

Coming Up This Week:

Date	Program	Time	Location	Cost
Mar. 25	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Mar. 25	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Mar. 25	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Mar. 25	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mar. 26	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Mar. 26	Dentures: Current Options	CANCELLED	YECC	\$2.00
Mar. 26	Writing Group	12 pm – 3 pm	YECC	\$20.00
Mar. 26	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Mar. 26	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Mar. 26	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Mar. 27	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Mar. 27	Posture and Chronic Pain	10 am – 12 pm	YECC	\$2.00
Mar. 27	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Mar. 27	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Mar. 28	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Mar. 28	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Mar. 28	Toastmasters at YECC	10 am – 12 pm	YECC	\$2.00
Mar. 28	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Mar. 28	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Mar. 28	Quilling	12 pm – 2 pm	YECC	\$2.00
Mar. 28	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Mar. 29	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Mar. 29	Art Group	9:30 am – 12 pm	YECC	\$2.00
Mar. 29	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Mar. 29	Cannabis Products	12 pm – 2 pm	YECC	\$2.00
Mar. 29	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Registration is requested but not required. Please email registration@swedmontonseniors.ca.

Posture and Chronic Pain

Dr. Karn Kang is back by request to answer your questions about why you could be in pain and why alignment and body balance matter.

Communicate with Confidence: Toastmasters International

SWESA welcomes Lana Sweeny to show us how to listen effectively, think on our feet, and speak confidently through lessons and table topic practice. Learn more about Toastmasters locally.

Cannabis Products: A Pharmacist's Role

Wasif Kamal from iCare Pharmacy joins us to discuss the differences between recreational and medicinal cannabis. He will share his perspective on important information exchanges between the pharmacist and customer to ensure that there are no interactions.

Please Note:



Casino Orientation

For those volunteers working the casino, Shirley, our casino manager is requesting that you attend a quick session to discuss roles and responsibilities and to get to know our team. If you are not able to attend or have any questions, please contact Shirley at shirl.adam@gmail.com or 780-266-1944.

We are also looking for additional volunteers for the count room!

When: Thursday, March 28 from 1:00 pm – 2:00 pm at YECC



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@swedmontseniors.ca.

THE SWESA Live Active EXPO – Promoting Health & Wellness

What is Live Active? It is a collaborative strategy for active living, active recreation and sport in Edmonton. The goal of Live Active is to keep our bodies moving, our minds healthy and our spirits alive. The SWESA Live Active EXPO has five themes:

- Motion is Lotion
- Fuel Your Machine
- Mend Your Mind
- Partners in Health
- Grow Your Future



For more information, [click here](#). To view our sponsorship package, click [SWESA Live Active Sponsorship Package](#).

All profits will be given to SWESA for future Live Active events and programming.

When: Saturday, May 11 from 10:00 am – 3:00 pm

Location: Lillian Osborne High School ([2019 Leger Road NW](#))