

Happy valentine's day!!!

Join us for **COFFEE, CHAT 'N CARDS** at:

- SWESA's Centre, Yellowbird East Community Centre, **Tuesdays and Thursdays**, 9:30 a.m. to 12:00 noon and/or
- SWESA's Seniors Lounge, Terwillegar Community Recreation Centre, **Mondays and Wednesdays**, 1:00 p.m. to 4:00 p.m.

SWESA PROGRAMS – 2014

Gentle Yoga: for six Mondays, starting February 10th, 10:00 – 11:00 a.m., at Yellowbird East Community Centre, 10710 -19 Avenue NW (no yoga on Family Day, February 17th).

Gentle Fitness Activities: Starting February 13th, 9:30 – 11:30 a.m., the large hall at Yellowbird East Community Centre will be open Thursdays for gentle fitness activities -- i.e., ping-pong, bean bag throw, score-a-goal, weights, and ball bouncing. Note: indoor footwear must be worn.

“Toonie Talks:”

- **Diabetes: What You Need to Know:** Tuesday, February 18th, 10:00 a.m. to 11:00 a.m., at Yellowbird East Community Centre.
- **Diabetes: What You Need to Know:** Wednesday, February 19th, 1:00 to 2:00 p.m., at Terwillegar Recreation Centre.
- **Reducing the Stress of Family/Friend Caregiving:** Thursday, February 27th, 10:00 to 11:00 p.m., at Yellowbird East Community Centre. Caregivers often find themselves in circumstances that create stress and strain. This presentation will help participants become aware of the stresses of caregiving and how our bodies react to stress. Strategies to reduce stress and increase well-being will be explored.

- **Understanding Arthritis:** Wednesday, March 5th, 1:00 – 2:00 p.m. at Terwillegar Community Recreation Centre. Addresses the definition and types of arthritis, the warning signs, and the importance of a whole health care team. Presented by the Arthritis Society.
- **Go Go Gadget Help:** Tuesday, March 11th, 10:00 a.m. to 12:00 noon, at Yellowbird East Community Centre. Do you need help with a new gadget or gizmo? Is it an e-Reader, tablet, camera, i-pad, laptop, phone? Bring your new gadget with you and Edmonton Library staff will help you navigate through the electronic maze. **Note:** we need to know ahead of time what you are bringing.
- **Go Go Gadget Help:** Monday, March 17th, 1:00 to 3:00 p.m., at Terwillegar Community Recreation Centre. See description above.
- **Reducing the Stress of Family/Friend Caregiving:** Wednesday, March 19th, 1:00 to 2:00 p.m., Terwillegar Community Recreation Centre. See session description on previous page.

WINTER WALK DAY: In spite of very chilly temperatures on February 5th, twenty-four SWESA members piled into a chartered bus at 11:30 a.m. at Terwillegar Community Recreation Centre and headed for the Legislature to celebrate **Winter Walk Day**. Before we (as representatives of the 55+ sector) had a chance to feel the cold, we were dancing the Zumba led by the Oilers Cheerleaders and dozens of AMA Patrollers.

Dr. Richards Starke, Minister of Tourism, Parks and Recreation welcomed us with a rousing speech. And then it was time to walk! The combination of the cold and wind meant the walk was short for some, but after a bit, we congregated just inside the Legislature doors and got to know one another better.

On our return, coffee and donuts awaited us at the Centre. Many thanks to Alberta Motor Association (AMA) and Safe, Healthy Activities for People Everywhere (SHAPE) for sponsoring the event. *(Written by J. Roberts)*

SWESA stands for SouthWest Edmonton Seniors Association.

SWESA Centre: Yellowbird East Community Centre

10710 - 19 Avenue NW

SWESA phone: 587-987-3200

SWESA website: www.swedmontonseniors.ca