work is not difficult. Casino advisors will be onsite to guide volunteers throughout their shifts.

Let's raise \$80,000 for SWESA!

**April 27, 2026 and April 28, 2026**

**To volunteer send an email to:** [info@swesa.ca](mailto:info@swesa.ca)

Thank you for volunteering for this important fundraiser!

## Mother's Day Tea

### FUNDRAISER

Hosted by: Fundraising Committee

Enjoy a cozy afternoon, strawberry cake with tea or coffee while supporting a great cause at the Chatty Cuppa Café.

**May 7, 2026**

**1 pm - 3 pm**

**Chatty Cuppa Café**

**\$10**

All proceeds go toward SWESA programs and initiatives.



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## SPECIAL EVENTS

### ANNUAL GENERAL MEETING

Tuesday, May 26, 2026  
**1 pm - 3 pm**  
Y-MPR



*Happy Alberta Seniors Week!*

### SWESA Health & Wellness Market

Tuesday, June 2, 2026  
**1 pm - 3 pm**  
**\$2 admission at the door**

**Everyone Welcome!**  
**Free Coffee for Seniors at the Chatty Cuppa Café**

### SWESA MEMBERS LUNCH

Join us for a special Members Lunch to connect and celebrate being part of SWESA's growing community.

**Date:** Tuesday, June 23, 2026  
**Time:** 1 pm - 3 pm  
**Location:** Y-MPR  
**Cost:** \$30 For Members Only

*Members  
Lunch*



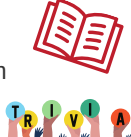




**Menu:** Smoked brisket sandwich with summer salad, lemon cake, Coffee/ Tea.  
Smoked turkey sandwich as option. Email [info@swesa.ca](mailto:info@swesa.ca) to request.












**Entertainment:** Name That Tune hosted by PartyBeatz








**HAPPY 14 ANNIVERSARY**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>APRIL 2026</h1>		<b>1 SWESA Closed</b>  <i>SWESA CLOSED, Blackout Dates Mar 30 - Apr 6, 2026</i> <i>Registration Day - Tuesday, April 7 at 10 am</i>	<b>2 SWESA Closed</b>	<b>3 SWESA Closed</b>  <b>GOOD FRIDAY</b>
	<b>6 SWESA Closed</b>  	<b>7 Registration Day</b>  <b>Walking Club</b> 9:30 am Meet at Y- Lobby  <b>Coloured Pencil Workshop</b> (W3 of 5) 9:30 am - 12 pm at Y- Studio 2  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>Book Club</b> <b>Trivia Club</b> 12:30 pm - 2:30 pm Y-MPR  	<b>8 Social Worker Appointments</b>  <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>9 Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR
<b>13 SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR	<b>14 Walking Club</b> 9:30 am Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>Coloured Pencil Workshop (W4 of 5)</b> 9:30 am - 12 pm at Y- Studio 2  <b>Cooking Club</b> <b>Genealogy Club</b> 12:30 pm - 2:30 pm Y-MPR   	<b>15 SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>16 Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>17 Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>20 SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR	<b>21 Walking Club</b> 9:30 am Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>Coloured Pencil Workshop (W5 of 5)</b> 9:30 am - 12 pm at Y- Studio 2  <b>Workshop - Experiential Watercolour Abstract</b> 1 pm - 3 pm Y-Studio 2  <b>VOLUNTEER APPRECIATION LUNCH</b> 1 pm - 3 pm Y-MPR	<b>22 SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>23 Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>24 Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>27 SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR  <b>Casino Fundraiser</b>	<b>28 Walking Club</b> 9:30 am Meet at Y- Lobby   <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café   <b>Outing - River Cree Resort &amp; Casino</b> 10 am pick up 2:30 pm departure  <b>Zentangle Workshop</b> 1 pm - 3 pm at Y-Studio 2  <b>FYI Talk "Ageism: Changing the Conversation on Aging"</b> 1 pm Presentation Y- MPR  <b>Casino Fundraiser</b>	<b>29 SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>30 BOARD MEETING</b>  <b>Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>MAY 1</b>  <b>Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>Legend:</b> <b>BJRC:</b> Booster Juice Rec Centre in Terwillegar <b>Y-MPR:</b> William Lutsky YMCA - Multipurpose Room <b>Y-Studio 2:</b> William Lutsky YMCA - Studio 2				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1 data-bbox="272 157 617 220">MAY 2026</h1>		<p><b>Legend:</b>  <b>BJRC:</b> Booster Juice Rec Centre in Terwillegar  <b>Y-MPR:</b> William Lutsky YMCA - Multipurpose Room  <b>Y-Studio 2:</b> William Lutsky YMCA - Studio 2</p>		<p><b>1 Art Club</b> 12:30 pm - 4 pm  <b>Y-MPR</b>  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm  <b>Y-MPR</b></p>
<p><b>4</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>5 Walking Club</b> 9:30 am Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>FYI Talk "Seniors Smart Savings: Tips &amp; Tricks"</b> 10 am - 12 pm Y-Studio 2</p> <p><b>Book Club</b> <b>Trivia Club</b> 12:30 pm - 2:30 pm Y-MPR</p>   	<p><b>6</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR</p> <p><b>Chess Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>7 Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm</p> <p><b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR</p> <p><b>Mother's Day Tea Fundraiser</b> 1 pm - 3 pm Chatty Cuppa Café</p>	<p><b>8</b></p> <p><b>Art Club</b> 12:30 pm - 4 pm Y-MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR</p>
<p><b>11</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>12 Walking Club</b> 9:30 am Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>Crafter's Corner - Cards for a Cause</b> 10 am - 12 pm Y- Studio 2</p> <p><b>Cooking Club</b> <b>Genealogy Club</b> 12:30 pm - 2:30 pm Y-MPR</p> <p><b>Colour Analysis Workshop</b> 1 pm - 3 pm Y- Studio 2</p>   	<p><b>13 Social Worker Appointments</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR</p> <p><b>Chess Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>14 Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm</p> <p><b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>15</b></p> <p><b>Art Club</b> 12:30 pm - 4 pm Y-MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR</p>
<p><b>18</b></p> <p><i>SWESA Closed</i></p> <p><b>Victoria Day</b></p>	<p><b>19 Walking Club</b> 9:30 am Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>LUNCH &amp; LEARN</b> 10 am Presentation Y-Studio 2, Lunch @ Chatty Cuppa Café</p> <p><b>Outing - River Cree RC</b> 11 am pick up 3:30 pm departure</p> <p><b>BINGO!</b> 12:30 pm - 2:30 pm Y-MPR</p> <p><b>Better Choices Better Health</b> (W1 of 6) 1pm - 3pm at Y-Studio 2</p>   	<p><b>20</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Bridge Club</b> <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR</p> <p><b>Chess Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>21 Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm</p> <p><b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>22</b></p> <p><b>Art Club</b> 12:30 pm - 4 pm Y-MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR</p>
<p><b>25</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>26 Walking Club</b> 9:30 am Meet at Y - Lobby</p> <p><b>Coloured Pencil - Portrait (W1 of 6)</b> 9:30 am - 12 pm   Y- Studio 2</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>Better Choices Better Health</b> (W2 of 6) 1pm - 3 pm at Y-Studio 2</p> <p><b>AGM</b> 1 pm - 3 pm Y-MPR</p> 	<p><b>27</b></p> <p><b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm</p> <p><b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR</p> <p><b>Chess Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>28 BOARD MEETING</b></p> <p><b>Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby</p> <p><b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café</p> <p><b>French Conversation at Chatty Cuppa Café</b> 10:30 am - 12 pm</p> <p><b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR</p>	<p><b>29</b></p> <p><b>Art Club</b> 12:30 pm - 4 pm Y-MPR</p> <p><b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR  <i>Happy Alberta Seniors Week!</i>	<b>2 Walking Club</b> 9:30 am Meet at Y- Lobby <b>Coloured Pencil - Portrait (W2 of 6)</b> 9:30 am - 12 pm at Y- Studio 2  <b>SWESA CHAT</b> 10 am - 12 pm Chatty Cuppa Café  <b>Better Choices Better Health (W4 of 6)</b> 1pm - 3pm at Y- Studio 2  <b>HEALTH &amp; WELLNESS MARKET</b> <b>1 pm - 3 pm at Y-MPR</b>	<b>3</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>4</b> <b>Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>5</b> <b>Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>8</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR	<b>9 Walking Club</b> 9:30 am Meet at Y- Lobby  <b>Coloured Pencil - Portrait (W3 of 6)</b> 9:30 am - 12 pm at Y-Studio 2  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>Book Club</b> <b>Trivia Club</b> 12:30 pm - 2:30 pm MPR   <b>Better Choices Better Health (W4 of 6)</b> 1pm - 3pm at Y- Studio 2	<b>10 Social Worker Appointments</b>  <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>11 Outing- U of A Botanic Garden</b> <b>9:30 am Bus Pick Up - 2:30 pm Return</b>   <b>Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>12</b> <b>Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>15</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR	<b>16</b> <b>Walking Club</b> 9:30 am Meet at Y- Lobby  <b>Coloured Pencil - Portrait (W4 of 6)</b> 9:30 am - 12 pm at Y- Studio 2  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café   <b>Better Choices Better Health (W5 of 6)</b> 1 pm - 3 pm at Y- Studio 2  <b>Cooking Club</b> <b>Genealogy Club</b> 12:30 pm - 2:30 pm at Y-MPR 	<b>17</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>18</b> <b>Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>19</b> <b>Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>22</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR	<b>23 Walking Club</b>  9:30 am Meet at Y- Lobby  <b>Coloured Pencil- Portrait (W5 of 6)</b> 9:30 am - 12 pm Y- Studio 2  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>Better Choices Better Health (W6 of 6)</b> 1 pm - 3 pm at Y - Studio 2  <b>MEMBERS LUNCH</b> <b>1 pm - 3 pm at MPR</b> <b>Entertainment: Name That Tune!</b>	<b>24</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm MP-A  <b>Bridge Club</b> 12:30 pm - 3 pm Y-MPR  <b>Chess Club</b> 12:30 pm - 3 pm Y-MPR	<b>26 BOARD MEETING</b>  <b>Neighbourhood Walkers</b> 10 am - Meet at Y- Lobby  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>French Conversation Chat at Chatty Cuppa Café</b> 10:30 am - 12 pm  <b>Cribbage Club</b> 12:30 pm - 3 pm Y-MPR	<b>27</b> <b>Art Club</b> 12:30 pm - 4 pm Y-MPR  <b>Knitting &amp; Stitching</b> 12:30 pm - 4 pm Y-MPR
<b>29</b> <b>SWESA Chat @ BJRC</b> 1 pm - 3:30 pm  <b>Canasta Hand &amp; Foot</b> 12:30 pm - 3 pm Y-MPR	<b>30</b> <b>Walking Club</b> 9:30 am Meet at Y- Lobby  <b>Coloured Pencil- Portrait (W6 of 6)</b> 9:30 am - 12 pm Y- Studio 2  <b>SWESA Chat</b> 10 am - 12 pm Chatty Cuppa Café  <b>BINGO!</b> 12:30 pm - 2:30 pm Y-MPR 	<b>July 1</b>  <b>SWESA Closed</b>  <b>CANADA DAY Holiday</b>	 <b>JUNE 2026</b> SouthWest Edmonton Seniors Association	
			<b>Legend:</b> <b>BJRC:</b> Booster Juice Rec Centre in Terwillegar <b>Y-MPR:</b> William Lutsky YMCA - Multipurpose Room <b>Y-Studio 2:</b> William Lutsky YMCA - Studio 2	