

Coming Up This Week:

Date	Program	Time	Location	Cost
Dec. 3	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Dec. 3	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Dec. 3	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Dec. 3	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Dec. 4	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Dec. 4	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Dec. 4	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Dec. 4	Intermediate Watercolors	1 pm – 3 pm	YECC	\$97.50
Dec. 5	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Dec. 5	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Dec. 5	ESSETRICS & Cardio	1 pm – 2 pm	eOne	\$10.00
Dec. 5	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Dec. 6	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Dec. 6	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Dec. 6	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Dec. 6	Cabaret Dance	11:30 am – 12:30 pm	YECC	\$65/session
Dec. 6	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Dec. 7	Art Group	9:30 am – 12 pm	YECC	\$2.00
Dec. 7	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Dec. 7	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

The Christmas luncheon is now full. If you have registered and paid for the event but are unable to attend, please let us know as soon as possible. With 112 seats available and 541 members to accommodate, every seat counts. We are now taking names on a waiting list.

Coming Up This Month: Please call 587-987-3200 to register or [click here](#) for the program guide.

Book Club – Dec. 10	Magic of Lights – Dec. 12
Go Go Gadgets: Video Chat – Dec. 11	Christmas Luncheon – Dec 14
Mindful Investing – Dec. 12	Christmas Singalong – Dec. 17

Please Note:



2019 Memberships are available! In preparation for the My Senior Center System, we will need each member to complete our new participation agreement in place of our historical membership form. You can get a copy of this form [here](#) or pick one up at our Yellowbird or Terwillegar locations.



Stay Connected:



SWESA holiday closures listed in the program guide and calendars initially showed that we would be closed on December 27, 28 and 31. To keep people connected over the holidays, we will be open at Yellowbird from 12:30 – 3:00 pm on these days. We will not be offering scheduled classes, but we will offer hot coffee, friendship and a place to share your leftover sweets.

SWESA Members Open House at the eOne Fitness Studio

Try one of our Essentrics® classes and enjoy a relaxing stretch and visit with friends before the holiday break begins. Stay for coffee and a treat and bring a friend or family member too. This is a great way to try one of the classes you've always wondered about and to check out the new studio.

Please RSVP Lori at 780-916-4483.

1. Essentrics for Seniors
45-minute gentle stretching, mobility and balance program
Tuesday, December 18 from 1:00 pm – 1:45 pm
2. Essentrics/Cardio
20 minutes low impact cardio followed by 40 minutes gentle stretching and strengthening program
Wednesday, December 19 from 1:00 pm – 2:00 pm

SWESA 2019 Casino News

Save the date! SWESA received our notice for the casino license from the Alberta Liquor and Gaming Commission. SWESA will need volunteers to man our largest fundraiser on April 15 and 16, 2019.

If you are interested in supporting us at this event, please email Shirley Adam at shirl.adam@gmail.com.

Celebrate the Season

For more than 30 years, the Legislative Assembly has celebrated the holiday season by inviting musical ensembles from all over the province to perform festive music in the beautiful Legislature rotunda. This year, more than 40 groups will perform from the grand staircase throughout December to help usher in the spirit of the season.

Daily performances from December 7 to December 23 at noon (10800 - 97 Avenue NW) Find the program [here](#).