

SWESA: Brochure

15.875" x 9"



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Front

JOINING IS EASY

Become a member

You benefit through member discounts on programs and activities. You will also receive regular issues of SWESA Weekly Bulletin with the latest information on upcoming courses. Application forms are available on the website (www.swesa.ca).

Become a volunteer

You can meet new people, have fun and use your own particular talents and abilities to support programs that you and others can enjoy.

Become a sponsor

Support SWESA and be profiled in a wide range of ways as a community philanthropist.

Tell a friend

You can pass this brochure to others who should know about SWESA!



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A GREAT PLACE TO BE 55+

Welcome to SouthWest Edmonton Seniors Association (SWESA), a seniors organization developed with you in mind.

SWESA provides you with opportunities to pursue a healthy and active life through unique programs and social connections.

AS A SWESA MEMBER YOU CAN

Socialize

Events and activities are planned to keep you active all year round. Coffee and chats, monthly luncheons, card games, pancake breakfasts, choirs and bus tours are just a few examples. They are a great way to meet new people and kindle friendships.

Learn

The SWESA Toonie Talks and educational sessions cover a wide variety of topics sure to pique your interests. Instructional programs in arts and culture are also offered.

Get Physical

Try a yoga session, join the walking club, or explore other activity programs to keep you moving. Classes are designed to meet participant fitness levels.

Visit www.swesa.ca for a full list of programs.



VISIT US

Blue Quill Community Centre

11304 25 Avenue
Edmonton, AB T6J 5B1

Office Hours

9:00 a.m. – 4:30 p.m.
Monday to Friday

CONTACT US

Phone: 587-987-3200

Email: info@swesa.ca

Web: www.swesa.ca

Program Coordinator:
programs@swesa.ca

Office Administrator:
admin@swesa.ca

**Seniors Home
Supports Coordinator:**
780-860-2931
homesupport@swesa.ca

Mail: 88008 Rabbit Hill P.O.
Edmonton, AB T6R 0M5



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USEFUL RESOURCES

Health Link Nurse Advice 24/7
(Alberta Health Services)

811

Ambulance, Fire and Police

911

Help finding the right resource or
service for any issue 24/7 (United Way)

211

Find a City of Edmonton service 24/7

311

Drive Happiness –
Seniors Assisted Transportation

780-424-5438

Directory of seniors
services in Edmonton

**[www.mysage.ca/
publications/directory](http://www.mysage.ca/publications/directory)**





Thank You

Contact:

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Please proof carefully

Check for errors. Give special attention to the spelling of words particular to your area. Complete this form and email it to morrissey@themetagency.com

- Approved for printing
- Ok, with alterations marked
- Revised proof required

Signature

MM/DD