



Coming Up This Week:

Jan. 1	CLOSED FOR NEW YEAR'S		ALL	
Jan. 2	Coffee and Chat	9:00 – 12:00	YECC	By donation
Jan. 2	Hand and Foot Canasta	12:30 – 3:00	YECC	\$2.00
Jan. 3	Mahjong	9:30 – 12:00	YECC	\$2.00
Jan. 3	Bridge	12:30 – 3:00	YECC	\$2.00
Jan. 3	TCRC closed	1:00 – 4:00	TCRC	By donation
Jan. 4	Cribbage	9:30 – 11:30	YECC	\$2.00
Jan. 4	Golden Gloves	10:00 – 11:00	YECC	\$10 drop-in fee
Jan. 4	Floor Curling	1:15 – 3:30	YMCA	\$3 drop-in fee
Jan. 5	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Jan. 5	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

Please Note:

HAPPY NEW YEAR!

2017 was an amazing year at SWESA.

We offered over 800 programs from January to December. We've seen attendance increase drastically at our luncheons and our Toonie Talks. Everything is growing, and we have you to thank.

We ended 2017 with **? members.**

Thank you for your continued feedback and support as we move into another record-breaking 2018!

A special thanks to our volunteers who contributed over 6000 volunteer hours including the board hours, the front desk volunteers and our luncheon team.

When you start to feel like things should have been better this year, remember the mountains and valleys that got you here.

They are not accidents and those moments were not in vain.

You are not the same you have grown, and you are growing you are breathing, you are living.

You are wrapped in endless

boundless

grace

and things will get better.

there's more to you than yesterday

– Morgan Harper Nichols

[For a look back at 2017, here is a little slideshow we have put together.](#)

**Winter 2018
Program Guide**

January 2018 – April 2018



[The Winter 2018 Program Guide is available online HERE and for pickup at YECC.](#)

Please consider registering ahead (at no risk to cancel) for the Toonie Talks so we can be prepared to accommodate the larger crowds that we have seen recently at these sessions. Remember that registration for all other programs is not final until payment is received.

As always, we welcome [feedback or requests](#) to our coordinator.

Stay Connected:

Strathcona Place 55+ Presents a Robbie Burns Dinner

Join us for the piping in of the Haggis, address to the Haggis, and wonderful entertainment. The menu will include roast beef, haggis, mushy peas, taters, and whiskey pudding.

Need we say more? Come out and have fun!

When: Wednesday, January 10 at 5:00 pm

Location: Strathcona Place 55+ Centre (10831 University Avenue)

Cost: Tickets \$15 before January 9 (\$18 at the door) Call 780-433-5807 for more information.

Petrolia Seniors Monthly Luncheon

Join us for lunch and a program. In January, we welcome pharmacist Sam Moharram who will speak about Management of Medications and Chronic Conditions.

When: Tuesday, January 16 from 11:45 am – 2:00 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$15 Call Nick (780-435-1045) or Betty (780-434-0711) to confirm your attendance.

Online Learning Through Massive Open Online Courses (MOOCs)

Learn about paleontology, Indigenous history and mountains in the comfort of your home. The University of Alberta provides three courses monthly to engage your curiosity and encourage life-long learning. The U of A offers MOOCs, each 10 to 12 modules in length and free of charge. (When registering, choose “no certificate” to pursue the course free of charge. You can earn a certificate upon completion for a minor fee.)

Visit uab.ca/moocs for more information and registrations.

Different faculties oversee the MOOCs; however, for overall questions about the MOOC’s contents, how registration works, and similar questions, contact Anastasia Lim in Community Relations at anastasia.lim@ualberta.ca or 780-248-1383.