



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Started by the Suffragettes in the early 1900's, the first International Women's Day was celebrated in 1911. International Women's Day belongs to all communities everywhere - governments, companies, charities, educational institutions, networks, associations, the media and more. International Women's Day occurs on Thursday, March 8th.</p>			1	2
5	6	7	8	9
Gentle Yoga 10 - 11 Cribbage 1230 - 230 Women at Work in Canada 1 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Canasta 12 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Board Meeting 1 - 3 Floor Curling 1:15 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 End of Life Doula 1-230 Essentrics 1 - 1:30
12	13	14	15	16
Book Club 930 - 1130 Gentle Yoga 10 - 11 Cribbage 1230 - 230 Mobile Dental Services 1 - 3 Coffee and Chat 1 - 4 Go Go Gadgets 130 - 3 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Living Stronger Longer 10 - 12 Canasta 12 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 Sexy Seniors 12 - 2 Floor Curling 1:15 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 12 - 2 Essentrics 1 - 1:30
19	20	21	22	23
Gentle Yoga 10 - 11 Optimizing TFSA 10 - 12 Cribbage 1230 - 230 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Canasta 12 - 3 Footcare and Health 1230-130	Mah Jong 9:30 - 12 Bridge 12:30 - 3 SWESA LUNCHEON 12-2	Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 SWESA Travel Group 12 - 2 Floor Curling 115 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 Mindful Aging 130 - 300
26	27	28	29	30
Gentle Yoga 10 - 11 Cribbage 1230 - 230 Coffee and Chat 1 - 4 Seniors Home Supports 1 - 2 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Go Go Gadgets 10:30 - 12 Canasta 12 - 3	Mah Jong 9:30 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	Cribbage 930 - 1130 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12-1 Floor Curling 115 - 3	

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue

TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road

WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW

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.

587-987-3200

programs@swedmontonseniors.ca

