



Coming Up This Week:

Date	Program	Time	Location	Cost
Jan. 22	Gentle Yoga	10 am – 11 am	YECC	\$10.00
Jan. 22	Toonie Talk: Retirement Portfolios	Postponed to Feb. 1	YECC	\$2.00
Jan. 22	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Jan. 22	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 22	Go Go Gadgets	1:30 pm – 3 pm	TCRC	\$2.00
Jan. 22	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Jan. 23	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Jan. 23	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Jan. 24	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 24	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 24	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 25	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 25	Golden Gloves	10 am – 11 am	YECC	\$10.00
Jan. 25	"Mix Music" Dance Class	12 pm – 1 pm	YECC	\$10.00
Jan. 25	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Jan. 26	Art	9:30 am – 12 pm	YECC	\$2.00
Jan. 26	Toonie Talk: SHSP Electrician	11 am – 12:30 pm	YECC	\$2.00
Jan. 26	Knitting	11:30 am – 3 pm	YECC	\$2.00
Jan. 26	Essentrics for Seniors	1 pm – 1:30 pm	YECC	\$10.00

The Winter 2018 Program Guide is available online [HERE](#).

Please Note:



There Are Some Registration Deadlines Coming Up:

Orchestra Borealis - Payment and registration due January 19

January Luncheon - Payment and registration due January 26

Hank Williams - Payment and registration due January 31

Town Hall - Registration requested prior to February 16

SLUT: The AB Premiere - Payment and registration due March 21

SWESA AGM - Please RSVP by April 4

"Rob the Master Electrician" is registered with the Seniors Home Support Program and is in collaboration with SWESA in helping seniors feel safe and confident living longer in their homes.

Our SHSP coordinator Barbara will join Rob in explaining why it's so important to understand and monitor potential risks.

[You can RSVP here.](#)



[A visit With Councillor Andrew Knack](#)

As the city councillor responsible for the Seniors Initiative, Andrew Knack will be visiting us at SWESA and would be pleased to update you on current City issues and to answer your questions on any concerns and issues that are important to you.

When: Tuesday, February 6 from 3:00 pm – 4:30 pm

Location: YECC (10710 - 19 Avenue)

This is a free event. Snacks and refreshments will be provided. Please RSVP [here](#).

[Stay Connected:](#)

[Terwillegar Drive Concept Planning Study: Public Engagement Event](#)

The City is preparing to convert Terwillegar Drive into a freeway between Whitemud Drive and Anthony Henday Drive. The concept will include recommended staging and timing of upgrades to accommodate increased traffic, reduce congestion and improve safety. As part of this study, the City anticipates completing the preliminary design of a grade separation at Bulyea Road/40 Avenue. The City is engaging with residents, businesses, communities and other stakeholders during the concept study and will consider public feedback in developing the final concept plan.

This first public event will be an opportunity to view draft freeway design options and share input.

When: Wednesday, January 24 from 4:30 pm – 8:00 pm

Location: St. Thomas More Parish (210 Haddow Close)

[Meditation and Qi Gong](#)

Senior Citizen Opportunity Neighborhood Association (SCONA) is offering this free program.

Stay for lunch, conversation and fun for a cost of \$5.00. Regular lunch options include a choice of soup and sandwich. We occasionally plan potlucks. Please call 780-433-5377 to let us know if you are coming and are interested in joining us for a meal.

When: Thursday mornings at 10:30 am

Location: Ritchie Community Hall (7727 - 98 Street)

[Volunteers:](#)

[Seniors Home Supports Program Volunteers:](#)

Are you friendly, outgoing and like speaking on the phone to members of the seniors' community?

Our SHSP coordinator is recruiting volunteers to make phone calls and help with data entry.

If you are interested in volunteering, please contact Barb [here](#).