



[Regular Programs](#)



[Seniors Home Supports Program](#)

Coming Up This Week:

Dec. 18	Gentle Yoga	10:00 – 11:00	YECC	\$10.00
Dec. 18	Cribbage	12:30 – 3:30	YECC	\$2.00
Dec. 18	Pickleball	1:15 – 3:00	YMCA	\$2.00
Dec. 19	Coffee Group	9:30 – 11:30	YECC	Donation
Dec. 19	Hand and Foot Canasta	12:30 – 3:00	YECC	\$2.00
Dec. 20	Contract Bridge	12:00 – 3:00	YECC	\$2.00
Dec. 21	Cribbage	9:00 – 11:30	YECC	\$2.00
Dec. 21	Golden Gloves	10:00 – 11:00	YECC	\$10.00
Dec. 21	Floor Curling	1:15 – 3:00	YMCA	\$2.00
Dec. 22	CLOSED UNTIL JANUARY 3		YECC	

Please Note:



**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.

Thank you to all of you for your patience during our Christmas Lights Tour, and our apologies to those left at Terwillegar. We are glad that the weather stayed mild for this trip and members were able to view some of the best light displays throughout our city.

The Great Canadian Winter Family Fun Festival provided a great opportunity to promote SWESA in the Southwest. Thank you to Carol Bigam and Shirley Adam for manning the booth and to the Oak Hills Community League and Rob Agostinis for inviting us to be involved. The event was wonderfully organised and offered programs for everyone.

Our dance class joined those from the Millwoods Seniors Association to perform at their luncheon and at ours too. Thanks to our instructor Michelle for making this class so much fun!



Stay Connected:

Seniors' Centre Without Walls

A seniors' centre from the comfort of your own home! Join us for a variety of free, interactive telephone-based social and health programming, allowing opportunities to socialize, learn new skills and stay connected. [The December schedule is available here.](#) All programs begin at 2:00 pm and include:

- Friday, Dec. 22: Introduction to SCWW - Plans for the Holidays
- Sunday, Dec. 24: Short Story - "The Shepherd"
- Tuesday, Dec. 26: Do You Remember When? Fun and Fond Memories
- Wednesday, Dec. 27: Bingo
- Thursday, Dec. 28: Holiday Puzzles and Brain Teasers
- Friday, Dec. 29: Holiday Humour - Stuart McLean Stories
- Sunday, Dec. 31: New Year's Eve Games
- Tuesday, Jan. 2, 2018: Practical Plans for 2018

To register, please call 780-395-2626. No referral is necessary.

Senior Citizens Opportunities Neighbourhood Association Christmas Dinner

Join us for turkey dinner with friends in our homey atmosphere.

When: Monday, December 25 from 3:00 pm – 6:00 pm

Location: 10440 - 84 Avenue

Cost: \$10

Zoominescence

Lighten up at the Edmonton Valley Zoo with Zoominescence! The fifth annual Festival of Lights is in full swing. This year's event runs every weekend in December and features artistic light installations, an ice slide, and animal encounters. With our continuing mild weather, this activity is suitable for the entire family. Tickets are available at the gate or in advance at www.buildingourzoo.com.

December 18 – 22, 2017

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca