

Coming Up This Week:

Date	Program	Time	Location	Cost
April 2	CLOSED		ALL	
Apr. 3	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Apr. 3	Solar Power	12:30 pm – 2 pm	YECC	\$2.00
Apr. 3	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Apr. 4	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Apr. 4	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Apr. 4	Coffee and Chat	1:00 pm – 4:00 pm	TCRC	Donation
Apr. 5	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Apr. 5	Golden Years, Golden Gloves	9:45 am – 10:45 am	YECC	\$10.00
Apr. 5	Stretch and Strengthen Yoga	11 am – 12 pm	YECC	\$10.00
Apr. 5	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
Apr. 5	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Apr. 5	WillWise	12:30 pm – 1:30 pm	YECC	\$2.00
Apr. 6	Art Group	9:30 am – 12 pm	YECC	\$2.00
Apr. 6	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Apr. 6	Essentrics for Seniors	1 pm – 1:30 pm	YECC	\$10.00

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

Please Note:



AGM
Annual General Meeting

Handmade Cards for All Occasions

Discover how easy it can be to make your own greeting cards from pressed flowers and gain some knowledge about composition and color theory. Learn how to cultivate your own flowers for pressing and create two or three cards to take home. All supplies will be provided. Instructor Nancy Rae will share her unbelievable collection for this simple, social class.

When: Tuesday, April 10 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$10; Non-member \$15 **Registration due April 2.**

Guest Speaker at SWESA AGM

We would like to welcome Jacquie Eales from the Department of Human Ecology at the U of A as she shares more information on “Disrupting Ageism” during our AGM.

Join fellow members for this interesting topic and to hear more about SWESA's growth, progress and future plans.

When: Wednesday, April 11 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Please RSVP by Wednesday, April 4.



Coming Up This Week:

Solar Power: Possibilities for Edmonton

EPCOR is proposing to build a new solar farm on their property just south of the existing E.L. Smith Water Treatment Plant near Cameron Heights. Join us to learn more about the project, all of the factors being considered and where the plans go from here.

WillWise With Megan Koper

Protect your money and make sure it goes to the people and causes you care about. Megan Koper, a wills and estates lawyer, makes the estate planning process simple.

Stay Connected:

Petrolia Seniors Monthly Luncheon

Join us for lunch and a program. This month, we welcome Stephanie Dziejcie from the Alzheimers Association for "Understanding Dementia - Helpful Hints & Tips for Support & Care."

When: Tuesday, April 17 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.

Speechreading Course – Level One

Are you hard of hearing and would like to learn some better communication and coping skills? In this class, you will learn basic speechreading (lip-reading) and strategies to communicate better, as well as gain information about hearing aids, technology, tinnitus, and many other subjects of interest. You'll also meet others who share your challenges and are determined to do something about them.

When: Wednesdays, April 18 to June 6 from 1:00 pm – 3:00 pm

Location: Lions Village (10916 - 102 Avenue)

Cost: \$150 You can register through the [Canadian Hard of Hearing Association](http://www.canadianhardofhearing.org), call 780-496-6969 or email chha-ed@shaw.ca.

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.

When: Wednesday, May 16 from 11:00 am – 2:00 pm

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

Lunch Bunch Leadership

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).

April 2 - 6, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca