

**Coming Up This Week:**

Date	Program	Time	Location	Cost
Dec. 31	Coffee and Chat	12:30 pm – 3 pm	YECC	Donation
<b>Jan. 1</b>	<b>CLOSED</b>		<b>ALL</b>	
Jan. 2	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 2	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 2	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 3	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 4	Art Group	9:30 am – 12 pm	YECC	\$2.00
Jan. 4	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00

**Please Note:**



We are open for drop-in socialization on December 31 but will not have any office services available. If you have not renewed your membership for 2019, please make sure to complete our new participation form at the time of purchase. You can find the form [here](#).  
We are looking forward to another exciting year ahead.



**The Winter 2019 Program Guide Has Arrived!**

Paper copies are now available at YECC or TCRC. Click [here](#) for the guide. Registration is now open.

**Coming Up This Month:**

Jan. 8 CMEF Intergenerational Program	Jan. 21 Boosting Your Memory
Jan. 8 Watercolors for All Levels	Jan. 22 2018 Global Financial Review
Jan. 10 Ageism	Jan. 24 Nisku Trip Registration Due
Jan. 11 Safety for Seniors	Jan. 25 Lunch Registration Due
Jan. 14 Book Club	Jan. 25 Travel Interest Group
Jan. 15 Finance, Benefits and Estate Planning	Jan. 29 EPL: iPads and Tablets
Jan. 16 Find Out About Transit	Jan. 29 Writing Group
Jan. 18 Emergency Cardiac Care	Jan. 30 SWESA Luncheon

More details are available in the [program guide here](#).



### **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.

**When:** Wednesdays, from 1:00 pm – 2:00 pm from January 9 to February 27

**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 from January 10 to February 28

**Location:** Yellowbird East Community Centre

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

### **Latin Groove Classes**

Drive the winter blues away with hot sounds and dance of the south! SWESA's certified dance instructor Michelle will have you moving and grooving to the sounds of salsa, merengue, bachata, 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! No drop-ins will be accepted after January 10. Call 587-987-3200 to register and for more information.

**When:** Thursdays, from 11:30 am – 12:30 pm from January 10 to February 28

**Location:** Yellowbird East Community Centre

**Cost:** \$65/session for members

### **Stay Connected:**

### **Lunch and Program With Petrolia Seniors Group (55+)**

The Petrolia Seniors Group invites you to enjoy their monthly lunch and program. For the January program, hear Bob Layton – newscaster and 630 CHED radio personality – tell hilarious stories from his radio experiences. Seating is limited.

**When:** Tuesday, January 15 from 11:45 am – 2:00 pm

**Location:** Greenfield Community Hall (3803 - 114 Street)

**Cost:** \$18 To confirm your attendance or for more information, call Nick at 780-435-1045.

December 31, 2018 - January 4, 2019

587-987-3200

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

Home Supports: 780-860-2931

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