



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



HOURS
Tuesday, Thursday
10 am - 12 pm
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 \$45 and is valid from January 1 to December 31 each year.

Fall Membership Promo: \$55 for memberships purchased beginning August 31, 2026 and valid until December 2027 (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 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.

FALL Programs and Activities Schedule August 31 - December 23, 2026

FALL FEES - SWESA Drop-in Programs

Art Club, Knitting & Stitching Club, Book Club, Walking Club, Book/ Puzzle Exchange Club, Cooking Club, Travel Club, Bridge Club (Contract), Cribbage Club, Canasta Club (Hand and Foot), Scrabble Club, Seasonal Clubs (Floor Curling, Bocce Ball), Mixed Games, SWESA Chats located at the Booster Juice Recreation Centre in Terwillegar.

- **Unlimited Club Pass: \$36** (valid from Aug 31 - Dec 2026)
 - Includes 4 months of unlimited drop-in programs for fall. This is equivalent to \$9/month in value. Unlimited Club Pass must be paid in full at the time of purchase. Monthly payments are not available. The pass is registered to a member's account and is non-refundable, non-transferable, and not prorated.
- **Pay Per Club Visit: \$5**
 - Must be purchased on the day of attendance either online or in person at SWESA Front Desk.

How to Join: Purchase Unlimited 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 to share on **Tuesdays, Sept 1, Oct 6, Nov 3, Dec 1**. See SWESA bulletin for updates and book selections.

Card Games: Bridge Club, Canasta Hand & Foot, Cribbage

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: Sept 7 (Labour Day Holiday), Sept. 30 (National Day for Truth and Reconciliation), Oct 12 (Thanksgiving Day), Nov 11 (Remembrance Day).**

Mixed Card Games: A monthly open play session for our card player community. Bring your regular group for an extra day of play, or use the time to try a different game such as Arizona 10. **No meet: Sept 7 (Labour Day Holiday), Oct. 12 (Thanksgiving Day), Nov. 11 (Remembrance Day).**

Cooking Club: A welcoming group for food enthusiasts to share recipes, ideas and cooking inspiration. This fall, we will host two special events, Welcome Wine & Appetizers in September and a Lunch & Learn in November.

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).

Travel Club - Come discover new places and swap travel inspiration with our new social group. Each meet, members will choose a destination to present, sharing highlights, helpful tips and ideas for future or past travels. Let's share stories, inspiration and learn about different destinations!

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: Mondays - September 7, October 12, Wednesday - November 11, December 28, December 30.**

SWESA Walking Club, Tuesday - Meet at 9:15 am inside the YMCA Lobby to discuss where to walk starting at 9:30 am. Please remember to dress for the weather.

Program Note: *Genealogy, Chess, Trivia and Thursday Walking Clubs are currently on pause due to limited participation. We hope to bring these programs back in the future as interest grows.*

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. Fees are non-refundable, even if participants cancel after registration or withdraw partway through.

WORKSHOPS, INSTRUCTOR LED PROGRAMS

“Needlepoint, Basic Canvas Workshop” Hosted by: Simone B, Laurette B, Louise M.

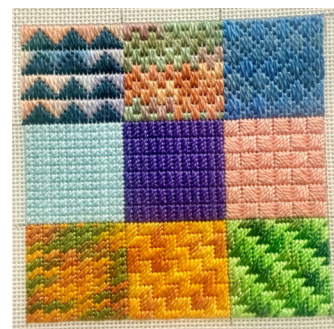
Dates: Tuesdays, Sept 1, 8, 15 (3 Weeks) | **Time:** 10 am - 12 pm **Location:** Y- Studio 2 | **Cost:** \$30 includes materials.

Discover the art of needlepoint as you bring a vibrant design to life stitch by stitch!

Over three weeks, you'll explore a variety of needlepoint stitches and techniques, gradually building your artwork from the top section through the middle and bottom design. This relaxed, creative workshop is the perfect introduction to canvas work. Ideal for beginners or anyone eager to learn something new and enjoy creating something beautiful by hand.

Please note:

- Participants must attend all 3 weeks to complete the project.
- Please bring small scissors and enthusiasm.
- A magnifying glass for fine work is recommended.



Sample

“Pen & Ink Florals” Instructor: Susan Casault

Dates: Tuesdays, Sep 22, 29, Oct 6, 13, 20, 27 (6 Weeks) | **Time:** 9:30 am - 12 pm | **Location:** Y- Studio 2
Cost: \$110

Whether you're new to the medium of pen & ink or have fallen in love with it already, you'll enjoy drawing a variety of flowers on a small scale. From poppies to petunias, you'll learn basic strokes, create textures and control values by using different ink techniques. Participants have the option of adding vibrancy to their drawings with a splash of colour. Working from photos provided by the instructor, you will learn through demonstrations and individual guidance.

Materials Required: Please bring to class:

- Paper: 6 pieces of approx. 8" x 10" Bristol plate (smooth) paper, can be student quality (one large sheet can be cut into several pieces, or you can purchase a bristol sketch pad)
- Pens: 3 black, permanent ink pens, sizes .05, .01, and .005 suggested. (eg: Micron fine point) If you have more, please bring them.
- 1 HB graphite pencil, with pencil sharpener
- 1 white or kneaded eraser to erase pencil lines
- 1 sand eraser to erase ink lines (eg: Tombow Mono brand) - optional
- 1 soft graphite stick (2B or 3B) OR 1 sheet of grey (graphite) or coloured erasable transfer paper. Saral transfer paper can be purchased from the instructor for \$2.
- Brush (called an eraser or drafting brush) – optional

If you want to add some colour at some point, bring 1 yogurt container with lid, a small paintbrush (Verona round #4 is a good size) and some water-soluble pencils. Regular coloured pencils can also be used.

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

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

WORKSHOPS, INSTRUCTOR LED PROGRAMS

“Boosting Your Brain Health” Instructors: Primary Care Alberta

Date: Tuesdays, Sept 29, Oct 6, 13, 20 (4 Weeks) | **Time:** 12:30 pm - 3 pm | **Location:** Y - Studio 2 | **Cost:** \$1

Are you noticing changes to your memory, thinking and attention? This 4-week workshop helps motivated adults act on improving their brain health.

Learn about:

- How your brain changes from your lifestyle choices and health conditions.
- New ways to improve your brain health.
- How to set goals for day- to - day life that can benefit your brain health.

Please note: This workshop is not suitable for participants with a diagnosis of dementia, moderate cognitive impairment, or brain injury. The workshop does not provide information on Alzheimer’s dementia or how to care for someone with dementia. A healthcare number is required by PCA to register.

“Experiential Watercolour Series - Fall Leaves, Poppies & Winter Berries ” Instructor: Carol V.

Dates: Tuesdays, Nov 3, 10, 17 (3 weeks) | **Time:** 1 pm - 3 pm **Location:** Y- Studio 2 | **Cost:** \$95 includes all materials.

This gentle, exploratory series invites participants to play with the shifting colours of fall, the bold simplicity of poppies, and the bright berries that cling to winter branches.

Each subject offers its own kind of joy - soft edges, surprising blends, expressive shapes, and the “happy accidents” that make watercolour come alive.

We work in approachable studies rather than finished pieces, encouraging curiosity, experimentation, and confidence. Students can paint loosely or more realistically, choosing the style that feels right for them.

Week 1: Fall Leaves - Colour, Shape & Autumn Light

This module explores how autumn light brings leaves to life: glowing edges, soft shadows, and warm transitions from gold to ochre to red. Students experiment with wet-on-wet blends, lifting techniques, and simple leaf shapes that capture the feeling of light passing through delicate surfaces. Small, approachable studies encourage playful exploration and confidence. A warm, atmospheric class inspired by fall’s natural glow.

Week 2: Poppies - Bold Colour & Gesture

This expressive floral module invites participants to explore the luminous simplicity of poppies. Soft washes, intentional blooms, and rich reds create petals that feel light and full of motion. We explore dark centres, splatter textures, and slender stems that add rhythm and life. Participants are encouraged to paint intuitively, letting colour and water create surprises.

Week 3: Winter Berries - Bright Colour on Bare Branches

This calming module focuses on the quiet beauty of winter berries glowing against cool seasonal light. Participants explore muted blues, soft greys, and simple berry shapes that shine against bare branches. Optional abstract backgrounds add mood and depth. A peaceful, exploratory class blending realism and atmosphere to capture winter’s quiet brightness.

Required Material List: Bring your brushes, paints, water container, small spray bottle, and table cover. Watercolour paper will be provided.

Salsa Dance - Beginners | Instructor: Damara L.

Dates: Tuesdays, Nov 3, 10, 17, 24, Dec 1, 8 (6 Weeks) | **Time:** 10 am - 11 am **Location:** Y- Studio 2 | **Cost:** \$85

Spice up your week with the basics of salsa dancing!

Learn simple steps in this beginner friendly class and enjoy the rhythm and music. No dance experience or partner required.

Please wear comfortable footwear or dancing shoes and bring a waterbottle.

“4 ft Gnome Porch Greeter Workshop” Instructor: Shantel T.

Date: Tuesday, Dec 1 | **Time:** 12:30 pm - 3:30 pm | **Location:** MPR | **Cost:** \$55

Create a festive 4-foot wooden gnome to welcome guests to your home all winter long!

Enjoy a fun hands-on craft while decorating your cheerful seasonal greeter or give as a unique handmade gift.



Sample

OUTINGS

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 and always a fun day out!

Tuesday, Sept 22 - 11:15 am pickup and 3:45 pm departure

Thursday, Oct 22 - 11:15 am pickup, 3:45 pm departure

Thursday, Nov 19 - 11 am pickup and 3:30 pm departure

Thursday, Dec 17 - 11:15 am pickup and 3:45 pm departure

Cost: \$5 per trip. Includes lunch voucher and return bus transportation from YMCA.

Participants must register and travel with the group to receive voucher - no exceptions.

Outing - National Day for Truth and Reconciliation, Tawatinâ Footbridge Walk

Date: Tuesday, Sept 29 | **Time:** 10 am bus pickup - 12 pm return | **Cost:** \$5

Join us for a meaningful outing in recognition of National Day for Truth and Reconciliation. We will take part in a bridge walk and visit the Indigenous artwork at Tawatinâ Bridge providing an opportunity for reflection, learning and remembrance.

Following the walk, we will return to the Chatty Cuppa Café for coffee and baking with time for conversation and connection.

GENERAL INTEREST

BINGO!

Get ready to call out *BINGO!* for a chance to win surprise prizes. Whether you're a bingo pro or just here 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 requested to bring a few prizes.***



Dates: Tuesday, Sept 29, Oct 27, Nov 24, Dec 22 | **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: Wednesdays September 2, October 14, November 4, December 9

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!

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

SPECIAL EVENTS, FUNDRAISING, CONVERSATION CIRCLE

OPEN HOUSE

Tuesday, September 8
12 pm - 3 pm



12 pm - \$5 SENIORS' LUNCH SPECIAL at The Chatty Cuppa Café
12:30 pm - YMCA Tour
1 pm - Speaker Presentation - "Senior Living: Beyond the Brochure"
1:30 pm - Seniors Fitness Demo by YMCA
2 pm - LIVE MUSIC from the 60s and 70s.
3 pm - YMCA Tour

Welcome Wine & Appetizers - hosted by Cooking Club

Date: Tuesday, Sept. 22 | **Time:** 1 pm - 3 pm | **Location:** MPR | **Cost:** \$15

Join the SWESA Cooking Club for a fun and social afternoon featuring non-alcoholic wine and a delicious selection of appetizers. Come out and spend a relaxing afternoon together. This event is a great way to meet SWESA members!

Conversation Circle with NorQuest College at Chatty Cuppa Café

Dates: Thursday, Oct 1 & Oct 15 | **Time:** 10 am - 12 pm | **Location:** Chatty Cuppa Café

Be part of a unique conversation experience with adult learners from NorQuest College on Oct 1st and 15th.

Members are paired with NorQuest students for a relaxed conversation, sharing stories, experiences and perspectives while getting to know one another.

Volunteer with us and help create a welcoming opportunity!
See Bulletin for more details and how to sign up.



OKTOBERFEST

Get ready for an authentic Oktoberfest celebration hosted by the SWESA Fund Development Committee! Enjoy delicious German food, drinks, music, dancing and prizes. Take part in the silent auction featuring a variety of amazing items with proceeds supporting SWESA's programs and services for our community.

Saturday, October 10, 2026

4 pm

German- Canadian Cultural Centre
8310 Roper Road NW

To purchase tickets/tables, visit our website at www.swesa.ca.



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, Oct. 20 | **Time:** 1 pm- 3 pm | **Location:** Chatty Cuppa Café
Cost: \$5



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SPECIAL EVENTS, LUNCH & LEARN, FYI TALK, CHATTY CUPPA CAFE

FYI TALK “Fraud Prevention” with Edmonton Police Services



Date: Tuesday, Sept 1 **Time:** 1 pm - 2:30 pm | **Location:** MPR | **Cost:** \$1

Learn how to recognize common scams targeting seniors including investment, phone, romance, grandparent, e-transfer, impersonation, tech support and voice-cloning scams.

Get practical tips to protect yourself, your money and your personal information. Questions are welcome!

CARICUPPA at Chatty Cuppa Café

Dates: Wednesdays, Sept 9, Oct 21, Nov 18 **Time:** 10 am - 12 pm | **Cost:** (coffee/tea/food) \$2-\$5

Join us at the Chatty Cuppa Café refreshments and conversation, and a taste of Caribbean warmth!

Hosted by our wonderful community volunteer, CariCuppa is a relaxed opportunity to connect, chat, and enjoy good company. Everyone is welcome!



LUNCH & LEARN: “Estate Planning” with SWESA President

Date: Tuesday, Nov 10 | **Time:** 1 pm - 3 pm | **Location:** MPR | **Cost:** \$15 (Includes sandwich, salad, cookie and coffee/tea)

Join SWESA President Dave Rowand, a retired lawyer, for an informative Lunch & Learn covering the essentials of estate planning.

Bring your questions and get practical guidance on what to do and what to avoid when it comes to estate planning.



SWESA HOLIDAY LUNCH and HOLIDAY MARKET

with Entertainment, Catered by A Cappella Catering

Tuesday, Dec 8, 2026

1 pm - 3 pm

Location: MPR | Cost: \$45

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 15 | **Time:** 1 pm - 3 pm | **Location:** Chatty Cuppa Café | **Cost:** Free

Drop by Chatty Cuppa Café

Tuesdays, Thursdays

10 am - 12 pm

**Enjoy a \$2 coffee, tea (black, green, herbal)
and a selection of assorted baking for \$3-\$5.**



Join our language conversation group in FRENCH or stop by on Thursdays for a friendly game of SCRABBLE.

Everyone is welcome and no SWESA membership is required.

Please note: SWESA and Chatty Cuppa Café are closed on the following dates.

Sept 7 Labour Day, Sept 30 National Day for Truth and Reconciliation, Oct 12 Thanksgiving Day, Nov 11 Remembrance Day and December 24 - January 1, 2027. Chatty Cuppa Café is closed on Dec. 8. There will be no SWESA Chat.

SAVE-THE-DATE! Winter Program Registration Begins, Monday, January 4, 2027.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 31 Registration Day opens at 12 pm online and at Front Desk SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	1 Walking Club Meet at 9:15 am Y Lobby CHATTY CUPPA CAFE NOW OPEN! 10 am SWESA Chat 10:00 am - 12 pm Chatty Cuppa NEEDLE POINT WORKSHOP W1 of 3 10 am - 12 pm Y- Studio 2 Book Club 12:30 - 2:30 pm Y- Studio 2 FYI TALK "Fraud Prevention" with Edm Police Services 1 pm - 2:30 PM MPR 	2 SOCIAL WORKER SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	3 SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	4 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
7  SWESA CLOSED	8 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa NEEDLE POINT WORKSHOP W2 of 3 10 am - 12 pm Y- Studio 2  12 PM - 3 PM	9 CariCuppa SWESA Chat 10 am - 12 pm Chatty Cuppa Café SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	10 SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	11 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
14 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	15 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa NEEDLE POINT WORKSHOP W3 of 3 10 am - 12 pm Y- Studio 2 COOKING CLUB 12:30 pm - 2:30 pm Y- Studio 2 MIXED GAMES 12:30 pm - 3 pm MPR	16 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	17 SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	18 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
21 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	22 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa PEN & INK FLORALS W1 of 6 9:30 am - 12 pm Y- Studio 2 OUTING: River Cree Casino 11:15 am pick up 3:45 pm departure  TRAVEL CLUB 12:30 pm - 2:30 pm Y- Studio 2 WELCOME WINE & APPYS 1 pm - 3 pm MPR	23 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	24 BOARD MEETING SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	25 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
28 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	29 Walking Club Meet at 9:15 am Y Lobby OUTING - Tawatinâ Bridge Walk, bus pick up 10 am SWESA Chat 10:00 am - 12 pm Chatty Cuppa PEN & INK FLORALS W2 of 6 9:30 am - 12 pm Y- Studio 2 Boosting Your Brain Health 12:30 pm - 3 pm (W1 of 4) Y- Studio 2 BINGO 12:30 pm - 2:30 pm MPR 	30  National Day for Truth and Reconciliation September 30  SWESA CLOSED	SEPTEMBER 2026 Legend BJRC - Booster Juice Rec. Centre in Terwillegar, 2nd Floor Room MP-A Lobby - at the YMCA Y-Studio 2 - at the YMCA MPR - at the YMCA   www.swesa.ca  info@swesa.ca	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 2026 Legend <i>BJRC</i> - Booster Juice Rec. Centre in Terwillegar, 2nd Floor Room MP-A <i>Lobby</i> - at the YMCA <i>Y-Studio 2</i> - at the YMCA <i>MPR</i> - at the YMCA   www.swesa.ca  info@swesa.ca			1 <i>Conversation Circle with Norquest College</i> 10 am - 12 pm SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	2 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
5 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	6 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa PEN & INK FLORALS W3 of 6 9:30 am - 12 pm Y- Studio 2 Boosting Your Brain Health 12:30 pm - 3 pm (W2 of 4) Y- Studio 2 Book Club 12:30 - 2:30 pm MPR 	7 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	8 SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	9 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR  Saturday OCTOBER 10 Oktoberfest 4 PM
12  THANKSGIVING SWESA CLOSED	13 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa PEN & INK FLORAL W4 of 6 9:30 am - 12 pm Y- Studio 2 Boosting Your Brain Health 12:30 pm - 3 pm (W3 of 4) Y- Studio 2 Cooking Club 12:30 - 2:30 pm MPR	14 <i>SOCIAL WORKER</i> SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	15 <i>Conversation Circle with Norquest College</i> 10 am - 12 pm SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	16 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
19 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	20 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa PEN & INK FLORALS W5 of 6 9:30 am - 12 pm Y- Studio 2 Boosting Your Brain Health 12:30 pm - 3 pm (W4 of 4) Y- Studio 2 MIXED GAMES 12:30 pm - 2:30 pm MPR PIE DAY! 1 pm - 3 pm Chatty Cuppa Café	21 CariCuppa SWESA Chat 10 am - 12 pm Chatty Cuppa Café SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	22 <i>BOARD MEETING</i> SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa OUTING: River Cree Casino 11: 15 am pick up 3:45 pm departure Cribbage Club 12:30 pm - 3 pm MPR 	23 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
26 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	27 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa PEN & INK FLORALS W6 of 6 9:30 am - 12 pm Y- Studio 2 TRAVEL CLUB 12:30 pm - 2:30 pm Studio 2 BINGO 12:30 pm - 2:30 pm MPR 	28 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	29 SWESA Chat en Français 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm - 3 pm MPR	30 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	3 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa SALSA - Beginner W1 of 6 10 am - 11 am Y- Studio 2 Watercolour Workshop 1 pm - 3 pm (W1 of 3) Y- Studio 2 Book Club 12:30 - 2:30 pm MPR 	4 SOCIAL WORKER SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	5 SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm -3 pm MPR	6 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
9 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	10 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa SALSA - Beginner W2 of 6 10 am - 11 am Y- Studio 2 Watercolour Workshop 1 pm - 3 pm (W2 of 3) Y- Studio 2 Cooking Club 12:30 - 2:30 pm Chatty Cuppa Café LUNCH & LEARN "Estate Planning" with SWESA President 1 PM - 3 PM MPR 	11 REMEMBRANCE DAY  SWESA CLOSED	12 SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm -3 pm MPR	13 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
16 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	17 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa SALSA - Beginner W3 of 6 10 am - 11 am Y- Studio 2 Watercolour Workshop 1 pm - 3 pm (W3 of 3) Y- Studio 2 MIXED GAMES 12:30 - 2:30 pm MPR	18 CariCuppa SWESA Chat 10 am - 12 pm Chatty Cuppa Café SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	19 SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa OUTING: River Cree Casino 11 am pick up 3:30 pm departure Cribbage Club 12:30 pm -3 pm MPR 	20 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
23 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	24 Walking Club Meet at 9:15 am Y Lobby SALSA - Beginner W4 of 6 10 am - 11 am Y- Studio 2 SWESA Chat 10:00 am - 12 pm Chatty Cuppa TRAVEL CLUB 12:30 pm - 2:30 pm Studio 2 BINGO 12:30 pm - 2:30 pm MPR 	25 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	26 BOARD MEETING SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm -3 pm MPR	27 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
30 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	NOVEMBER 2026 Legend BJRC- Booster Juice Rec. Centre in Terwillegar, 2nd Floor Room MP-A Lobby - at the YMCA Y-Studio 2 - at the YMCA MPR - at the YMCA			  www.swesa.ca  info@swesa.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Membership Renewal 2027	1 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa SALSA - Beginner W5 of 6 10 am - 11 am Y- Studio 2 Book Club 12:30 - 2:30 pm Studio 2 4 ft Gnome Porch Greeter Workshop 12:30 pm - 3:30 pm MPR 	2 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	3 SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm -3 pm MPR	4 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
7 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	8 Walking Club Meet at 9:15 am Y Lobby <i>Chatty Cuppa Café Closed. No SWESA Chat.</i> SALSA - Beginner W6 of 6 10 am - 11 am Y- Studio 2   SWESA HOLIDAY LUNCH and MARKET 1 PM - 3 PM	9 <i>SOCIAL WORKER</i> SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	10 SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa Cribbage Club 12:30 pm -3 pm MPR	11 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
14 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	15 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa MIXED GAMES 12:30 - 2:30 pm MPR Cooking Club 12:30 - 2:30 pm Chatty Cuppa Caf HOLIDAY BAKING POTLUCK 1 pm - 3 pm Chatty Cuppa Café	16 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	17 SWESA Chat en Francais 10:30 am - 12 pm Chatty Cuppa SCRABBLE 10:30 am - 12 pm Chatty Cuppa OUTING: River Cree Casino 11:15 am pick up 3:45 pm departure Cribbage Club 12:30 pm -3 pm MPR 	18 Art Club 12:30 pm - 4:00 pm MPR Knitting & Stitching 12:30 pm - 4:00 pm MPR
21 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Canasta (Hand & Foot) 12:30 pm - 3 pm MPR	22 Walking Club Meet at 9:15 am Y Lobby SWESA Chat 10:00 am - 12 pm Chatty Cuppa TRAVEL CLUB 12:30 pm - 2:30 pm Studio 2 BINGO 12:30 pm - 2:30 pm MPR 	23 SWESA Chat @ BJRC 1:00 pm - 3:30 pm 2nd Floor MP-A Bridge Club 12:30 pm - 3 pm MPR	DECEMBER 2026 <i>Legend</i> BJRC- Booster Juice Rec. Centre in Terwillegar, 2nd Floor Room MP-A Lobby - at the YMCA Y-Studio 2 - at the YMCA MPR - at the YMCA   www.swesa.ca  info@swesa.ca	

from all of us at SWESA, wishing you a Happy Holidays!



Please note: SWESA and Chatty Cuppa Café are closed for the holidays from Dec 24 - Jan 1, 2027.

Winter Programs and Activities will resume on Monday, Jan 4, 2027.