

Coming Up This Week:

Date	Program	Time	Location	Cost
Apr. 16	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Apr. 16	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Apr. 16	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 16	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Apr. 17	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Apr. 17	Paperwork at Financial Institutions	10 am – 12 pm	YECC	\$2.00
Apr. 17	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Apr. 17	SWESA Travel Interest Group	1 pm – 3 pm	YECC	Free
Apr. 17	“New” Walterdale Bridge	1 pm – 3 pm	YECC	\$2.00
Apr. 18	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Apr. 18	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Apr. 18	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 19	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Apr. 19	Golden Years, Golden Gloves	10 am – 11 am (change)	YECC	\$10.00
Apr. 19	Stretch and Strengthen Yoga	1 pm – 2 pm (change)	YECC	\$10.00
Apr. 19	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
Apr. 19	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Apr. 20	Art Group	9:30 am – 12 pm	YECC	\$2.00
Apr. 20	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Apr. 20	Essentrics for Seniors	1 pm – 1:30 pm	YECC	\$10.00

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

Please Note:



Edmonton’s Newest Landmark: the “New” Walterdale Bridge

The new Walterdale Bridge is one of the most technically challenging and architecturally significant projects built in Edmonton over the last quarter century. The new construction clearly demonstrates that Edmonton is not afraid to build the kind of iconic architecture typical of a world-class city. Join Ryan Teplitky, construction project manager with the city of Edmonton, for more information about the past, the present and the future of the Walterdale Bridge Project.

We had a record turnout to the SWESA AGM. Thank you to all of the volunteers who helped out and to all of the members who took the time to attend.

SWESA would also like to thank Jacquie Eales for her thought-provoking talk on Disturbing Ageism and for taking the time to make sure that all members had the floor to add to the discussion. We have included some material that Jacquie spoke to [HERE](#). We have also put together a little [slideshow](#) for you.



April 16 - 20, 2018



[The April 25 Luncheon](#) menu has been confirmed. Our team of volunteers are planning to bring you pasticcio from the Pasta Pantry in Sherwood Park. This delicious meal is their twist on lasagna and is brought together with a mixture of short pasta cuts and is baked with kilos of mozza, Parmigiano, Pecorino Romano, ricotta, and Asiago cheeses. We will also serve buns, Caesar salad and as always, tasty desserts. Please let us know if you would like a vegetarian option.

Cost: \$15 Registration and payment are due April 20 at noon.

The theme is Hats Off to Winter. If you have any “work hats” (hard hats, nursing caps, or any other head wear from your profession) that you could lend us, please bring them to the SWESA office prior to the event. Our event volunteers are planning something special!

SPRING FLING TICKET SALES



The tickets have arrived and are available at the YECC office Monday-Friday from 9:00 am – 3:00 pm (2:00 pm Thursdays). If you have any questions, can offer raffle items, or would like to volunteer for setup on the day of the event please let us know [here](#). **Cost:** \$45 per person or \$360 per table of 8.

Stay Connected:



SWESA Essentrics Instructor Lori Griffith has been working hard to get her own studio up and running. We want to congratulate her and share some of the programs that she is offering at her studio. Join us in congratulating Lori when she’s at YECC on Friday afternoons or stop by the studio and check out some of her other classes.

You can find the website [here](#).

Volunteers:



Taste of Edmonton

Once again, SWESA will be manning the ticket booths for a few days at this annual food festival. If you are interested in volunteering, please contact us [here](#).

Full training is offered for those who have not previously participated.

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).

