

Coming Up This Week:

Date	Program	Time	Location	Cost
Mar. 11	Book Club – <i>The Handmaid’s Tale</i>	9:30 am – 11:30 am	YECC	\$5.00/s
Mar. 11	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Mar. 11	Harm Reduction: Petra Schulz	10:30 am – 11:30 am	YECC	\$2.00
Mar. 11	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Mar. 11	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Mar. 11	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mar. 12	Cannabis Investing	9:30 am – 11:30 am	YECC	\$2.00
Mar. 12	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Mar. 12	Writing Group	12 pm – 3 pm	YECC	\$20.00
Mar. 12	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Mar. 12	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Mar. 12	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Mar. 13	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Mar. 13	Supervised Injection Sites	10 am – 12 pm	YECC	\$2.00
Mar. 13	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Mar. 13	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Mar. 14	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Mar. 14	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Mar. 14	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Mar. 14	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Mar. 14	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Mar. 15	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Mar. 15	Art Group	9:30 am – 12 pm	YECC	\$2.00
Mar. 15	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Mar. 15	Bus Trip: Royal Alberta Museum	11:30 am – 3:30 pm	YECC	\$21.00
Mar. 15	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

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

Mar. 15 – SWESA Lunch registration due	Mar. 20 – SWESA Luncheon
Mar. 19 – EPL: Email for Beginners	Mar. 22 – SWESA Travel Interest Group
Mar. 19 – Incontinence and AADL	Mar. 26 – Denture Options

Please Note:



Thank you to everyone who helped at and those who attended our February lunch. Judith A., Carol V., and Janet M. are on the honour roll for being trivia champs. Thank you to Barry H. for the fantastic photos from which we created [a little video](#).

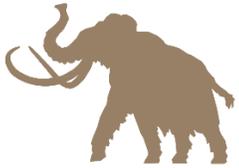
The March lunch will be a week earlier than usual to accommodate spring break. [The poster can be found here](#).

March 11 - 15, 2019



MySeniors Center System: An Update:

The MSC team has been pouring over the details generated from the system over that last few weeks since we launched it at Yellowbird. For some statistics and an update, please [click here](#).



ROYAL ALBERTA MUSEUM

For those travelling with us to the Royal Alberta Museum, there is a lovely café on site. The pricing is a little higher than you would see at an offsite café, but the menu is quite extensive. As an additional option, you could make the short trip to the southwest corner of City Hall and cross the street to visit [SAGE's Sunshine Café](#). Here's a great opportunity to check out their seniors centre while in the neighbourhood. Brown bag lunches are welcome in the museum as there are places to sit in the common areas. Feel free to venture out for lunch but not too far!



Please note that there are lockers available for \$.50 (bring quarters) on site at the museum as well as water fountains to refill your personal water bottle.

To up the ante – Be observant. Any member who can tell me a tale about why we have sleep in our eyes in the morning will receive a small prize. 😊 We would be happy to get pictures from members too so please text them to 587-987-3200.

Stay Connected:

Friendship Group

Some SWESA members are encouraging everyone to gather outside of SWESA on Saturday mornings. They will be meeting at the Southgate Mall food court with a SWESA sign on the table.

Men, women, singles or couples are welcome.

When: Saturday, March 16 at 10:00 am

Location: 5015 - 111 Street

If you are looking to enjoy a cruise this summer, some SWESA members are hosting a group boarding the Queen Mary 2 to travel the Northern Atlantic Westbound Crossing and Iceland. There is a special excursion in Liverpool included in this trip for those Beatles lovers out there.

Please [contact Jean](#) directly if you have any questions about this trip and the [information included here](#).



Luncheon Entertainment Coordinator

Volunteers:

It is no surprise that our members have loved performers to our lunches. If you are interested in working with the Lunch Bunch Team to help coordinate performers or guests, please contact Anne at armcnabb@shaw.ca.

The University of Alberta is conducting a survey of volunteers. The study is collecting feedback as to whether you have been asked about death or dying in your role. A short questionnaire is available at the SWESA office or you can contact them if you would like to be interviewed. [The poster is here](#).

587-987-3200

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Home Supports: 780-860-2931

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