



Coming Up This Week:

Date	Program	Time	Locatio	Cost
Jan. 8	Gentle Yoga	10 am – 11 am	YECC	\$10.00
Jan. 8	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Jan. 8	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 8	Pickleball	1:30 pm – 3 pm	YMCA	\$5.00
Jan. 9	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Jan. 9	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Jan. 10	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 10	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 10	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 11	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 11	"Mix Music" Dance Class	12 pm – 1 pm	YECC	\$10.00
Jan. 11	Golden Gloves	10 am – 11 am	YECC	\$10.00
Jan. 12	Essentrics for Seniors	1 pm – 1:30 pm	YECC	\$10.00

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

Please Note:

[Oops! Our link didn't work last week.](#)

[For a look back at 2017, HERE is a little slideshow we have put together.](#)



We have kicked off 2018 with a bang! There are already 200 members registered for this year. Memberships are available at YECC and at TCRC during open hours.

Toonie Talks - Coming Up This Month

Jan. 17 - Loneliness and Depression 1:00 – 3:00 at YECC
 Jan. 22 - Managing Retirement Portfolios 10:00 – 12:00 at YECC
 Jan. 22 - Go Go Gadgets 1:30 – 3:00 at TCRC
 Let us know if you can attend by emailing us [here](#).

January Luncheon - Kick Off to the New Year

Join us for perogies, cabbage rolls, sausage and salad.
 Dessert, coffee, tea and beverages are included.

Wednesday, January 31 from 12:00 – 2:00 at YECC for \$15.00



There Are Some Registration Deadlines Coming Up:

Orchestra Borealis Payment and registration due January 19
Town Hall Registration requested prior to February 16
Hank Williams Payment and registration due January 31
SLUT: The AB Premiere – Payment and registration due March 21
SWESA AGM Please RSVP by April 4

Stay Connected:

Try Classes for Free at the Mill Woods Seniors Association

Exciting new classes start the week of January 15-20. Members/non-members are invited to try some of these select classes for free the week of January 8-12.

When: Monday, January 8 – Friday, January 12

Location: 2018 Mill Woods Seniors Association (2610 Hewes Way, 2nd floor)

Cost: Free Check the [Winter 2018 Program Guide](#) for more details or call 780-496-2997.

Seniors United Now

Reta Pettit from the Memorial Society of Edmonton and District joins us for this information session of Taking Care of Post Life Business. Also attending is a guest speaker with the City of Edmonton's Municipal Cemeteries section.

When: Friday, January 12 from 1:30 pm – 3:00 pm

Location: Whitemud Crossing Library (4211 - 106 Street)

Cost: Free Everyone welcome. Please call 780-449-1816 for more information.

Petrolia Seniors Monthly Luncheon

Join us for lunch and a program. We welcome pharmacist Sam Moharram who will speak about Management of Medications and Chronic Conditions.

When: Tuesday, January 16 from 11:45 am – 2:00 pm

Location: Greenfield Community Hall (3803 - 114 Street)

Cost: \$15 Call Nick (780-435-1045) or Betty (780-434-0711) to confirm your attendance.

Laughter Yoga

Laughter Yoga is a new wellness activity that combines theatre arts, stretching, yoga breathing and laughter exercises. Continuous laughter over a minute stimulates our natural healing systems and provides a range of health benefits. It produces a combination of stimulation and relaxation.

When: Tuesdays, January 23 – February 20 from 9:00 am – 9:45 am

Location: Westend Seniors Activity Centre (9629 - 176 Street)

Cost: \$28 Please register at least one week prior to the class start date either online or in person at the front desk. Call 780-483-1209 for more information.

January 8 - 12, 2018

587-987-3200

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Home Supports: 780-860-2931

www.Swedmontonseniors.ca