


Coming Up This Week:

Date	Program	Time	Location	Cost
Mar. 11	DAYLIGHT SAVINGS – SPRING AHEAD!			
Mar. 12	Book Club – Started Early, Took My Dog	9:30 am – 11:30 am	YECC	\$5.00/s
Mar. 12	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Mar. 12	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Mar. 12	Mobile Denture Services	1 pm – 3 pm	YECC	\$2.00
Mar. 12	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mar. 12	Edmonton Public Library - Go Go Gadgets	1:30 pm – 3 pm	TCRC	\$2.00
Mar. 12	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Mar. 13	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Mar. 13	Living Stronger Longer	10 am – 12 pm	YECC	\$2.00
Mar. 13	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Mar. 14	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Mar. 14	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Mar. 14	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mar. 15	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Mar. 15	Sexy Seniors	10 am – 12 pm	YECC	\$2.00
Mar. 15	Golden Years, Golden Gloves	10 am – 11 am	YECC	\$10.00
Mar. 15	Stretch and Strengthen Yoga	11 am – 12 pm	YECC	\$10.00
Mar. 15	Mixed Music Line Dance	12 pm – 1 pm	YECC	\$10.00
Mar. 15	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Mar. 16	Art Group	9:30 am – 12 pm	YECC	\$2.00
Mar. 16	Cinema Cronies - Silver Linings Playbook	12 pm – 2 pm	YECC	\$5.00
Mar. 16	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Mar. 16	Essentrics for Seniors	1 pm – 1:30 pm	YECC	\$10.00

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

This Week's Toonie Talks

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.

Living Stronger Longer: 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. The Alberta Council on Aging will be joining us to share this comprehensive program with members.

Sexy Seniors: Join sexual health educator Dr. Brian Parker from the Compass Centre for Sexual Wellness for this interactive and informative workshop.

March 12-16, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca

Please Note:



March 22nd SWESA Travel Group meeting.

This session will cover River Cruises all over the world.

Due to technical difficulties, the presentations from last meeting were not circulated. You can access the documents [here](#) and [here](#).

You can reach Fred by phone at [780-297-7888](tel:780-297-7888) or by email [here](#).

Annual SWESA Membership Survey

March 17, 2018 marks the closure date for this survey.

You can complete it [HERE](#).

There Are Some Registration Deadlines Coming Up:

March Luncheon Payment and registration due March 16 ([poster here](#))

SLUT: The AB Premiere Payment and registration due March 21

SWESA AGM Please RSVP by April 4

Discounted First Aid and CPR

The Oak Hills and Yellowbird Community Leagues are partnering to provide community CPR and First Aid training and are extending an invitation to SWESA members.

Register by clicking on the class of your choice ([in blue](#)).

When: April 14 ([CPR & AED](#)) and April 21 ([First Aid](#))

Both classes are from 8:30 am – 12:30 pm

Location: Yellowbird East Community Centre

Cost: \$15 You will need your SWESA # for online registration.

Stay Connected:

Yoga for Healthy Backs With Linda Vaudan

A sore, achy back or a long, supple healthy back - Which would you choose? This workshop focuses on back care through gentle stretching and strengthening. Step into the healthy choice by coming to Yoga for Healthy Backs.

When: Wednesday, March 21 from 2:00 pm – 3:30 pm

Location: Southwest Seniors Outreach Society (10832 - 62 Avenue)

Cost: \$10 Phone 780-435-9515 to register. A minimum of 8 participants is needed.

Identifying What is Important to Seniors' Health in Alberta

The Seniors' Health Research Priority Setting Partnership is conducting a survey to determine the priority areas for seniors' health research. You are invited to take part if you live or work in Alberta and are:

- an older adult (65 years of age and over) or
- a caregiver of an older adult (spouse, family member, friend, neighbour) or
- a clinician or health/social care provider (doctor, nurse, care aide, allied health provider, pharmacist, social worker) working with older adults

For more information, contact Billy Zhao at 403-944-3274 or email bzzhao@ualberta.ca.

March 12-16, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca