






FEBRUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ORCHESTRA BOREALIS IS EXCITED TO PRESENT ITS SECOND CONCERT OF THE SEASON TO BE PERFORMED AT SOUTHPOINTE COMMUNITY CENTRE. THE FULL-SIZED SYMPHONY ORCHESTRA WILL PLAY A DIVERSE AND HIGHLY LISTENABLE SELECTION OF PIECES. JOIN FELLOW SWESA MEMBERS AND TRAVEL TOGETHER ON SUNDAY, FEBRUARY 4TH FROM 12:30 - 5:30 PM. SEE PROGRAM GUIDE FOR MORE INFORMATION.</p>			1	2
5	6	7	8	9
<p>Gentle Yoga 10 - 11 Cribbage 1230 - 230 Carrot Cake Day 130 - 330 Coffee and Chat 1 - 4 Pickleball 1:30 - 3</p>	<p>Coffee and Chat 9:30 - 12 Slips, Trips and Falls 10 - 12 Canasta 12 - 3</p>	<p>Mah Jong 9:30 - 12 Bridge 12:30 - 3 Seniors Home Supports 130 - 230 Coffee and Chat 1 - 4 Exec 1 - 3</p>	<p>Cribbage 9 - 12 Coffee and Collaboration 10 -11 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 Board Meeting 1 - 3 Floor Curling 1:30 - 3</p>	<p>Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30</p>
12	13	14	15	16
<p>Book Club 9:30 - 1130 Gentle Yoga 10 - 11 Cribbage 12 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3</p>	<p>Coffee and Chat 9:30 - 12 Canasta 12 - 3 Ex-Alta1 1 - 2</p>	<p>Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4</p>	<p>Cribbage 9 - 12 Golden Years Golden Gloves 10 - 11 Travel Group 12 - 2 Mixed Music Dance 12 - 1 Floor Curling 1:30 - 3</p>	<p>Art Group 9:30-12 SWESA Town Hall 9:30 - 1130 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30</p>
19	20	21	22	23
	<p>Coffee and Chat 9:30 - 12 Tech and Innovation Investements 10 - 12 Canasta 12 - 3 Hank Williams Live 530 - 1030</p> 	<p>Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4 Exec 1 - 3</p>	<p>Cribbage 9 - 12 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12 - 1 Floor Curling 1:30 - 3</p>	<p>Art Group 9:30-12 Live a Pain Free Life 10 - 12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30</p>
26	27	28		
<p>Gentle Yoga 10 - 11 Cribbage 12 - 3 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 Pickleball 1:30 - 3</p>	<p>Coffee and Chat 9:30 - 12 Go Go Gadgets 10:30 - 12 (photo org) Canasta 12 - 3</p>	<p>Mah Jong 9:30 - 12 Bridge 12:30 - 3 SWESA LUNCHEON 12 - 2</p>		

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue
 TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road
 WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW

587-987-3200
programs@swedmontonseniors.ca

SPECIAL EVENTS - Please see program guide for details and pre-registration info.
 Board and Committee Events

** - Luncheon registration and payment is due at noon on the Friday prior to the event.