

Coming Up This Week:

Date	Program	Time	Location	Cost
Apr. 1	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Apr. 1	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Apr. 1	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Apr. 1	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 2	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Apr. 2	Watercolor make up class	12:30 pm – 2:30 pm	YECC	
Apr. 2	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Apr. 2	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Apr. 3	First Aid and CPR	8:30 am – 4:30 pm	YECC	\$20.00
Apr. 3	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Apr. 3	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Apr. 3	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Apr. 3	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Apr. 4	Rosebud Theatre	7 am – 8 pm	YECC	\$100.00
Apr. 4	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Apr. 4	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Apr. 4	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Apr. 4	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Apr. 4	Quilling	12 pm – 2 pm	YECC	\$2.00
Apr. 4	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Apr. 5	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Apr. 5	Art Group	9:30 am – 12 pm	YECC	\$2.00
Apr. 5	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Apr. 5	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

There are still spots available for First Aid and for the Rosebud Theatre bus trip. Please call the office at 587-987-3200 to register.

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? 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

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

The bus departs at 7:00 am sharp. Please park near the end of the Yellowbird lot near the road or in the church parking lot. The bus will pick you up in the church parking lot.

Please Note:



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 registration@swedmontonseniors.ca.

SWESA is Excited to Offer Essentrics Tone for Golfers: Level 3



Essentrics Tone is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. Ideal for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries, and unlocks tight joints, muscles, and connective tissue. This equipment-free workout will get have you feeling energized, youthful, and healthy just in time for golf season. Bring a yoga mat and water.

When: Wednesdays: May 1, 8, 15 and 22 from 12:30 pm – 1:30 pm

Location: Yellowbird East Community Centre

Cost: \$48 per person for all four classes Registration is required by April 26.

Stay Connected:



The Provincial Election Was Announced!

Are you prepared to ask candidates in the upcoming provincial election what their plans are to ensure seniors' issues are addressed? The Edmonton Seniors Coordinating Council's [Seniors' Issues Primer](#) provides background on key issues affecting seniors to assist in raising informed questions.

ELLA Spring Session Runs from April 29 to May 17, 2019

Edmonton Lifelong Learners Association (ELLA), invites those aged 50+ to register for spring session which takes place at the Education Centre on the University of Alberta campus.

You can choose up to four expert-led courses from over 50 options and participate in a variety of noon-hour presentations. The cost for this learning and fun is \$275, and bursaries are available for those who need financial assistance.

Last year over 600 enthusiastic participants signed up to socialize and attend the engaging smorgasbord of sessions related to music, art, science, global affairs, finance, and physical and mental health and wellness. There are no prerequisites, homework or marks; everyone is welcome.

Details about this year's classes and bursaries are available at www.my-ella.com or by calling the ELLA office at 780-492-5055.

