

Coming Up This Week:

Date	Program	Time	Location	Cost
Dec. 10	Book Club: <i>The Back of the Turtle</i>	9:30 am – 11:30 am	YECC	\$5/season
Dec. 10	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Dec. 10	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Dec. 10	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Dec. 10	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Dec. 11	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Dec. 11	Tech Help: Video Chatting	10:30 am – 12 pm	YECC	\$2.00
Dec. 11	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Dec. 11	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Dec. 11	Intermediate Watercolors	1 pm – 3 pm	YECC	\$97.50
Dec. 12	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Dec. 12	Mindful Investing	10 am – 12 pm	YECC	\$2.00
Dec. 12	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Dec. 12	ESSETRICS & Cardio	1 pm – 2 pm	eOne	\$10.00
Dec. 12	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Dec. 12	Bus Trip: Magic of Lights	5:45 pm – 7:30 pm	YECC	\$20.00
Dec. 13	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Dec. 13	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Dec. 13	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Dec. 13	Cabaret Dance	11:30 am – 12:30 pm	YECC	\$65/session
Dec. 13	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Dec. 14	Art Group	Cancelled	YECC	\$2.00
Dec. 14	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Dec. 14	SWESA Lunch	12 pm – 2 pm	YECC	Sold Out
Dec. 14	ESSETRICS for Seniors	Cancelled	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 at the luncheon and 541 members to accommodate, every seat counts. We are now taking names on a waiting list.



The Winter 2019 Program Guide Has Arrived!

Paper copies will be available at YECC on December 14.

Click here for the guide.

Registration begins on Friday, December 14.

Please Note:

2019



Stay Connected:



December 10 - 14, 2018

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.

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 pm – 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 ESSETRICS® classes for free. Enjoy a relaxing stretch and visit with friends before the holiday break begins. Please RSVP Lori at 780-916-4483.

1. ESSETRICS for Seniors
45-minute gentle stretching, mobility and balance program
Tuesday, December 18 from 1:00 pm – 1:45 pm
2. ESSETRICS/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

Oak Hills Community League

Join Oak Hills for some winter fun! Outdoor winter games & activities, food, entertainment, Santa, maple sugar shack, indoor fun activities, and sleigh rides. Click [here](#) for the poster. No need to confirm, just show up and have fun!

When: Saturday, December 8 from 12:00 pm – 4:00 pm
Location: Lillian Osborne High School (2019 Leger Rd NW)

Caregiver Phone Support Group

This phone support group is perfect for busy caregivers who find it difficult to find time to get out of the house or who have limited respite options. The [sessions](#) will provide information and tips along with supportive discussions.

You will be provided with the phone-in details when you register. Call Caregivers Alberta at 780-453-5088 or contact Debbie at debbie@caregiversalberta.ca.

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca