

**Coming Up This Week:**

Date	Program	Time	Location	Cost
Apr. 9	Book Club	9:30 am – 11 am	YECC	\$5.00/s
Apr. 9	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Apr. 9	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Apr. 9	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 9	EPL: General Tech Help	1:30 pm – 3 pm	TCRC	\$2.00
Apr. 9	Pickleball	1:30 pm – 3 pm	YECC	\$2.00
Apr. 10	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Apr. 10	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Apr. 10	Handmade Cards	CANCELLED	YECC	\$10.00
Apr. 10	Northern Light Theatre: SLUT	7:30 pm – 10 pm	ATB Arts Barn	\$25.00
Apr. 11	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Apr. 11	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Apr. 11	SWESA AGM	1 pm – 2:30 pm	YECC	Free
Apr. 11	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 12	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Apr. 12	Golden Years, Golden Gloves	9:45 am – 10:45 am	YECC	\$10.00
Apr. 12	Stretch and Strengthen Yoga	11 am – 12 pm	YECC	\$10.00
Apr. 12	“Mix Music” Line Dance	12 pm – 1 pm	YECC	\$10.00
Apr. 12	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Apr. 13	Art Group	9:30 am – 12 pm	YECC	\$2.00
Apr. 13	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Apr. 13	Cinema Cronies	12 pm – 2 pm	YECC	\$5.00
Apr. 13	Essentrics for Seniors	1 pm – 1:30 pm	YECC	\$10.00

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

**Please Note:**



**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 speaks to “Disrupting Ageism”. 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

**[Trip to the Northern Light Theatre](#)**

Please have a look at the meetup instructions [here](#). We are looking forward to this evening out! See you at the box office at 7:15 pm.

PCL Studio, ATB Financial Arts Barns (10330 - 84 Avenue)



### **Mulhurst Bay Books & Gifts**

Join Kathy and Dave as they tell about their journey transforming a 1950's United Church of Canada site into a locally owned book and gift shop. Their presentation will provide interesting information about a small selection of their books. Some second-hand books will be available for purchase.

[mulhurstbaybooks.com](http://mulhurstbaybooks.com)

**When:** Monday, April 23 from 10:30 am – 11:30 am

**Location:** Yellowbird East Community



### **Great Neighbour Race**

The EFCL's annual Great Neighbour Race is a family-friendly event and fundraiser that brings communities together. All net proceeds go to the EFCL 100th Anniversary Project which will build the new Community League Plaza in William Hawrelak Park. [Register Now!](#)

**When:** Saturday, April 28 from 9 am until 1 pm

**Location:** William Hawrelak Park (9330 Groat Rd NW)



### **Stay Connected:**

#### **Grow with Wellspring**

Wellspring Edmonton is a nonprofit charitable organization that offers emotional, physical, and spiritual support for all cancer patients and their families. We welcome you to attend our first floral plant sale and fundraising event. Not only will we have hanging baskets available for sale, we will also be displaying unique succulent plant boxes available for purchase. This event is not only about the fundraising; we will be hosting a mini carnival to bring the community together. There will be children's activities with clowns, balloons, face painting, and food trucks offering hot dogs, ice cream, and a lemonade stand.

**When:** Saturday, May 12 from 10:00 am – 4:00 pm

**Location:** Wellspring Edmonton (11306 - 65 Avenue) Phone [780-758-4433](tel:780-758-4433) for more information.

#### **The Edmonton Pickleball Club**

We invite you to the grand opening of our new courts and the ["BATTLE OF THE PADDLE"](#)

sanctioned Pickleball Tournament June 1-3, 2018. Please click the link for details.

We hope you can join us!

### **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).

April 9 - 13, 2018

587-987-3200

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

Home Supports: 780-860-2931

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