



Winter 2018 Program Guide

January 2018 – April 2018



Yellowbird East Community Centre – 10710 - 19 Avenue NW
Terwillegar Community Recreation Centre – 2051 Leger Road NW
William Lutsky YMCA – 1975 - 111 Street NW

587-987-3200

programs@swedmontseniors.ca

www.swedmontseniors.ca

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A Great Place to Be 55+

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest non-profit seniors' organization. SWESA currently is developing social, cultural and recreational programs and is a gathering place for individuals 55+ living in southwest Edmonton.

SWESA is growing every day. Run by a group of passionate volunteers, SWESA's mission is to provide opportunities for adults 55+ in southwest Edmonton to pursue healthy and satisfying lives through engagement in a variety of programs and through social connections.

Important Information

MEMBERSHIP:

- SWESA's \$30 annual membership fee enables you to participate in SWESA's programs at member rates. The membership year runs from January 1, 2018 to December 31, 2018.
- Valid membership from other seniors centres may be recognized for participation in SWESA programs and special events at member rates.
- SWESA members will receive priority at registration. Non-SWESA members' names may be put on a waiting list at the time of registration and can be bumped to give priority to SWESA members.
- Your SWESA membership card entitles you to discounts at most city of Edmonton recreational facilities.

REGISTRATION:

- You can register for activities in person at our Yellowbird East Community Centre office. Registration for select classes or events may be taken over the phone or by email. Please contact 587-987-3200 or programs@swedmontonseniors.ca for registration inquiries.
- Payment is by cash or cheque; **registration is only confirmed upon payment.**
- Sign up early to avoid cancellation due to insufficient registration.

MAILING ADDRESS:

SWESA
Box 88008 Rabbit Hill PO
Edmonton, AB
T6R 0M5

CANCELLATIONS/REFUNDS:

- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition. SWESA credit may be given in varying circumstances.

DISCLAIMERS/LIABILITY:

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association's Board of Directors, staff or volunteers.

LOCATION OF CLASSES:

Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

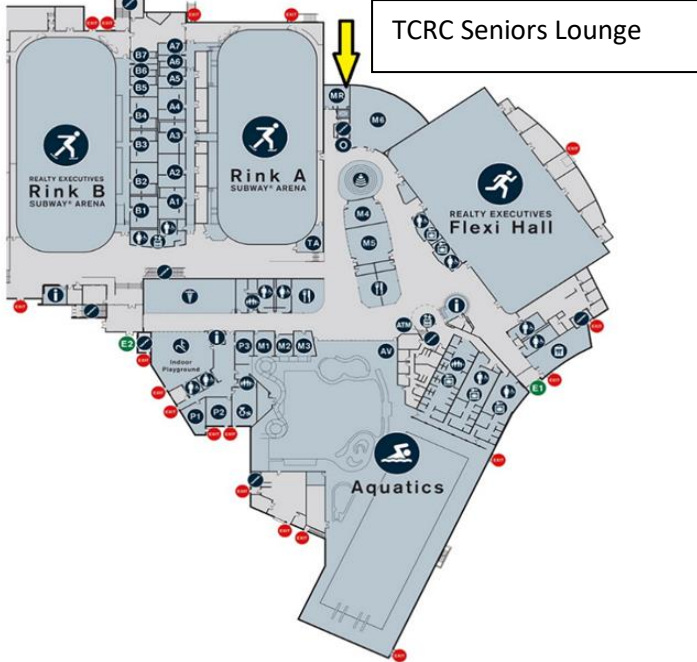
Hours: Monday to Friday from 9:00 am – 3:00 pm (2:00 pm closure on Thursdays)

Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Hours: Mondays and Wednesdays from 1:00 pm – 4:00 pm

William Lutsky YMCA (YMCA), 1975 - 111 Street NW

Hours: Mondays and Thursdays from 1:30 pm – 3:00 pm

 <p>The floor plan shows the layout of the Terwillegar Community Recreation Centre. It includes two ice rinks (Rink A and Rink B), a Flexi Hall, an Aquatics pool, and a TCRC Seniors Lounge. A yellow arrow points to the TCRC Seniors Lounge. The plan also shows various rooms, restrooms, and a playground area.</p>	<h3>HOLIDAYS/CENTRE CLOSURES</h3> <p>There will be no programming running at any of the locations on:</p> <ul style="list-style-type: none">• Monday, January 1 – New Year's Day• Monday, February 19 – Family Day• Friday, March 30 – Good Friday• Monday, April 2 – Easter Monday
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City of Edmonton – Supports for Seniors

3-digit Phone Numbers

- 211 Senior Information/Referrals
- 311 City of Edmonton Information Line
- 411 Directory Assistance
- 511 Alberta Travel and Road Report information
- 611 Telephone Trouble
- 811 Health Link (includes dementia information)
- 911 Emergency

The Seniors Home Supports Program gives seniors referrals for vetted service providers. Seniors are not charged for referrals, but they will pay a fee to the service provider for completing the work. Six seniors organizations are working together to provide this coordinated system that serves all areas of Edmonton. Seniors contact the organization that serves their area of the city as shown [HERE](#). Our coordinator can be reached at 780-860-2931.

The Edmonton Seniors Coordinating Council

ESCC is an umbrella organization that encourages coordinated actions of its members to continue to build an Age Friendly Edmonton and enhance the lives of all Edmonton seniors. Under the [“for seniors”](#) you will

- find recreational and wellness programs for adults 55+
- read about the latest news and events for seniors
- learn about ESCC member agencies and their services
- find your local seniors centre in Edmonton
- find useful information about a variety of seniors topics
- discover work and volunteer opportunities

Transportation – [Drive Happiness](#)

Mobility is about much more than simply getting from A to B. It's about dignity, freedom and being in control of your lifestyle. With Drive Happiness, seniors can remain active, mobile and fully engaged in their community. Are you 65 years and over? Do you have difficulty using public transportation services? Are you able to enter and exit a vehicle with limited assistance? Do you have an annual income under \$35,000 (if single) or \$60,000 (if a couple)? You may qualify for a ride. Exceptions may apply. Call 780-424-5438 for further information.

WINTER 2018 PROGRAMS

SOCIAL

Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow SWESA members in an informal, casual setting and a great way to stay in touch for longtime members. Join us for interesting conversation and a monthly birthday celebration. Stay for a short time or stay all morning! Coffee, tea and refreshments are always available.

Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Tuesdays from 9:30 am – 12:00 pm

Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Mondays and Wednesdays from 1:00 pm – 4:00 pm

Cost: A \$1 - \$2 donation for refreshments is suggested. All are welcome to attend.

LUNCHEONS



Come and enjoy a good meal with great company. Each event will feature a new theme and menu item(s). **REGISTRATION AND PAYMENT ARE REQUIRED** by noon on the Friday before the luncheon.

The seniors lounge at TCRC will be closed on luncheon dates.

When: Wednesdays, monthly from 12:00 pm – 2:00 pm

January 31, February 28, March 21, April 25

Location: Yellowbird East Community Centre

Cost: \$15

We are always open to sharing our SWESA connection's talent! If you would like to speak or perform at one of our luncheons, please do let us know. Many hands make light work! If you are interested in being involved in the planning of or decorating for our luncheons, please email volunteers@swedmontonseniors.ca.

BOOK CLUB

SWESA's book club meets monthly to discuss the book that members have read and express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes and will be given out and collected at SWESA. Our members are an informal and friendly group who have dynamic personalities, varying backgrounds, and interesting conversations.

When: Mondays, monthly from 9:30 am – 11:30 am

January 15, February 12, March 12, April 9

Location: Yellowbird East Community Centre

Cost: Member \$5/season registration fee; Non-member \$10/season registration fee
Individuals will be billed for late book returns.

GAMES

Come and learn to play a friendly game in a casual and warm setting. Both beginners and experienced players are welcome. There are other openings for our social room so please feel free to let us know if you would like to start another game get-together.

If you are interested in booking time and space to organize a card group with SWESA, please contact the program coordinator.

Cribbage Mondays from 12:30 pm – 3:00 pm and Thursdays from 9:30 am – 11:30 am

Hand and Foot Canasta Tuesdays from 12:30 pm – 3:00 pm

American Mahjong Wednesdays from 9:30 am – 12:00 pm

Contract Bridge Wednesdays from 12:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$2 per drop-in session

TECHNOLOGY

Tech Help With Edmonton Public Library

Keeping up with technology can be difficult for anyone. It seems that we are able to get the hang of one device just in time for a newer version to be released. Edmonton Public Library staff can help you learn how to operate your tablet, camera, laptop, phone or other tech device. Edmonton Public Library staff can also schedule free one-on-one sessions at their locations for any library member. Find your location [here](#).

When/Location:

Terwillegar Community Rec Centre	Yellowbird East Community Centre
Monday, Jan. 22 from 1:30 pm – 3:00 pm General Tech Help	Tuesday, Jan. 30 from 10:30 am – 12:30 pm General Tech Help
Monday, Feb. 26 from 1:30 pm – 3:00 pm General Tech Help	Tuesday, Feb. 27 from 10:30 am – 12:30 pm Information about Photo Management
Monday, Mar. 12 from 1:30 pm – 3:00 pm General Tech Help	Tuesday, Mar. 27 from 10:30 am – 12:30 pm General Tech Help
Monday, Apr. 9 from 1:30 pm – 3:00 pm General Tech Help	Tuesday, Apr. 24 from 10:30 am – 12:30 pm Information about Video Chat
Monday, Apr. 23 from 1:30 pm – 3:00 pm General Tech Help	

Cost: Member \$2; Non-member \$4 **Registration is requested.**

EPL @ Home Service

If you can't make it in for over three months, EPL will bring their collection to you. EPL provides home service where you live, whether it's an extended care facility, a seniors lodge or your own home. You will be matched with a carefully screened and trained volunteer who will deliver materials selected by staff directly to you.

To register for home service, contact [your branch](#).



THE ARTS

Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment.

There is no instructor for this program. No oil paints or strong scents are allowed due to SWESA's low-scent policy and participants' allergies.

When: Fridays, from 9:30 am – 12:00 pm

Session 1 - January 5 to February 23

Session 2 - March 2 to April 27

Location: Yellowbird East Community Centre

Cost: \$30 for both sessions or \$2 drop-in fee

Knitting and Stitching Group

Come and join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, hand sewing, etc.) and work in a fun, social group.

While there is no instructor, members share ideas and learn from each other. The group occasionally plans independent field trips.

When: Fridays, from 11:30 am – 3:00 pm

Session 1 - January 5 to February 23

Session 2 - March 2 to April 27

Location: Yellowbird East Community Centre

Cost: \$25 for both sessions or \$2 drop-in fee

Handmade Cards for All Occasions With Nancy Rae

Discover how easy it can be to make your own greeting cards from pressed flowers.

Even individuals with limited artistic experience will gain some knowledge about composition and color theory and create two or three cards to take home. All supplies will be provided.

When: Tuesday, April 10 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$15 **Registration is required by April 3.**

HEALTH AND WELLNESS

Gentle Yoga

This class will introduce you to the holistic benefits of yoga. Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket to class. Our long-time instructor Linda Vaudan is certified in working with older adults and can work with you through any concern or chronic pain. This class is suitable for all fitness levels and abilities. Poses may be performed with a chair.

When: Mondays, from 10:00 am – 11:00 am

Session 1 (7 classes) - January 8 to February 26

Session 2 (8 classes) - March 5 to April 30

Location: Yellowbird East Community Centre

Cost: Member \$55/session or \$100 for both sessions (15 classes) or \$10 drop-in fee

Pickleball

Pickleball is becoming wildly popular these days and court wait times are increasing. Together, SWESA and the YMCA hope to accommodate more court time for active players to participate in this tennis, ping pong, and badminton hybrid racquet game. Join us to learn more about pickleball or to take advantage of this new court time.

When: Mondays, from 1:30 pm – 3:00 pm

Session 1 (8 classes) - January 8 to March 5

Session 2 (8 classes) - March 12 to April 30

Location: William Lutsky YMCA (1975 - 111 Street)

Cost: \$5 drop-in fee or purchase a prorated drop-in card from the YMCA for \$24

Registration is requested at the YMCA.

Golden Years, Golden Gloves

Join SWESA for a total-body workout! This fitness class is designed to increase flexibility, balance, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training in a fun, supportive environment. No equipment is required.

When: Thursdays, from 10:00 am – 11:00 am

Session 1 (7 classes) - January 11 to February 22

Session 2 (9 classes) - March 1 to April 26

Location: Yellowbird East Community Centre

Cost: Member \$65/session or \$100 for both sessions (16 classes) or \$10 drop-in fee

"Mix Music" Line Dance Class!

Michelle Mitchell is back! Our certified dance instructor and choreographer has worked with Leduc seniors at Telford House and the Oshawa, Ontario seniors clubs for many years. She has taught a variety of dance class styles and creates dance fitness classes for all ages and abilities. This class uses a variety of music, such as swing, tango, country, disco, Latin, etc. and dynamic fun routines to make an hour of exercise fly by!

When: Thursdays, from 12:00 pm – 1:00 pm

Session 1 (6 classes) - January 18 to February 22

Session 2 (6 classes) - March 15 to April 19

Location: Yellowbird East Community Centre

Cost: Member \$55/session or \$100 for both sessions (12 classes) or \$10 drop-in fee

Floor Curling

Floor curling is a highly social sport that can be enjoyed for a lifetime by all ages and abilities. This game promotes sportsmanship and camaraderie and is an inexpensive and less dangerous alternative to many other sports. Join us for this program where indoor floor curling equipment is used to provide a true curling experience without ice!

When: Thursdays, from 1:15 pm – 3:00 pm

Session 1 (8 classes) - January 11 to March 1

Session 2 (8 classes) - March 8 to April 26

Location: William Lutsky YMCA (1975 - 111 Street)

Cost: \$5 drop-in fee or purchase a prorated drop-in card from the YMCA for \$24

Registration is requested at the YMCA.

Essentrics for Seniors

Release tight muscles, rebalance joints and restore your body.

This is an age-reversing workout that will restore movement in your joints, increase flexibility and strength in your muscles, relieve pain, improve balance and stimulate your cells to increase energy and vibrancy.

Lori Griffith is a certified essentrics instructor and lifelong fitness enthusiast. She discovered the Aging Backwards movement when searching for programs for her parents and has been dedicated to bringing this program to the seniors of southwest Edmonton for the last three years. She enjoys getting to know her students and helping them become and stay more active, independent and healthy.

When: Fridays, from 1:00 pm – 1:30 pm

Session 1 (6 classes) - January 5 to February 9

Session 2 (6 classes) - February 16 to March 23

Session 3 (6 classes) - April 6 to May 11

Location: Yellowbird East Community Centre

Cost: Member \$55/session or \$100 for two sessions (12 classes) or \$10 drop-in fee

TOONIE TALKS

All Toonie Talks are offered at a cost of **\$2 for members and \$5 for non-members.** Although registration is not required, we request that you let us know if you will be attending so that we can be prepared to accommodate everyone.

Loneliness and Depression in Seniors

During this presentation we will discuss the signs and symptoms of depression and some of the valuable techniques that can be used to counteract the additional effects of the winter blues. Did you know that Vitamin D can help? What about activities that can get you feeling better? Join Bonnie Gardner, business development manager, from Saint Elizabeth to learn more.

When: Wednesday, January 17 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Managing Retirement Portfolios With Rising Interest Rates

What does the Bank of Canada recent hike in interest rates, with direction for further raises throughout 2018, mean for you and your retirement finances? For most conservative retired investors, the increased interest rates have meant challenges to their significant fixed income and/or bond portion of their portfolio, which potentially means negative returns. As we know, when interest rates rise, bond prices generally fall. Join Wei Woo as we discuss strategies to mitigate the effect of higher rates and how to benefit from this emerging trend.

When: Monday, January 22 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Schizophrenia: Myths and Reality

The Schizophrenia Society of Alberta's Community Outreach staff will join us for this presentation to reduce the stigma and discrimination related to mental illness. The session offers lived-experience perspectives on serious mental health issues, current facts about schizophrenia and similar disorders, and the impact of psychosis.

When: Monday, January 29 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Stay Independent: Tips to Prevent Slips, Trips and Falls

Falls prevention is not just about stopping a fall. It is about being able to enjoy life's moments; it is about playing with grandchildren and keeping up with friends. Falls can result in injuries that stop you from daily tasks like getting in a car, rising out of a chair or carrying groceries. The good news is that you can take steps to prevent slips, trips and falls. Rosalie Freund-Heritage, occupational therapist, will share ideas on what can cause a fall and key actions you can take to prevent a fall. Join in the discussion, pick up some handouts and ask some questions.

When: Tuesday, February 6 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Home Supports

There is no place like home but as one ages, it can be more difficult and dangerous to climb ladders to change light bulbs, empty gutters and replace batteries in fire detectors. The city of Edmonton funds the Seniors Home Supports Program to enable residents to keep their homes safe and comfortable as these routine chores can become more dangerous. Join SWESA's Seniors Home Supports Program (SHSP) Coordinator Barbara Newell for a complimentary Toonie Talk where she will explain the process of vetting service providers to make sure that customers get safe, qualified service people to complete these tasks and more.

When: Wednesday, February 7 from 1:30 pm – 2:30 pm

Location: Terwillegar Community Recreation Centre

When: Monday, March 26 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Coffee and Collaboration: Reducing Social Isolation One Connection at a Time

You may have seen the name PEGASIS listed along with local seniors' initiatives. What is PEGASIS? Tim Henderson, project coordinator/community connector for the PEGASIS Backbone, accepted our invitation to a coffee discussion. He will share how a group of Edmonton organizations are working together to reduce social isolation.

When: Thursday, February 8 from 10:00 am – 11:00 am

Location: Yellowbird East Community Centre

The Ex-Alta: Alberta's First Satellite

Alberta's first ever satellite, Experimental-Albertan #1 (Ex-Alta 1), was launched from the Kennedy Space Center in April 2017. Join Casia McLeod, deputy mechanical lead with AlbertaSat from the Mechanical Engineering Program at the University of Alberta, to learn more about their journey in designing, building and launching the Ex-Alta. The team is currently working on the second satellite, Ex-Alta 2, which will be monitoring forest fires in Alberta.

When: Tuesday, February 13 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Technology and Innovation Investments in Your Retirement Portfolio

Artificial intelligence, blockchain, robotics, electric cars, cloud, big data and the internet of things, among others, have all been innovative disruptive technologies in our society. They also have been growing investment themes among major investors and have been the best performers in the markets for the past few years. Join Wei Woo as we discuss emerging technology trends and how to prudently add them to your retirement portfolio.

When: Tuesday, February 20 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Living a Pain-Free Life

Did you know that seniors have coverage from Alberta Health Services for chiropractic care? Join chiropractor Dr. Stephanie Imeson and reflexologist Janis Berggren when they discuss the benefits of their therapies and everything their multidisciplinary clinic has to offer to the senior community. They will focus their discussion on health at every age and how to stay mobile, independent, and pain free.

When: Friday, February 23 from 10:30 am – 12:00 pm

Location: Yellowbird East Community Centre

Called to be an End of Life Doula

The word doula (pronounced “doo-la”) is a Greek word meaning “woman servant or caregiver”. More often, it refers to someone who offers emotional and physical support to a woman and her partner before, during and after childbirth. Recently, there has been an emerging demand for support through declining health and independence from people other than pregnant mothers. Join Beverley Shiels, a certified End of Life Doula, as she talks about its emerging role and the support, resources, education and friendship that she offers individuals and families.

When: Friday, March 2 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Mobile Denture Services

Ellerslie Denture Clinic has been in southwest Edmonton for 12 years, offering quality dental prosthetics and mobile services. Senior pricing and government funding are available for those who qualify. Join us to learn more about accessing these services.

When: Monday, March 12 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Living Stronger Longer

Many people are living longer than previous generations. However, longevity does not always include the best quality of life which is why more people are proactive rather than reactive about their well-being. Prevention has become the focus, and many older adults are looking for methods to keep their bodies and minds healthy so they can live longer, higher-quality lives.

In keeping with their mission to improve the quality of life for seniors and encourage participation in all aspects of a community, members of the Alberta Council on Aging will be joining us to share this comprehensive program with members.

When: Tuesday, March 13 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Sexy Seniors: The Compass Centre for Sexual Wellness

Seniors don't have sex. There are no gay, lesbian, bisexual, or trans-identified seniors.

Our sexual sensations diminish as we age. Seniors don't have to worry about STIs.

Seniors are prudes when it comes to sex. This interactive and informative workshop will provide seniors the space to explore these commonly held myths.

Do you have questions about your sexual health? Would you like to discuss these questions in a safe and comfortable environment? If so, please join sexual health educator Dr. Brian Parker from the Compass Centre for Sexual Wellness.

When: Thursday, March 15 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Optimizing the Retirement Benefits of a Tax-Free Savings Account

The Tax-Free Savings Account has been available since 2009. It is now 2018 and many retired Canadians are still confused about how to best use this tax-saving investment shelter. What complicates matters further is that depending on which financial representative of the bank you deal with, there seems to be multiple conflicting advice. Come join Wei Woo who will clarify the myths as we discuss how to use this highly flexible account in maximizing your personal financial strategies.

When: Monday, March 19 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Footcare and Health

Christine Grosjean, an LPN with CBI Home Health, has been practicing footcare for seven out of her 17 years as a nurse. She will discuss foot disorders, how they impact our overall health and will share information about the mobile services that she offers.

When: Tuesday, March 20 from 12:30 pm – 1:30 pm

Location: Yellowbird East Community Centre

Mindful Aging: Mind, Body and Spirit

We all experience aging differently and at our own rate. Since we can't stop the aging process, what steps can we take to stay on the wellness side of things? What are the best ways to ward off the effects of aging and protect our physical and mental health? Come and join Laurie Young in this interactive session and expand your existing resources by learning new approaches to positive mental and emotional wellness.

When: Friday, March 23 from 1:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Solar Power: Possibilities for Edmonton

EPCOR is proposing to build a new solar farm on their property just south of the existing E.L. Smith Water Treatment Plant near Cameron Heights. If approved, the solar farm will generate renewable energy to help power the existing E.L. Smith Water Treatment Plant and its water treatment and distribution processes, while reducing our greenhouse gas emissions. Join us to learn more about the project, all of the factors being considered and where the plans go from here.

When: Tuesday, April 3 from 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre

WillWise With Megan Koper

Protect your money and make sure it goes to the people and causes you care about. Megan Koper, a wills and estates lawyer and founder of WillWise, makes the estate planning process simple and convenient. Megan has been practicing law since she graduated from the University of Alberta in 2009. She recently started WillWise to make the estate planning process easier and more accessible for her clients. She is excited to meet you and will explain how to plan for your future with certainty and minimal stress.

When: Thursday, April 5 from 12:30 pm – 1:30 pm

Location: Yellowbird East Community Centre

Understanding the Paperwork at Your Financial Institution

It is not uncommon for clients to fully trust that their investment advisor or financial advisor is giving full verbal disclosure of the important information needed prior to opening an account. With new regulations in place for complete transparency, it is more crucial than ever for clients to understand the documents that they sign. Join Wei Woo as we discuss the basic paperwork that most investment clients go through in their regular course of a client relationship with an investment firm.

When: Tuesday, April 17 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Edmonton's Newest Landmark: the "New" Walterdale Bridge

The new Walterdale Bridge is one of the most technically challenging and architecturally significant projects built in Edmonton over the last quarter century. The new construction clearly demonstrates that Edmonton is not afraid to build the kind of iconic architecture typical of a world-class city.

Join Ryan Teplitsky, construction project manager with the city of Edmonton, for more information about the past, the present and the future of the Walterdale Bridge Project.

When: Tuesday, April 17 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

SPECIAL INTEREST

Cinema Cronies

Relax and enjoy a movie, some popcorn and some companionship in front of the fireplace in the Yellowbird boardroom. Regular attendees will have the ability to choose from multiple movie options.

When: Fridays, from 12:00 pm – 2:00 pm

January 5, January 19, February 2, February 16, March 2, March 16, April 13, April 27

Location: Yellowbird East Community Centre

Cost: \$5 includes movie and snacks

SWESA Travel Interest Group

SWESA member Steve Simser and Gwen Schilling, manager of Expedia Cruise Ship Centers, are back to host this meetup. Throughout the fall sessions, Gwen provided information about modes of travel, travel destinations and sample itineraries. We welcome all SWESA members to gain more information about their own travel bucket list possibilities, to meet like-minded people and to share personal experiences on the road to travel departures.

The following meetups are scheduled:

When: Tuesday, January 16 from 1:00 pm – 3:00 pm

Thursday, February 15 from 12:00 pm – 2:00 pm

Thursday, March 22 from 12:00 pm – 2:00 pm

Tuesday, April 17 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Free

International Women's Day Speakers Series

Women at Work in Nineteenth-Century Canada With Carolee Pollock

Sometimes we assume that women in the “olden days” stayed at home while the men went off to work. But, in fact, many Canadian women went out to work as well. What did they do? Why did they do it? How did they feel about their work? Let me tell you about some of the ways women made their lives work through paid work.

Carolee Pollock was born and raised in Edmonton, mostly, with a brief sojourn in Calgary. She married at 18 and had two children, then returned to university, completing her bachelor's and master's degrees at the University of Calgary with a focus on women's history. Her doctoral degree is from the University of Alberta. After 10 years as a contract university lecturer and academic for hire, she was fortunate enough to be hired by MacEwan University where she has been teaching for the last 11 years. She teaches British and Canadian history as well as courses in women's history, public history and the history of the Atlantic World.

Most recently, she has been working on the history of the Beulah Home, a home for unmarried mothers in Edmonton and on British suffragists.

When: Monday, March 5 from 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$2

Advocating for Women's Equality Through the Charter

LEAF is a national charitable, non-profit organization, founded in 1985. LEAF works to advance the substantive equality rights of women and girls in Canada through litigation, law reform and public education. We welcome Jo-Ann Kolmes and Jennifer Tomaszewski as they share the short film "Constitute!" which tells the story of the group of women who mobilized to seek stronger equality provisions.

They will provide more information about LEAF's work nationally and locally.

When: Friday, March 9 from 1:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$2

SPECIAL EVENTS

2018 Season Opener for the Orchestra Borealis

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. The familiar, lighthearted overture of Rossini's Barber of Seville is sure to bring back childhood memories. Dance Macabre will follow with its bewitching dance of the spirits who, when they return to their graves, usher in the orchestra's own Darren Sahl who will keep the beat going as the orchestra switches into jazz mode with Arte Shaw's Concerto for Clarinet. The second half is dedicated to the beauty of Prokofiev as the orchestra plays selections from Romeo and Juliet suites. Please join us for an afternoon of beautiful music. Afterwards, there will be a reception of snacks and coffee.

When: Sunday, February 4 from 2:30 pm – 5:30 pm

Location: Southpointe Community Centre (11520 Ellerslie Road SW)

Cost: \$25 Cost includes the bus from YECC and entrance fee to the show

Registration is required by Friday, January 19.

Carrot Cake Day

Our third annual carrot cake day has arrived! Carrot Cake has been made since the Middle Ages when sugar and other sweeteners were rare and very expensive; people used sweet vegetables to flavor their puddings. This technique became practically obsolete for several hundred years but resurfaced in the 20th century. Join us at our seniors lounge to enjoy a slice in honour of National Carrot Cake Day.

When: Monday, February 5 from 1:30 pm – 3:30 pm

Location: Terwillegar Community Recreation Centre

Cost: Member \$5; Non-member \$6 **Registration is required by Friday, January 26.**

SWESA Town Hall

Once again, the last year has brought SWESA growth in membership and in programs. Join us to learn about SWESA's new board structure and the projects our volunteers are working on. Ask questions and engage in an open discussion with SWESA's volunteers and staff. Your feedback and questions about SWESA's direction and activities are welcome!

Feel free to submit questions in advance to programs@swedmontonseniors.ca or drop them off in our comments box in the coffee room **by Friday, February 2.**

When: Friday, February 16 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Cost: Free

Hank Williams “Live” 1952 at the Maclab Centre for the Performing Arts

Hank William’s marriage had ended, his contract with the Grand Ole Opry had been terminated, and his health was in serious decline. In September of ’52, things changed. You will be treated to all of Hank Williams’ hits. Joe Matheson, who has been dubbed “the quintessential voice of Hank Williams”, is an accomplished professional actor and singer who previously starred as Hank Williams in The Show He Never Gave. Join fellow SWESA members for dinner at Kosmo’s restaurant in Leduc where we will enjoy a choice of salad, entrée and dessert before heading to the show.

When: Tuesday, February 20 from 5:30 pm – 10:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$100; Non-member \$120 Cost includes busing, dinner and show.

Registration is required by Wednesday, January 31.

SLUT: The Alberta Premiere With the Northern Lights Theatre

Matilda is a woman who gives of herself freely. So freely, in fact, that the senior citizens from the complex next door have her arrested for running a brothel. During an endless night of booking at the police station, Matilda experiences a gamut of emotions: joy, regret, remorse, anger, despair and love. Brenda McFarlane’s witty and fast-paced play pries apart social stereotypes and stigmas in an insightful, lighthearted and comic examination of love and sex. This is a self-drive event.

When: Tuesday, April 10 from 7:30 pm – 10:00 pm

Location: PCL Studio, ATB Financial Arts Barns (10330 - 84 Avenue)

Cost: \$25 **Registration is required by Wednesday, March 21.**

Annual General Meeting

Members and guests are invited to attend SWESA’s sixth annual general meeting. Join us to hear more about SWESA's growth, progress and plans for the future.

When: Wednesday, April 11 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Please RSVP by Wednesday, April 4.

Mulhurst Bay Books & Gifts

Join Kathy and Dave as they tell about their journey transforming a 1950’s United Church of Canada site into a locally owned book and gift shop in a community beside Pigeon Lake. During the summer, they offer pie and ice cream. Their presentation will provide interesting information about a small selection of their books. Some second-hand books will available for purchase. mulhurstbaybooks.com

When: Monday, April 23 from 10:30 am – 11:30 am

Location: Yellowbird East Community Centre

Cost: Free

Book Shoppe

Do you like to read? If so, come visit our book shoppe in the coffee room at Yellowbird East Community Centre. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming at SWESA. We also accept book donations.

Volunteers

Volunteers are an important and integral part of our organization – without our volunteers we wouldn't be where we are today! There are many ways you can contribute your time and talents. Volunteer roles include special event and committee volunteers, program volunteers, personal phone callers, and many more. If you are interested in volunteering or would like more information about volunteer opportunities, contact us at 587-987-3200 or swesa.volunteers@gmail.com.

Stay Tuned!

As we work to develop more programming, we may be introducing new classes and events that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the Seniors Lounge at the Terwillegar Community Recreation Centre, and/or on SWESA's website at swedmontonseniors.ca. New programs also may be featured in issues of SWESA's weekly bulletin.

Contact Information

If you have any questions or would like more information about programming, please contact our program coordinator at 587-987-3200 or programs@swedmontonseniors.ca. Our mailing address is Box 88008 Rabbit Hill PO, Edmonton, AB T6R 0M5.

Schedule of Events

Special Programs/Events

Date	Program	Time	Location	Cost
January				
Jan. 1	CLOSED FOR NEW YEAR'S DAY		ALL	
Jan. 5	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Jan. 5	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Jan. 12	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Jan. 15	Book Club	9:30 – 11:30	YECC	\$5.00/s
Jan. 16	SWESA Travel Interest Group	1:00 – 3:00	YECC	Free
Jan. 17	Loneliness and Depression	1:00 – 3:00	YECC	\$2.00
Jan. 18	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Jan. 19	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Jan. 19	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Jan. 22	Managing Retirement Portfolios	10:00 – 12:00	YECC	\$2.00
Jan. 22	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Jan. 25	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Jan. 26	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Jan. 29	Schizophrenia: Myths and Reality	10:00 – 12:00	YECC	\$2.00
Jan. 30	Go Go Gadgets	10:30 – 12:30	YECC	\$2.00
Jan. 31	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
February				
Feb. 1	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Feb. 2	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Feb. 2	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Feb. 4	Orchestra Borealis	2:30 – 5:30	YECC	\$25.00
Feb. 5	Carrot Cake Day	1:30 – 3:30	TCRC	\$5.00
Feb. 6	Preventing Slips, Trips and Falls	10:00 – 12:00	YECC	\$2.00
Feb. 7	Home Supports	1:30 – 2:30	TCRC	Free
Feb. 8	Coffee and Collaboration	10:00 – 11:00	YECC	\$2.00
Feb. 8	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Feb. 9	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Feb. 12	Book Club	9:30 – 11:30	YECC	\$5.00/s
Feb. 13	Ex-Alta: Alberta's First Satellite	1:00 – 2:00	YECC	\$2.00
Feb. 15	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Feb. 15	SWESA Travel Interest Group	12:00 – 2:00	YECC	Free
Feb. 16	SWESA Town Hall	9:30 – 11:30	YECC	Free
Feb. 16	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Feb. 16	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Feb. 19	CLOSED FOR FAMILY DAY		ALL	
Feb. 20	Tech/Innovation Investments	10:00 – 12:00	YECC	\$2.00
Feb. 20	Hank Williams "Live"	5:30 – 10:30	YECC	\$100.00
Feb. 22	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00

Date	Program	Time	Location	Cost
Feb. 23	Live a Pain-Free Life	10:30 – 12:00	YECC	\$2.00
Feb. 23	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Feb. 26	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Feb. 27	Go Go Gadgets	10:30 – 12:30	YECC	\$2.00
Feb. 28	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
March				
Mar. 2	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Mar. 2	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Mar. 2	End of Life Doula	1:00 – 2:30	YECC	\$2.00
Mar. 5	Women at Work in Canada	1:00 – 3:00	YECC	\$2.00
Mar. 9	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Mar. 9	Advocating for Women's Equality	1:30 – 3:00	YECC	\$2.00
Mar. 12	Book Club	9:30 – 11:30	YECC	\$5.00/s
Mar. 12	Mobile Denture Services	1:00 – 3:00	YECC	\$2.00
Mar. 12	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Mar. 13	Living Stronger Longer	10:00 – 12:00	YECC	\$2.00
Mar. 15	Sexy Seniors	10:00 – 12:00	YECC	\$2.00
Mar. 15	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Mar. 16	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Mar. 16	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Mar. 19	Tax-Free Savings Accounts	10:00 – 12:00	YECC	\$2.00
Mar. 20	Footcare and Health	12:30 – 1:30	YECC	\$2.00
Mar. 21	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Mar. 22	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Mar. 22	SWESA Travel Interest Group	12:00 – 2:00	YECC	Free
Mar. 23	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Mar. 23	Mindful Aging	1:30 – 3:00	YECC	\$2.00
Mar. 26	Home Supports	1:00 – 2:00	YECC	Free
Mar. 27	Go Go Gadgets	10:30 – 12:30	YECC	\$2.00
Mar. 29	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Mar. 30	CLOSED FOR GOOD FRIDAY		ALL	
April				
Apr. 2	CLOSED EASTER		ALL	
Apr. 3	Solar Power	12:30 – 2:00	YECC	\$2.00
Apr. 5	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Apr. 5	WillWise	12:30 – 1:30	YECC	\$2.00
Apr. 6	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Apr. 9	Book Club	9:30 – 11:30	YECC	\$5.00/s
Apr. 9	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Apr. 10	Handmade Cards for Occasions	12:30 – 2:30	YECC	\$10.00
Apr. 10	Northern Lights Theatre	7:30 – 10:00	Self-drive	\$25.00
Apr. 11	Annual General Meeting	1:00 – 2:30	YECC	Free
Apr. 12	"Mix Music" Line Dance Class	12:00 – 1:00	YECC	\$10.00
Apr. 13	Cinema Cronies	12:00 – 2:00	YECC	\$5.00

Date	Program	Time	Location	Cost
Apr. 13	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Apr. 17	Paperwork at Financial Institutions	10:00 – 12:00	YECC	\$2.00
Apr. 17	SWESA Travel Interest Group	1:00 – 3:00	YECC	Free
Apr. 17	“New” Walterdale Bridge	1:00 – 3:00	YECC	\$2.00
Apr. 19	“Mix Music” Line Dance Class	12:00 – 1:00	YECC	\$10.00
Apr. 20	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Apr. 23	Mulhurst Bay Books & Gifts	10:30 – 11:30	YECC	Free
Apr. 23	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Apr. 24	Go Go Gadgets	10:30 – 12:30	YECC	\$2.00
Apr. 25	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Apr. 27	Cinema Cronies	12:00 – 2:00	YECC	\$5.00
Apr. 27	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00

Weekly Ongoing Programs/Events

Date	Program	Time	Location	Cost
Mondays	Gentle Yoga	10 am – 11 am	YECC	\$10.00
Mondays	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Mondays	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mondays	Pickleball	1:30 pm – 3 pm	YMCA	\$5.00
Tuesdays	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesdays	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Wednesdays	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Wednesdays	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesdays	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursdays	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursdays	Golden Gloves	10 am – 11 am	YECC	\$10.00
Thursdays	Floor Curling	1:15 pm – 3 pm	YMCA	\$5.00
Fridays	Art Group	9:30 am – 12 pm	YECC	\$2.00
Fridays	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00

Terwillegar Community Recreation Centre = **TCRC** (2051 Leger Road NW)

Yellowbird East Community Centre = **YECC** (10710 - 9 Avenue NW)

William Lutsky YMCA = **YMCA** (1975 - 111 Street NW)