



Winter 2019 Program Guide



January 2019 – April 2019

**Yellowbird East Community Centre – 10710 - 19 Avenue NW
Terwillegar Community Recreation Centre – 2051 Leger Road NW
William Lutsky YMCA – 1975 - 111 Street NW
eOne Fitness Studio – 3474 Allan Drive SW**

587-987-3200

programs@swedmontonseniors.ca

www.swedmontonseniors.ca

Table of Contents

Mailing Address	Page 2
A Great Place To Be 55+	Page 3
Important Information		
Membership	Page 3
Registration	Page 3
Cancellations/Refunds	Page 4
Disclaimer/Liability	Page 4
Locations of Classes	Page 4
Holidays/Centre Closures	Page 4
Seniors Home Supports Program	Page 5
Supports for Seniors	Page 6
Winter Programs		
Social	Page 7
Luncheons	Page 7
Book Club	Page 8
Games	Page 8
Technology	Page 9
The Arts	Pages 10-11
Health and Wellness	Pages 12-14
Toonie Talks	Pages 15-21
Special Interests	Pages 21-22
Special Events	Pages 23-25
Book Shoppe	Page 26
Volunteers	Page 26
Stay Tuned!	Page 26
Contact Information	Page 26
Schedules of Programs/Events	Pages 27-30
Program Registration Form	Page 30

Mailing Address

SWESA

Box 88008 Rabbit Hill PO

Edmonton, AB T6R 0M5

A Great Place To Be 55+

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest nonprofit district seniors organization. SWESA offers social, cultural and recreational programs at several locations that are gathering places for individuals 55+ living in southwest Edmonton.

SWESA is growing every day and is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services.

SWESA's vision is that we are a progressive organization creating a vibrant, welcoming age-friendly community. We ascribe to the core values of collaboration, respect, inclusion, accountability, and innovation.

Important Information

Membership

- SWESA's \$30 annual membership fee enables you to participate in SWESA's programs at member rates. The membership year runs from January 1 to December 31.
- Valid membership from other seniors centres may be recognized for participation in SWESA's programs and special events at member rates.
- Members will receive priority at registration. Non-SWESA members' names may be put on a waiting list at the time of registration and can be bumped to give priority to SWESA members.
- Your membership card entitles you to discounts at most city of Edmonton recreational facilities.

Registration

- You can register for activities at our Yellowbird East Community Centre office.
- Registration for select classes or events may be taken over the phone or by email. Please call 587-987-3200 or visit www.swedmontonseniors.ca for program details.
- Payment is by cash or cheque made out to SWESA.
Registration is only confirmed upon payment.
- Sign up early to avoid cancellation due to insufficient registration.

Cancellations/Refunds

- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition. SWESA credit may be given in varying circumstances.

Disclaimer/Liability

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association's board of directors, staff or volunteers.

Locations of Classes

Yellowbird East Community Centre, 10710 - 19 Avenue NW

Hours: Monday to Friday from 9:00 am – 3:00 pm (2:00 pm closure on Thursdays)

Terwillegar Community Recreation Centre, 2051 Leger Road NW

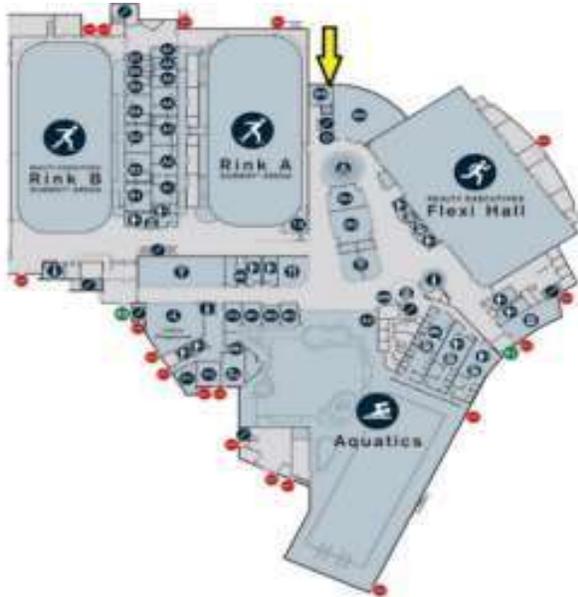
Hours: Mondays and Wednesdays, from 1:00 pm – 4:00 pm

William Lutsky YMCA, 1975 - 111 Street NW

Hours: Mondays and Thursdays, from 1:15 pm – 3:00 pm

eOne Fitness Studio, 3474 Allan Drive SW

Terwillegar Community Recreation Centre



Holidays/Centre Closures

Yellowbird programs will operate as listed except for the four dates below.

Tuesday, January 1 – New Year's Day
Monday, February 18 – Family Day
Friday, April 19 – Good Friday
Monday, April 22 – Easter Monday

In addition to the listed dates, our TCRC and YMCA programs will be suspended for spring break from March 25 to 29, 2019.

Seniors Home Supports Program (SHSP)

This program gives seniors referrals for vetted service providers.

Seniors are not charged for referrals, but they will pay a fee to the service provider for completing the work. Six seniors' organizations are working together to provide this coordinated system that serves all areas of Edmonton.

The scope of the Seniors Home Supports Program is:

- **Snow Removal:** remove snow and put down de-icer
- **Housekeeping:** clean floors, clean bathrooms, do laundry, dust, clean fridge
- **Home Repair and Maintenance:** indoor/outdoor repairs, electrical, plumbing, painting, handyman, roofing/eavestroughs, deck and railing install/repairs, fences, decks, window cleaning
- **Personal Services:** foot care, home and respite care (personal care, homemaking, nursing care, companionship, transportation)
- **Yard Maintenance:** mow lawn, spring/fall cleanup including small tree removal, weeding, trimming, etc. and gate, sidewalk and concrete repair
- **Moving Help:** organizing, junk removal, downsizing

Meeting the needs of low-income seniors (who cannot afford to pay even the lowest rates for service) has been identified as an area of focus on building the bridge in helping seniors remain in their homes and communities longer.

At SWESA, Barbara Newell is our dedicated Home Supports program coordinator. Barbara is often in the community or meeting with service providers and clients.

The Seniors Home Supports Program coordinator is available from 9:00 am – 3:00 pm from Monday to Friday. You can find her at the Yellowbird East Community Centre on Mondays.

Call Barbara at 780-860-2931 or email hs@swedmontonseniors.ca to learn more or to attend her free information session listed in the Toonie Talk section of this guide.

Supports for Seniors (City of Edmonton)

3-Digit Phone Numbers

- 211 Senior Information/Referrals
- 311 City of Edmonton Information Line
- 411 Directory Assistance
- 511 Alberta Travel and Road Report Information
- 611 Telephone Trouble
- 811 Health Link (includes dementia information)
- 911 Emergency

The Edmonton Seniors Coordinating Council (ESCC)

ESCC is an umbrella organization that encourages coordinated actions of its members to continue to build an Age Friendly Edmonton and enhance the lives of all Edmonton seniors. Under [“for seniors”](#) you will

- find recreational and wellness programs for adults 55+
- read about the latest news and events for seniors
- learn about ESCC member agencies and their services
- find your local seniors centre in Edmonton
- find useful information about a variety of seniors topics
- discover work and volunteer opportunities

Transportation – Drive Happiness

Mobility is about much more than simply getting from A to B. It’s about dignity, freedom and being in control of your lifestyle. With Drive Happiness, seniors can remain active, mobile and fully engaged in their community. Are you 65 years and over? Do you have difficulty using public transportation services? Are you able to enter and exit a vehicle with limited assistance? Do you have an annual income under \$35,000 (if single) or \$60,000 (if a couple)? You may qualify for a ride. Exceptions may apply. Call 780-424-5438 for further information.

Government of Alberta Information for Seniors

The Government of Alberta provides several programs and services to support seniors in Alberta. This information is also helpful for caregivers and those Albertans who will be requiring these services in the near future. Call this toll-free number: 1-877-644-9992.

Alberta Seniors Advocate

Alberta’s Seniors Advocate Dr. Sheree Kwong See and her staff assist in dealing with concerns about government programs and services including housing, income and health benefit support programs, health and home care services, and continuing care. Albertans wishing to learn more can call 780-644-0682.

Winter Programs

Social

Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow members in an informal, casual setting and an enjoyable way to stay in touch for longtime members. Join us for interesting conversation and a monthly birthday celebration. Stay for a short time or stay all morning! Coffee, tea and refreshments are always available.

Cost: A \$1-\$2 donation for refreshments is suggested.

Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Tuesdays, from 9:30 am – 12:00 pm

Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Mondays and Wednesdays, from 1:00 pm – 4:00 pm

The seniors lounge at TCRC will be closed from March 25 to March 29.

Luncheons

Enjoy a good meal with great company. Each event will feature a new theme and menu items. Registration and payment are due by noon on the Friday prior to the luncheon. The proceeds from the 50/50 raffles and alcohol sales support SWESA's programs.

The seniors lounge at TCRC will be closed on luncheon dates.

When: Wednesdays, monthly from 12:00 pm – 2:00 pm

January 30, February 27, March 20, April 24

Location: Yellowbird East Community Centre

Cost: \$15 **Registration is required.**

We are always open to sharing our SWESA connection's talent! If you would like to speak or perform at one of our luncheons, please let us know.

Many hands make light work! If you are interested in being involved in the planning, executing or decorating for our luncheons, please email

volunteers@swedmontseniors.ca.



Book Club



SWESA's book club meets monthly to discuss the book that members have read and to express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes and will be given out and collected at SWESA. This is an informal and friendly group whose members have dynamic personalities, varying backgrounds, and interesting conversations. Do not hesitate to join this group at any time throughout the year or attend for the company and conversation should you not finish the book.

When: Mondays, monthly from 9:30 am – 11:30 am

January 14, February 11, March 11, April 8

Location: Yellowbird East Community Centre

Cost: \$5/season

Individuals will be billed for late book returns.

Games

Come and learn to play a friendly game in a casual and warm setting. Some refer to this type of play as "kitchen cards". Both beginners and experienced players are welcome and can join at any given time throughout the season.

We do ask that you arrive ahead of the listed program time to allow teams and tables to be set for game play.

There are other openings for our social room, so please feel free to let us know if you would like to start another game get-together. If you are interested in booking time and space to organize a card group with SWESA, please contact the program coordinator.

Cribbage Mondays, from 12:30 pm – 3:00 pm and Thursdays from 9:30 am – 11:30 am

Hand and Foot Canasta Tuesdays, from 12:30 pm – 3:00 pm

American Mahjong Wednesdays, from 9:30 am – 12:00 pm

Contract Bridge Wednesdays, from 12:30 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$2 drop-in fee

Technology

Tech Help from Edmonton Public Library

Edmonton Public Library staff can help you learn how to operate your tablet, camera, laptop, phone, or other tech device. You can find your location [here](#).

Cost: Member \$2 Registration is requested.

Terwillegar Community Recreation Centre

Monday, March 4 from 1:30 pm – 2:30 pm

This session will provide general tech help. You are encouraged to bring your personal electronic devices.



Yellowbird East Community Centre

Tuesdays, from 10:00 am – 11:30 am

January 29 – iPads and Tablets

February 26 – All About Cell Phones

March 19 – Email for Beginners

April 30 – Hoopla - Add music and more to your personal device.

Riverbend branch library now offers a free seniors drop-in class. Have a coffee, meet other seniors, and join in some fun activities. Each week we meet to discuss a new topic, share our stories and learn something new.

When: Tuesdays, from 10:30 am – 12:00 pm

Location: Riverbend branch library (460 Riverbend Square)

For more information, call 780-944-5311.

Home Service

If you can't make it in for over three months, we'll bring our collection to you. EPL provides home service where you live, whether it's an extended care facility, a seniors' lodge or your own home.

We'll match you with a carefully screened and trained volunteer who will deliver materials selected by staff directly to you. [Register here](#).

Large Print Books Hardcover and lighter, softcover books are available at all EPL branches. Our largest selection is found at our Enterprise Square (downtown) branch.

DAISY Books are digital talking books used by people with print disabilities. They're played on a special player or MP3 enabled CD players (such as many computers).

To borrow DAISY Books, please speak to staff at any EPL branch, and they will make the necessary adjustment to your library account.

The Arts

Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment. There is no instructor for this program. No strong scents are allowed due to our low-scent policy and participants' allergies.

When: Fridays, from 9:30 am – 12:00 pm

Session 1 (8 classes) January 4 to February 22

Session 2 (8 classes) March 1 to April 26 (No class on April 19.)

Location: Yellowbird East Community Centre

Cost: \$30 for both sessions (16 classes) or \$2 drop-in fee

Knitting and Stitching Group

Come and join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other. The group occasionally plans independent field trips.

When: Fridays, from 11:30 am – 3:00 pm

Session 1 (8 classes) January 4 to February 22

Session 2 (8 classes) March 1 to April 26 (No class on April 19.)

Location: Yellowbird East Community Centre

Cost: \$25 for both sessions (16 classes) or \$2 drop-in fee

Watercolors for All Levels

Willie Wong has been teaching pencil, watercolors, acrylics, and oil painting for 20 years to students of all ages and all skill levels. He excels at inspiring beginner artists with his easy-to-learn watercolor basics. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish.

When: Tuesdays, from 12:30 pm – 2:30 pm

Session 1 (6 classes) January 8, 15, 22, 29 and February 5, 12

Session 2 (6 classes) February 19, 26 and March 5, 12, 19, 26

Location: Yellowbird East Community Centre

Cost: \$97.50/session You are required to purchase supplies. The list is available from the SWESA office at any time and can be picked up on your first day of class.

Registration is required.

Quilling

Quilling is an art form that involves the use of rolling, shaping and gluing strips of paper to create decorative designs. Also known during the Renaissance as paper filigree, French and Italian nuns and monks used quilling to decorate book covers and religious items. In the 18th century, quilling became favored by European "ladies of leisure". Today it is becoming more popular in every walk of life due to the simplicity of techniques and the low cost of materials.

Join fellow SWESA member and quilling enthusiast Leta Donald as she shares some of her projects and her love of the hobby to get this weekly group meetup started.

When: Thursdays, from 12:00 pm – 2:00 pm

The first hour of the January 17 class will be a demonstration.

Session 1 (7 classes) January 17 to February 28

Session 2 (8 classes) March 7 to April 25

Location: Yellowbird East Community Centre

Cost: \$20 for both sessions (15 classes) or \$2 drop-in fee

Writing Group

Audrey Seehagen is a writer and poet who has been active in Edmonton writing communities for many years. Audrey has hosted many writing programs at SWESA. Most recently, her Writing for Wellness workshop brought together SWESA members who expressed the desire to create a regular, ongoing writing development group. She will facilitate exercises and workshops to help develop your ideas and confidence. There is no experience needed to attend this group, just an ember of creativity and imagination to create something that we can nurture together.

When: Tuesdays, from 12:00 pm – 3:00 pm

Session 1 (3 classes) January 29 and February 12, 26

Session 2 (4 classes) March 12, 26 and April 9, 23

Location: Yellowbird East Community Centre

Cost: \$110 for both sessions (7 classes) or \$20 drop-in fee

Drop-in spaces are limited.

Health and Wellness

Gentle Yoga

Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket or shawl. Our longtime instructor Linda Vaudan has her older adult certification and can assist you through any concern or chronic pain. This class is suitable for all fitness levels and abilities. Poses may be performed with a chair.

When: Mondays, from 9:45 am – 11:00 am

Session 1 (7 classes) January 7 to February 25 (No class on February 18.)

Session 2 (8 classes) March 4 to April 29 (No class on April 22.)

Location: Yellowbird East Community Centre

Cost: Member \$55/session or \$100 for both sessions (15 classes) or \$10 drop-in fee
Drop-in spaces are limited.

Pickleball

Together, SWESA and the YMCA offer two weekly gym times for active players to participate in this court sport best described as halfway between tennis and ping-pong. Participant organized drop-in play is for any skill level. Equipment is provided.

When: Mondays and Thursdays, January 7 to April 29 from 1:30 pm – 3:00 pm
(No classes on February 18 and March 25, 28.)

Location: William Lutsky YMCA

Cost: \$3 drop-in fee Registration is requested at the YMCA.

ESSETRICS for Seniors

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650+ muscles. It has a slower pace than a general ESSETRICS class and combines standing and chair exercises. The class is designed for seniors who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for individuals who are beginning to exercise after being inactive. The exercises are ideal for anyone looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

Tuesdays, from 1:00 pm – 1:45 pm	Fridays, from 1:00 pm – 1:45 pm
eOne Fitness Studio	Yellowbird East Community Centre
Instructor: Samara Hipkin	Instructor: Lori Griffith
Session 1 (8 classes) January 8 – February 26 Session 2 (8 classes) March 5 – April 23 (No class on April 30.)	Session 1 (7 classes) January 11 – February 22 Session 2 (7 classes) March 1 – April 12 (No class on April 19.)
Member \$65/session or \$110 for both sessions (16 classes) or \$10 drop-in fee Must purchase punch pass at Yellowbird	Member \$55/session or \$100 for both sessions (14 classes) or \$10 drop-in fee

ESSETRICS/Cardio for Active Agers

This class will include 20 minutes of low impact cardio followed by a 40-minute ESSETRICS stretch and tone workout. The full body program is suitable for all fitness levels and combines stretching and strengthening, engaging all 650+ muscles while standing and performing chair and floor exercises. Increase flexibility and mobility with a healthy, toned, and pain-free body. Please bring a yoga mat to class.

When: Wednesdays, from 1:00 pm – 2:00 pm
Session 1 (8 classes) January 9 to February 27
Session 2 (8 classes) March 6 to April 24

Location: eOne Fitness Studio

Cost: Member \$65/session or \$10 drop-in fee

Must purchase punch pass at Yellowbird

Stretch, Strengthen and Rejuvenate Yoga

The practice of yoga is another word for rejuvenation! This class will start with the foundations of yoga and gradually progress and build on them. Some of the benefits can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, and greater calm and ease of being.

When: Thursdays, from 9:00 am – 10:00 am
Session 1 (8 classes) January 10 to February 28
Session 2 (8 classes) March 7 to April 25

Location: Yellowbird East Community Centre

Cost: Member \$65/session or \$110 for both sessions (16 classes) or \$10 drop-in fee

Golden Years, Golden Gloves

This fitness class is designed to increase flexibility, balance, muscular strength, and cardiovascular endurance while providing a full body workout in a fun, upbeat and supportive environment. No equipment is required, and your workout is what you make it. The class is suitable for all abilities, and exercises can be adapted for those needing support with coordination and rehabilitation.

When: Thursdays, from 10:15 am – 11:15 am
Session 1 (8 classes) January 10 to February 28
Session 2 (8 classes) March 7 to April 25

Location: Yellowbird East Community Centre

Cost: Member \$65/session or \$100 for both sessions (16 classes) or \$10 drop-in fee

Latin Groove Classes With Michelle

Drive the winter blues away with hot sounds and dance of the south! Our certified dance instructor Michelle Mitchell will have you moving and grooving to the sounds of salsa, merengue, batchata, cha-cha, samba, rumba, tango, mambo, and more. True Latin movement and step work will be learned along the way to a happy and vibrant you. No experience is required. Good footwear, a water bottle and a great attitude are all you need to make the best of this class. An hour of exercise will fly by quickly!

When: Thursdays, from 11:30 am – 12:30 pm

Session 1 (8 classes) January 10 to February 28

Session 2 (8 classes) March 7 to April 25

Location: Yellowbird East Community Centre

Cost: Member \$65/session **No drop-ins will be accepted after January 10.**

Boosting Your Memory

This four-week workshop is a memory enhancement program for adults, ages 50+ who are interested in addressing their concerns about memory in relation to normal aging. Occupational therapists, registered dietitians, exercise instructors, and pharmacists (all from Alberta Health Services) will address

- how memory works
- normal changes that occur with aging
- ways to boost your memory
- factors that affect memory (e.g., diet, exercise, sleep, medications, and stress)

When: Mondays, from 12:30 pm – 3:00 pm

January 21, 28, and February 4, 11

Location: Yellowbird East Community Centre

Cost: \$5 **Registration is required.**

Toonie Talks

All Toonie Talks are offered at a cost of \$2. Although registration is not required, we request that you let us know if you will be attending so that we can be prepared to inform our presenters, accommodate everyone and offer the best experience possible.

Beyond Driving: Find Out More About Transit

Does winter driving make you nervous? Are you tired of the stress of finding parking? This session by Edmonton Transit Services staff will provide information and instruction about trip planning, fares, safety, security, senior-friendly and accessible features of the system. They will answer any of your questions about getting around.

When: Wednesday, January 16 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Emergency Cardiac Care

Carol Paul from SMHeart Card will explain how to recognize the signs of angina or heart attack and the steps you can take while waiting for help. The session will teach us how to be aware and prepared and, for those with existing heart disease, compliant by carrying their emergency medications with them. Developed out of the University of Alberta by James Stewart and oncologist John Mackey and rigorously tested under the supervision of the Dean of Pharmacy Neil Davies, this product could be the solution to protecting the medication that saves lives.

The SMHeartCard may be purchased on site for \$20

When: Friday, January 18 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

2018 Annual Global Financial Market Review and 2019 Outlook

Join Wei Woo as we discuss the latest updates on political, economic and market developments in the world. We will explore the trends affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2018 and receive guidance on what to expect in 2019.

When: Tuesday, January 22 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Chronic Pain: Botox and Cortisone

Wasif Kamal from iCare Pharmacy will discuss the nature of chronic pain and the various treatments available. Some of the discussion will surround using pharmacological treatments such as oral and topical medication before common injections, steroid (otherwise known as cortisone) injections, and more recently, Botox. We will examine the six pillars of pain management which go beyond the scope of only pharmacological treatments.

When: Tuesday, February 5 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Migraines/Headaches

Dr. Karn Kang answers your previously-asked questions in this session.

- migraines vs. headaches
- new research on migraines/headaches
- what you can do today to better track your migraines/headaches
- NuCCA upper cervical care

When: Friday, February 8 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Canadian Cannabis Clinics

Chantal Lacroix, clinic lead and medical outreach educator, returns for this session about the industry. Her number one goal is to help her patients maintain a high quality of life. She will speak to the benefits of cannabis for a variety of ailments. Various methods of consumption will be discussed with plenty of time for questions and answers.

When: Monday, February 11 from 10:00 am – 11:00 am

Location: Yellowbird East Community Centre

International Markets (Australia, Europe, Japan)

Europe's old-economy industries have restructured and should experience prosperity. Many European countries are seeing earnings stabilize or increase. Japan is experiencing expansion as well and, as a significant exporter, stands to gain from the economic gains of the United States and Europe. International stocks are inexpensive compared with American stock markets, allowing the opportunity for investors to diversify and add value to their retirement portfolios.

When: Tuesday, February 12 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Staying Upright: Preventing Falls

During the winter months, hospitalizations due to falls increase but most are preventable. What can you do to stay upright? Join Tyler Gamblin, a physical therapist and co-owner of Active Physio Works. He is a new father and ultra-marathon runner who enjoys educating the public on a wide variety of issues. Tyler regularly treats aches, pains and strains but has specialties in concussions and treating vertigo as well as acupuncture. Join him and his team in a discussion involving fall prevention. Take away some key information in a handout as well as some exercise intervention. Topics will include winter walking, strength, balance, medications, awareness, urban poling, gait aids, and more with time for questions and answers.

When: Thursday, February 21 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Housekeeping Tips and Safety Concerns

There's no place like home! As one ages, it can be both overwhelming and challenging to keep up with that never-ending list of housekeeping chores. Join Home Supports Program Coordinator Barbara Newell as she explains this referral service and welcomes a vetted housekeeping service provider who will present and answer questions on topics such as cleaning tips, safety concerns encountered while working in seniors' homes, tips on recruiting a housekeeper, etc. To register for this free Toonie Talk, please call Barbara at 780-860-2931 or email hs@swedmontonseniors.ca.

When: Tuesday, February 26 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Fundamentals of Tooth Loss, Rehabilitation and Maintenance

This lecture explores what is happening in your mouth from the time you begin to lose your teeth and onwards. Topics covered will explain

- why your bone shrinks with time
- the importance of good salivary flow in retaining your full dentures
- the difference between acrylic and metal partial dentures
- bad habits
- catching damage before it can't be remedied

When: Wednesday, March 6 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Letters to Normand

My Sundays with Normand is a book of 77 poems written by Adele Fontaine to honor the difficult process of grieving for her husband after he died in November 2014 due to complications from heart surgery. The father of their seven children and her husband of 53 years, he was a lover of music and, above all, an artist who wrote and painted for most of his life. These poems soon became a way for her to spend time with him, reflecting on their lives together in order to cope with the sadness she was feeling. Originally, she was only writing for herself though she did share them with their children. They, in turn, encouraged her further. A few people said, "Adèle, this needs to be put into a book." "I really didn't want to send them all off to a publisher who is going to tell me that this is all shit. I can decide that for myself." She self-published her book with modest expectations. "I thought I would sell 25 but now it's getting out of hand. People say what you've done, Adèle, is make the ordinary sacred."

Join Adele as she shares some of her poems and conversation about how she feels his presence deep in her bones every time she flips open her MacBook to begin writing. Copies of her book will be available for purchase.

When: Friday, March 8 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

The Local Reality of Drugs

The opioid crisis continues to claim the lives of Albertans at a disturbing and escalating rate. The stigma that surrounds substance use, people who use substances, and harm reduction continues to hamper efforts to effectively make progress. There is a lot of tragedy and trauma involved in this crisis, but there are also many stories of compassion, progress and recovery. The work of community agencies, peers, families, advocates, researchers, and health care workers continues to provide invaluable support for those whose lives have been touched by the opioid crisis.

SWESA brings you two perspectives in these upcoming information sessions.

Petra Schulz: A Mother's Story

Petra lost her youngest child Danny, 25 years old, to an accidental Fentanyl overdose in 2014. Danny loved to spend time with his family and friends, especially if it involved cooking a good meal. Trained as a chef, he worked in some of Edmonton's best restaurants. Danny loved to play music with his friends, wrote some of his own lyrics, and treasured getting together at the family cottage. Through the lessons learned from her personal experience and by sharing Danny's story, Petra has become an advocate for drug policy reform aimed at reducing the harm associated with substance use.

When: Monday, March 11 from 10:30 am – 11:30 am

Location: Yellowbird East Community Centre

Supervised Consumption Sites

Supervised consumption services became available in 2018. With four locations approved in Edmonton, what is the reality of these sites? How many people are using them? What services do they offer? How is this helping? Join Elliott Tanti from Boyle Street Community Services as we learn more.

When: Wednesday, March 13 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cannabis As An Investment?

Over 89% of Canadians agree that cannabis has real medical value. Now with the October 2018 recreational legalization, an increasing number of mainstream investors are interested in adding limited exposure to cannabis stocks in their retirement portfolio. In addition to projected strong domestic consumption, Canada is also poised to be the global leader in cannabis exports. Join Wei Woo as he discusses the risks and benefits of integrating this investment sector in your overall retirement strategy.

When: Tuesday, March 12 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Incontinence and Alberta Aids for Daily Living (AADL)

iCare Pharmacy, in partnership with Tena, is holding an information session to demystify incontinence. This is sometimes a taboo subject and is often misunderstood. We will discuss various strategies that can help promote your independence and decrease your stress when it comes to bladder wellness. The focus will be on promoting dignity and discretion and ease of use. In addition, this program will give the wearer more confidence by assisting with selecting the right products based on everyone's unique and personal needs. iCare Pharmacy affords you the ability to receive incontinence products conveniently and discreetly (you can trial products before you purchase them to make sure you are satisfied with your decision). iCare Pharmacy will also offer you the opportunity to have a private consultation with a Tena representative to help you get on with your day-to-day activities.

Amber from iCare Pharmacy will also explain the AADL program and its eligibility criteria that help patients with coverage for incontinence products.

When: Tuesday, March 19 from 1:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Dentures: Current Options

For anyone who is already wearing dentures or about to become a denture wearer, this lecture will explain most options available today. Topics include

- cases where each option can/cannot work
- advantages/disadvantages of each
- acrylic vs. metal partial dentures
- clear clasps
- new techniques for full denture fabrication that increase lower denture retention
- going digital
- how to make a denture not look like a denture
- latest developments in tooth lines that make denture teeth look real

Questions will be answered throughout the talk as well as at the end of the lecture.

When: Tuesday, March 26 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Posture and Chronic Pain

Dr. Karn Kang is back by request to answer your questions.

- is poor posture due to bad habits or something else
- issues in the tissues from past emotional trauma
- why are you in pain
- structural or chemical imbalance
- why alignment and body balance matter

When: Wednesday, March 27 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Communicate With Confidence: Toastmasters International

Believe it or not, your chances of dying of stage fright are extremely slim. Even the best speakers were once terrified novices. Fear no more. SWESA welcomes Lana Sweeny, Division D Director, District 99 of Toastmasters International.

Toastmasters is the best place to learn, to build your confidence, and to push yourself outside your comfort zone. SWESA welcomes Lana to show us how to listen effectively, think on our feet, and speak confidently through lessons and table topic practice. You will learn valuable leadership skills in a supportive, non-intimidating environment. Find out more about local Toastmasters chapters too.

When: Thursday, March 28 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cannabis Products: A Pharmacist's Role

Wasif Kamal from iCare Pharmacy joins us to discuss the differences between recreational and medicinal cannabis. We will learn more about the uses and formulations and how to choose a product that works best for you. He will share his perspective on important information exchanges between the pharmacist and customer to ensure that there are no interactions with these products and the patients' ongoing medication.

When: Friday, March 29 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Parkinson Association of Alberta

For over 40 years, the Parkinson Association of Alberta has been and continues to be, the only charitable organization dedicated to improving the well-being and day-to-day lives of Albertans living with and affected by Parkinson's disease and Parkinson's-plus syndromes. Join Declan Beddow for an overview that will focus on the signs, symptoms and medications for those afflicted with Parkinson's.

When: Tuesday, April 9 from 10:00 am – 11:00 am

Location: Yellowbird East Community Centre

Air Quality and Your Health

Exposure to indoor and outdoor air pollutants can negatively impact our health. Opel Vuzi, regional air quality and health specialist with Health Canada, will discuss sources and types of air pollutants and how we can reduce our contributions.

When: Friday, April 12 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

New Retirement Realities

This presentation provides a look at the new landscape of retirement and how the changing retirement experience will impact investors, those who are retired, and their families. Discussion includes the evolving family structure and redefining what it means to be financially stable during the retirement years.

When: Tuesday, April 16 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Wellness and Health

Dr. Karn Kang is back by request to answer your questions.

- what is wellness
- how do you view health
- understanding the intelligent design of your body
- if you are symptom free does that mean you are healthy
- 3 areas of body interference that limit health

When: Wednesday, April 17 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Topical Compounds in Pain Management

Wasif Kamal from iCare Pharmacy and Arif Virji from Lemarchand Dispensary will discuss the use of topical compounds in the management of pain. Patients may be familiar with compounds such as Diclofenac or Voltaren, but they might be unaware that these topical compounds can be custom tailored. Whether you are having increased sensitivity or tingling (depending on your symptoms), there are different ingredients that can be added to a topical compound to provide you with relief.

When: Thursday, April 18 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Special Interests

Canadian Multicultural Education Foundation (CMEF) Series

This project was funded by Employment and Social Development Canada under the New Horizons for Seniors Program. Senior volunteers from diverse communities will work together to host four seminars at YECC that will expand the skills and knowledge base of our members. For more information, call Beryl at 780-450-9570. Please let us know if you can make it by emailing programs@swedmontonseniors.ca.

Program	When
Discord in Intergenerational Programming	Tuesday, January 8 10:00 am – 12:00 pm
Ageism	Thursday, January 10 10:00 am – 12:00 pm
Safety for Seniors	Friday, January 11 10:00 am – 12:00 pm
Finance, Benefits and Estate Planning for Seniors	Tuesday, January 15 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Free

Travel Interest Group

Are you interested in travelling to new locations and experiencing unique tastes and cultures? Join Fred Greaves from Expedia CruiseShipCenters to explore adventures to all parts of the world and cross a few things off your bucket list. We'll look at singles and group travel for all sorts of vacations from sunny resorts to exotic cruises, from glaciers to jungles. Attendees can request specific areas for presentation topics any time.

When: Friday, January 25 from 12:00 pm – 2:00 pm

Friday, February 15 from 12:00 pm – 2:00 pm

Friday, March 22 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre

Cost: Free

First Aid and CPR

Sudden cardiac arrest has been determined to be the leading cause of death in North America. In many cases, qualified medical help was unable to arrive in time. Be prepared to save a life! SWESA and the Oak Hills Community League are partnering to provide community First Aid and CPR training.

When: Wednesday, February 6 from 8:30 am – 4:30 pm

Location: Yellowbird East Community Centre

Cost: \$20

Space is limited. Please bring your lunch.

Intergenerational Programming With Keheewin Elementary School

Grade 4 students at Keheewin Elementary School will be studying Alberta's past in the new year. We are looking for volunteers who have an interest in sharing stories about their life and how it has been shaped by Alberta. Ideas could include immigration stories, accounts of daily life growing up here, and the challenges you may have faced.

The three-part project will be led by the grade 4 teachers.

- Class 1 – Meet and greet activity between student and SWESA partner
- Class 2 – Students will conduct an interview with their partner
- Class 3 – Meet to share their completed research project and report

It is important that SWESA members can commit to all three meetings.

We are hoping to encourage partnerships that can support future projects.

When: Wednesdays, from 10:30 am – 11:30 am

February 6, 13, 20

Location: Keheewin Elementary School (1910 - 105 Street)

Cost: Free **Registration is required by January 23.**

Special Events

Bus Trip: Gruger Family Fungi and Rig Hand Craft Distillery

Just a short bus ride away, you will find three family-owned businesses nestled in the industrial hamlet of Nisku. Nisku isn't just about oil anymore.

The first stop is family-run [Beans Restaurant](#) where diners will have a choice of homemade soups and sandwich offerings. This little hole in the wall has been running for 25 years, and the simple menu keeps their regular customers coming back.

[Gruger Family Fungi](#) is home to a locally grown hemp-based vertical mushroom farm. Ethically cultivated with recycled material and handpicked for peak nutrition, Gruger Family Fungi sells their harvests as culinary delights and for medicinal effects. Mushrooms will be available for purchase. Not a mushroom lover? The rainbow of colors and variety of shapes will not disappoint.

[Rig Hand Craft Distillery](#) is in the unique position of being the first craft distillery in the greater Edmonton area. The family business makes vodka, rum, whisky, gin, moonshine, and coffee cream liquor that is locally sourced, produced, and distributed. The products are packaged in a distinctive trademarked bottle that is a replica of the Leduc #1 drilling rig, paying tribute to our rich history of both agriculture and resource development in Alberta. We will tour the facility, sample some products and finish with a complimentary cocktail.

When: Thursday, February 7 from 10:30 am – 4:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$45; Non-member \$60 Cost includes bus, lunch and tours

Registration is required by January 24.

Bus Trip: The River Cree Resort and Casino

It's time for another day of fun! SWESA members will be treated to a free lunch and a \$5 playing voucher.

When: Friday, February 8 from 10:00 am – 3:00 pm

Location: Yellowbird East Community Centre

Cost: \$5 Cost includes bus, \$5 voucher and lunch

Registration is required by January 25.

Bus Trip: Orchestra Borealis

Orchestra Borealis is pleased to open their second concert of the 2018-2019 season with a world premiere performance of Ra'ah (ראה), composed by Joel Toews who studied composition under Edmonton's own Alan Gilliland. This is a short and melodic work, and the orchestra is thrilled to be contributing to the development of a new Canadian composer. The show will continue with Bizet's popular L'Arlesienne Suite No.1. This familiar French music will have the audience singing along.

The program ends on a decidedly more somber note with the performance of Tchaikovsky's Fifth Symphony. A reception with refreshments will follow.

When: Sunday, February 10 from 2:30 pm – 5:30 pm

Location: Yellowbird East Community Centre

Cost: \$20 Cost includes bus and entrance fee to show

Registration is required by January 25.

Pancake Day

Pancake Day is the tradition of eating pancakes or any rich foods on the last day of feasting before Lent. Please join us for a morning of friendship at the new Heritage Market Grill where we will be provided with a full breakfast buffet of pancakes, bacon, sausage, scrambled eggs, toast, and fruit. Coffee and juice are included.

When: Tuesday, March 5 from 10:00 am – 11:30 am

Location: Heritage Market Grill (7th Floor, 2759 - 109 Street)

Please use the Eden House entrance from the Pentecostal church parking lot.

Cost: \$12

Registration is required by February 19.

Bus Trip: Royal Alberta Museum

This fall, the Royal Alberta Museum opened its new 419,000-square-foot facility in the Arts District downtown. Edmonton is not only home to the largest museum in western Canada but one of the top museums in the country. Currently, there are 13 curatorial programs: western Canadian history, indigenous studies, cultural communities, military and political history, archaeology, ornithology, mammalogy, ichthyology, invertebrate zoology, botany, geology, Quaternary paleontology, and Quaternary environments. SWESA members will be met by museum staff and be given maps to help us navigate our way. There is no formal tour guide, so spend the afternoon taking in all the sights at your own pace.

When: Friday, March 15 from 11:30 am – 3:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$21; Non-member \$25 Cost includes bus and museum admission

Registration is required by March 1.

Bus Trip: Rosebud Theatre

In the Blue Ridge Mountains of North Carolina, literary editor Alice Murphy meets aspiring writer Billy Cane, a young soldier returning from WWII. They form a unique connection which sets Alice on a journey into the bittersweet tapestry of her past. Could he be her long-lost son?

A bluegrass musical written and composed by comedian Steve Martin and singer-songwriter Edie Brickell, *Bright Star* is an epic story of love lost and love reborn. Its unforgettable music will ignite your heart.

When: Thursday, April 4 from 7:00 am – 8:00 pm

Buffet lunch 11:00 am – 12:00 pm, show at 1:30 pm

Stops in Red Deer (both ways) for snacks at your own cost

Location: Yellowbird East Community Centre

Cost: Member \$100; Non-member \$120 Cost includes bus, lunch and performance

Registration is required by February 28.

Annual General Meeting

Members and guests are invited to attend SWESA's Annual General Meeting. SWESA directors will present the annual report for members about the organization's performance and strategies moving ahead. Members with voting rights will vote on current issues, such as appointments to the board of directors.

Refreshments will be served during the social hour from 12:00 pm – 1:00 pm, after which the meeting will commence.

When: Monday, April 8 from 12:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Cost: Free

Please RSVP by contacting programs@swedmontonseniors.ca or 587-987-3200.

Glass Lantern-Making Workshop

Who doesn't love light through coloured glass? Take a regular glass lantern and turn it into something amazing. Learn how to create fused glass inserts to turn your lantern into a unique piece of art and add some colour to your evenings. A candle will bring your creations to life! Join us at Bissett Glass, a locally-owned shop and studio located just north of South Common, for an evening of creativity, snacks and friendship.

No previous glass experience is required. Projects will be available for pick up at YECC at a later date.

When: Tuesday, April 30 from 5:00 pm – 7:30 pm

Location: Bissett Stained Glass (3104 Parsons Road)

Cost: \$150

Registration is required by April 9.

Book Shoppe

Do you like to read? If so, visit our book shoppe in the coffee room at Yellowbird East Community Centre. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming at SWESA. We also accept book donations.

Volunteers

Volunteers are an important and integral part of our organization – without them we wouldn't be where we are today! There are many ways you can contribute your time and talents. Roles include special event and committee work, program hosts, personal phone callers, and many more. If you are interested in volunteering or would like more information about opportunities, call us at 587-987-3200 or email swesa.volunteers@gmail.com.

Stay Tuned!

As we work to develop more programming, we may be introducing new classes and events that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the seniors lounge at the Terwillegar Community Recreation Centre, and/or on SWESA's website at www.swedmontonseniors.ca under the SWESA News link.

New programs also may be featured in issues of SWESA's weekly bulletin.

Contact Information

If you have any questions or would like more information about programming, please call our program coordinator at 587-987-3200 or email programs@swedmontonseniors.ca.

Our mailing address is Box 88008 Rabbit Hill PO, Edmonton, AB T6R 0M5.

Schedules of Programs/Events

Location Legend

Yellowbird East Community Centre (10710 - 19 Avenue NW) = YECC
 Terwillegar Community Recreation Centre (2051 Leger Road NW) = TCRC
 William Lutsky YMCA (1975 - 111 Street NW) = YMCA
 eOne Fitness Studio (3474 Allan Drive SW) = eOne

Weekly Ongoing Programs

When	Program	Time	Location	Cost
Monday	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Tuesday	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Wednesday	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Thursday	Paper Quilling	12 pm – 2 pm	YECC	\$2.00
Thursday	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Friday	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Special Programs/Events

When	Program	Time	Location	Cost
January				
Jan. 1	CLOSED FOR NEW YEAR'S DAY		ALL	
Jan. 8	CMEF Intergenerational Program	10:00 – 12:00	YECC	Free
Jan. 8	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Jan. 10	Ageism	10:00 – 12:00	YECC	Free
Jan. 11	Safety for Seniors	10:00 – 12:00	YECC	Free
Jan. 14	Book Club	9:30 – 11:30	YECC	\$5/season
Jan. 15	Finance, Benefits and Estate Planning	10:00 – 12:00	YECC	Free
Jan. 15	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Jan. 16	Find Out About Transit	10:00 – 12:00	YECC	\$2.00
Jan. 18	Emergency Cardiac Care	10:00 – 12:00	YECC	\$2.00
Jan. 21	Boosting Your Memory	12:30 – 3:00	YECC	\$5.00
Jan. 22	2018 Global Financial Review	9:30 – 11:30	YECC	\$2.00
Jan. 22	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Jan. 25	Travel Interest Group	12:00 – 2:00	YECC	Free
Jan. 28	Boosting Your Memory	12:30 – 3:00	YECC	\$5.00
Jan. 29	EPL: iPads and Tablets	10:00 – 11:30	YECC	\$2.00
Jan. 29	Writing Group	12:00 – 3:00	YECC	\$20.00
Jan. 29	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Jan. 30	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
February				
Feb. 4	Boosting Your Memory	12:30 – 3:00	YECC	\$5.00
Feb. 5	Chronic Pain: Botox and Cortisone	12:00 – 2:00	YECC	\$2.00
Feb. 5	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Feb. 6	First Aid and CPR	8:30 – 4:30	YECC	\$20.00
Feb. 6	Intergenerational Programming	10:30 – 11:30	Off-site	Free
Feb. 7	Bus Trip: Nisku Businesses	10:30 – 4:00	YECC	\$45.00
Feb. 8	Migraines/Headaches	10:00 – 12:00	YECC	\$2.00
Feb. 8	Bus Trip: River Cree	10:00 – 3:00	YECC	\$5.00
Feb. 10	Bus Trip: Orchestra Borealis	2:30 – 5:30	YECC	\$20.00
Feb. 11	Book Club	9:30 – 11:30	YECC	\$5/season
Feb. 11	Canadian Cannabis Clinics	10:00 – 11:00	YECC	\$2.00
Feb. 11	Boosting Your Memory	12:30 – 3:00	YECC	\$5.00
Feb. 12	International Markets	9:30 – 11:30	YECC	\$2.00
Feb. 12	Writing Group	12:00 – 3:00	YECC	\$20.00
Feb. 12	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Feb. 13	Intergenerational Programming	10:30 – 11:30	Off-site	Free
Feb. 15	Travel Interest Group	12:00 – 2:00	YECC	Free

When	Program	Time	Location	Cost
Feb. 18	CLOSED FOR FAMILY DAY		ALL	
Feb. 19	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Feb. 20	Intergenerational Programming	10:30 – 11:30	Off-site	Free
Feb. 21	Staying Upright: Preventing Falls	10:00 – 12:00	YECC	\$2.00
Feb. 26	EPL: All About Cell Phones	10:00 – 11:30	YECC	\$2.00
Feb. 26	Writing Group	12:00 – 3:00	YECC	\$20.00
Feb. 26	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Feb. 26	Housekeeping Tips, Safety Concerns	1:00 – 2:00	YECC	Free
Feb. 27	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
March				
Mar. 4	EPL: General Tech Help	1:30 – 2:30	TCRC	\$2.00
Mar. 5	Pancake Day	10:00 – 11:30	Off-site	\$12.00
Mar. 5	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Mar. 6	Fundamentals of Tooth Loss	10:00 – 12:00	YECC	\$2.00
Mar. 8	Letters to Normand	12:30 – 2:30	YECC	\$2.00
Mar. 11	Book Club	9:30 – 11:30	YECC	\$5/season
Mar. 11	Petra Schulz	10:30 – 11:30	YECC	\$2.00
Mar. 12	Cannabis As An Investment?	9:30 – 11:30	YECC	\$2.00
Mar. 12	Writing Group	12:00 – 3:00	YECC	\$20.00
Mar. 12	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Mar. 13	Supervised Consumption Sites	10:00 – 12:00	YECC	\$2.00
Mar. 15	Bus Trip: Royal Alberta Museum	11:30 – 3:30	YECC	\$21.00
Mar. 19	EPL: Email for Beginners	10:00 – 11:30	YECC	\$2.00
Mar. 19	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Mar. 19	Incontinence and AADL	1:00 – 2:00	YECC	\$2.00
Mar. 20	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
Mar. 22	Travel Interest Group	12:00 – 2:00	YECC	Free
Mar. 26	Dentures: Current Options	10:00 – 12:00	YECC	\$2.00
Mar. 26	Writing Group	12:00 – 3:00	YECC	\$20.00
Mar. 26	Watercolors for All Levels	12:30 – 2:30	YECC	\$97.50
Mar. 27	Posture and Chronic Pain	10:00 – 12:00	YECC	\$2.00
Mar. 28	Communicate With Confidence	10:00 – 12:00	YECC	\$2.00
Mar. 29	Cannabis Products	12:00 – 2:00	YECC	\$2.00
April				
Apr. 4	Bus Trip: Rosebud Theatre	7:00 am – 8:00 pm	YECC	\$100.00
Apr. 8	Book Club	9:30 – 11:30	YECC	\$5/season
Apr. 8	Annual General Meeting	12:00 – 3:00	YECC	Free
Apr. 9	Parkinson Association	10:00 – 11:00	YECC	\$2.00
Apr. 9	Writing Group	12:00 – 3:00	YECC	\$20.00
Apr.12	Air Quality and Your Health	10:00 – 12:00	YECC	\$2.00
Apr.16	New Retirement Realities	9:30 – 11:30	YECC	\$2.00

When	Program	Time	Location	Cost
Apr. 17	Wellness and Health	10:00 – 12:00	YECC	\$2.00
Apr. 18	Topical Compounds	10:00 – 12:00	YECC	\$2.00
Apr. 19	CLOSED FOR GOOD FRIDAY		ALL	
Apr. 22	CLOSED FOR EASTER		ALL	
Apr. 23	Writing Group	12:00 – 3:00	YECC	\$20.00
Apr. 24	SWESA Luncheon	12:00 – 2:00	YECC	\$15.00
Apr. 30	EPL: Hoopla	10:00 – 11:30	YECC	\$2.00
Apr. 30	Glass Lantern-Making	5:00 – 7:30	Off-site	\$150.00

Program Registration Form

(cheques payable to SWESA)

Please detach and submit with payment.

Date

First Name _____

Last Name _____

Phone Number _____

Email _____

#	Program	When	Cost
1.			
2.			
3.			
4.			
5.			
6.			
7.			
		Total	

SAVE THE DATES

The SWESA LIVE ACTIVE EXPO - Promoting Health & Wellness
Saturday, May 11, 2019 at Lillian Osborne High School, 10 am - 4 pm

OKTOBERFEST - Fall Fling - Social and Fundraising Event
Saturday, October 19, 2019 at the German Canadian Cultural Centre

**SPECIAL THANKS TO OUR MAJOR SPONSORS FROM OUR LAST
SPRING FLING EVENT - UNDER THE TUSCAN SUN**

La Dolce Vita Sponsors The Sweet Life



I Tre Tenori Sponsors The Three Tenors



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