




# JANUARY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Coffee and Chat 9:30 - 12 Canasta 12 - 3	3 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	4 Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Floor Curling 1:15 - 3	5 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30
8 Gentle Yoga 10 - 11 Cribbage 1230 - 230 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	9 Coffee and Chat 9:30 - 12 Canasta 12 - 3	10 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Lonliness and Depression 1-3 Exec 1-3 Coffee and Chat 1 - 4	11 Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 Board Meeting 1 - 3 Floor Curling 1:15- 3	12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
15 Gentle Yoga 10 - 11 Cribbage 1230- 230 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	16 Coffee and Chat 9:30 - 12 Canasta 12 - 3 Travel Group 1-3	17 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	18 Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 Floor Curling 1:15- 3	19 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30
22 Gentle Yoga 10 - 11 Managing Retirement Portfolio 10 - 12 Cribbage 1230 - 230 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 Pickleball 1:30 - 3	23 Coffee and Chat 9:30 - 12 Canasta 12 - 3	24 Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	25 Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 Floor Curling 1:15- 3	26 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
29 Gentle Yoga 10 - 11 Schizophrenia Society of Alberta 10 - 12 Cribbage 1230-230 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	30 Coffee and Chat 9:30 - 12 Go Go Gadgets 10:30 - 12 Canasta 12 - 3	31 Mah Jong 9:30 - 12 Bridge 12:30 - 3 SWESA LUNCHEON 12 - 2		



**SouthWest Edmonton  
Seniors Association**

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](mailto: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.