








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Coffee and Chat 9:30 - 12 <b>Ethical Investing 10 - 12</b> Canasta 1230 - 3 <b>Roads To Healing 1 - 3</b>	Mah Jong 9:30 - 12 Bridge 12:30 - 3 <b>Coffee and Chat 1 - 4</b>	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Walking Group 1030 - 1130 Mixed Music Dance 12 - 1 Stretch and Strength Yoga 1 - 2 Cinema Cronies 12 - 2 <b>Floor Curling 1:15 - 3</b>	Art Group 9:30-12 <b>Knock it Off 10 - 2</b> Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
7	8	9	10	11
<b>Book Club 9:30 - 11:30</b> Gentle Yoga 10 - 11 Cribbage 12:30 - 3 <b>Coffee and Chat 1 - 4</b> <b>General Tech Help 1:30 - 3:00</b> <b>Rob the Electrician 1 - 2:30</b> <b>Pickleball 1:30 - 3</b>	Coffee and Chat 9:30 - 12 Canasta 1230 - 3 <b>Navigating the Rivers of Grief 1 - 3</b>	<b>Dear Lacia 9:30 - 11:00</b> Mah Jong 9:30 - 12 Bridge 12:30 - 3 <b>Coffee and Chat 1 - 2:30</b> <b>Coffee With Councillor Cartmell 2:30 - 4:00 at TCRC</b>	<b>Bus Trip to Rosebud 7 am - 8 pm</b> Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Walking Group 1030 - 1130 Mixed Music Dance 12 - 1 Stretch and Strength Yoga 1 - 2 <b>Meeting 1 - 3</b> <b>Curling 1:15 - 3</b> 	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
14	15	16	17	18
Gentle Yoga 10 - 11 <b>End of Life Doula 10:30 - 12</b> Cribbage 12:30 - 3 <b>Coffee and Chat 1 - 4</b> <b>Go Go Gadgets 1:30 - 3</b> <b>Pickleball 1:30 - 3</b>	Coffee and Chat 9:30 - 12 Canasta 1230 - 3 <b>Navigating the Rivers of Grief 1 - 3</b>	Mah Jong 9:30 - 12 Bridge 12:30 - 3 <b>Volunteer Tea 11 - 2</b>	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Walking Group 1030 - 1130 Stretch and Strength Yoga 11 - 12 Mixed Music Dance 12 - 1 <b>SWESA Travel group 12 - 2</b> <b>Floor Curling 1:15 - 3</b>	Art Group 9:30-12 <b>Habitat for Humanity 10 - 11:30</b> Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
21	22	23	24	25
<b>closed</b> 	Coffee and Chat 9:30 - 12 Canasta 1230 - 3 <b>Women in the Sciences 1 - 2:30</b> <b>Navigating the Rivers of Grief 1 - 3</b>	Mah Jong 9:30 - 12 Bridge 12:30 - 3 <b>Coffee and Chat 1 - 4</b>	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Walking Group 1030 - 1130 Mixed Music Dance 12 - 1 <b>Navigating Long-Term Care 12:30 - 2</b> Stretch and Strength Yoga 1 - 2 <b>Floor Curling 1:15 - 3</b>	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 <b>Cineplex South Common: Book Club, the Movie TBD</b> 
28	29	30	31	
Gentle Yoga 10 - 11 <b>All Set Style and Image: Spring Scarves 10:30 - 12</b> Cribbage 12:30 - 3 <b>Coffee and Chat 1 - 4</b> <b>Pickleball 1:30 - 3</b> 	Coffee and Chat 9:30 - 12 <b>Go Go Gadgets 10:30 - 12</b> Canasta 1230 - 3 <b>Navigating the Rivers of Grief 1 - 3</b>	Mah Jong 9:30 - 12 Bridge 12:30 - 3 <b>SWESA LUNCHEON 12 - 2</b>	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Walking group 1030 - 1130 <b>Age In Place 10 - 12</b> Mixed Music Dance 12 - 1 Stretch and Strength Yoga 11 - 12 <b>Floor Curling 1:15 - 3</b>	

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue  
 TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road  
 WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW  
**SPECIAL EVENTS - Please see program guide for details and pre-registration info.**  
 Board and Committee Events  
**\*\* - Luncheon registration and payment is due at noon on the Friday prior to the event.**

**vol-un-teen** noun  
 1. a person who freely offers to take part in doing awesome things for other people. A community warrior.  
 Don't miss the Volunteer Tea this month. Please register with the SWESA office.