


**Coming Up This Week:**

Date	Program	Time	Location	Cost
Mar. 26	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Mar. 26	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Mar. 26	Seniors Home Supports	1 pm – 2 pm	YECC	Free
Mar. 26	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mar. 26	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Mar. 27	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Mar. 27	Go Go Gadgets	10:30 am – 12 pm	YECC	\$2.00
Mar. 27	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Mar. 28	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Mar. 28	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Mar. 29	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Mar. 29	Golden Years, Golden Gloves	9:45 am – 10:45 am	YECC	\$10.00
Mar. 29	Stretch and Strengthen Yoga	11 am – 12 pm	YECC	\$10.00
Mar. 29	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
Mar. 29	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
<b>Mar. 30</b>	<b>CLOSED FOR GOOD FRIDAY</b>		<b>ALL</b>	
<b>Apr. 2</b>	<b>CLOSED FOR EASTER MONDAY</b>		<b>ALL</b>	

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



We made it! Wishing you all a happy spring as we roll in warmer, wetter weather and a new slate of programs in April. Remember that our AGM is on Wednesday, April 11 at 1 pm. Please RSVP <mailto:programs@swedmontonseniors.ca?subject=agm> here.

**WE ARE CLOSED ON FRIDAY, MARCH 30 AND MONDAY, APRIL 2.**



**Annual SWESA Membership Results**

THANK YOU EVERYONE!

We have had an unbelievable 285 responses to the annual survey. We are excited about the level of member engagement. Stay tuned for survey results.

**This Week's Toonie Talks**

**Seniors Home Supports:** The city of Edmonton funds the SHSP to enable residents to keep their homes safe and comfortable as routine chores can become more dangerous. Join SWESA's SHSP Coordinator Barbara Newell as she explains the program to ensure that customers get safe, qualified service people to complete these tasks and more.

**Go Go Gadgets:** Bring any electronic device for further personalized instruction with EPL staff.

March 26-30, 2018

**Please Note:**



**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:**



**It's Tax Time!** Do you qualify for free help with your taxes? The E4C tax clinic is happening next door at the Southminster-Steinhauer United Church throughout April. Did you know that they can also help you to apply for benefits? Call 780-435-2028 for more information.



**The Annual Fabulous Fabric Frenzy**

Plans are well underway for the annual fundraiser for the GANG for the Stephen Lewis Foundation - fabrics and bargains galore!

**When:** Saturday, April 21 from 9 am – 3:30 pm

**Location:** Strathearn United Church (6510 - 95 Avenue)

**Cost:** \$1 To donate fabric, yarn or notions, contact Phyllis (780-469-6327).

**Volunteers:**



**SWESA Volunteer Tea** As a valued SWESA volunteer, we invite you to attend our Annual Volunteer Tea so that we can thank you in person for your service. Lunch will be served by our Board of Directors.

Bob Power - Volunteer Board Lead

**When:** Wednesday, May 16 from 11 am – 2 pm

Please RSVP by April 30 to [Carol](#) (780-434-7558) or [Anne](#) (780-465-7066).



**Communications Committee** is recruiting individuals with experience in:  
Marketing \* Promotions \* Social Media \* Web Development/Maintenance  
\* Writing/Editing (news columns) \* Photography (SWESA events)

Contact [Anne](#) (780-465-7066) with questions or interest.



**Lunch Bunch Leadership** Barb and Bob closed off their last lunch with a full house. We were able to surprise them with a small token of our appreciation for the systems they have established for the team to continue the momentum. We are now hoping to add a few more members to the team. If you could assist with ordering, shopping or helping on event day, we want to hear from you!

If you require more information or would like to express your interest in joining the team, please contact [Anne](#) (780-465-7066).

March 26-30, 2018

587-987-3200

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

Home Supports: 780-860-2931

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)