



Winter 2020 Program Guide



January 2020 – April 2020

Yellowbird East Community Centre – 10710 - 19 Avenue NW
Blue Quill Community League – 11304 - 25 Avenue NW
Terwillegar Community Recreation Centre – 2051 Leger Road NW
eOne Fitness Studio – 3474 Allan Drive SW

587-987-3200

programs@swedmontonseniors.ca

www.swedmontonseniors.ca

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Mailing Address

SWESA
Box 88008 Rabbit Hill PO
Edmonton, AB T6R 0M5

A Great Place To Be 55+

SouthWest Edmonton Seniors Association 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 programs at member rates. The membership year runs from January 1 to December 31. There is a \$40 membership available in September through December that is valid until December of the following year for new members.
- Valid membership from other seniors centres may be recognized for participation in SWESA's instructional 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.
- Members who provide an email address will receive a weekly bulletin which should arrive in their inbox every Friday at 6 pm with up-to-date news and events. If you do not receive this email, please call or email us at programs@swedmontonseniors.ca.

Registration (registration@swedmontonseniors.ca)

- You can register for activities at our Yellowbird East Community Centre office.
- Select registration may be taken over the phone or by email.
- SWESA members will be given priority registration.
- Payment can be made by credit card, debit, cash, or cheque made out to SWESA.
- **Registration is only confirmed upon payment.**
- Sign up early to avoid missing out or cancellation due to insufficient registration.

Cancellations/Refunds


- SWESA reserves the right to cancel programs.
- Registered 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 or should they cancel after a registration deadline. 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 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 am – 3 pm (2 pm closure on Thursdays)
- Blue Quill Community League, 11304 - 25 Avenue NW
Hours: Monday to Friday from 9 am – 3 pm (Please check program listings.)
- Terwillegar Community Recreation Centre, 2051 Leger Road NW
Hours: Mondays and Wednesdays, from 1 pm – 4 pm
- eOne Fitness Studio, 3474 Allan Drive SW
Hours: Tuesdays and Wednesdays, from 1 pm – 2 pm

<p>Terwillegar Community Recreation</p> <p>Seniors Lounge</p> 	<h3><u>Holidays/Centre Closures</u></h3> <p>Yellowbird and Blue Quill programs will operate as listed except for the days below:</p> <p>Wednesday, January 1 – New Year's Day Monday, February 17 – Family Day Friday, April 10 – Good Friday Monday, April 13 – Easter Monday</p> <p>In addition to the listed dates, our TCRC programs will be suspended for spring break from March 23 to March 27, 2020.</p>
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Seniors Home Supports Program (SHSP)

Do you need help around your home but don't know who to call?

The Seniors Home Supports Program is a referral service that gives Edmonton seniors referrals to screened service providers. The goal of this program is to assist seniors to remain in their homes longer, safely and independently by connecting them with affordable service providers. There is no charge to register for the program or for the referrals given. Seniors are required to pay the service provider for completing the work.

What services are offered?

Snow Removal: snow removal and de-icer (not chipping ice)

Minor Home Repairs And Maintenance: plumbing and electrical work, handyman services (painting, furnace and appliance repairs, window cleaning, roofing/eavestrough work, and deck/railing repairs)

Housekeeping: cleaning floors, bathrooms, and refrigerators, dusting, and laundry

Personal Services: hair, foot, home, and respite care

Moving Help: downsizing, organizing, junk removal

Yard Help: lawn mowing and fall/spring cleanup (small tree removal, trimming, etc.) and gate, sidewalk and concrete repairs

At SWESA, Barbara Newell is our dedicated Home Supports Program coordinator.

She is available at the Yellowbird East Community Centre on Mondays from 9 am – 3 pm and welcomes you to drop in during this time.

Barbara can be reached by phone or email from 8 am – 2 pm throughout the week.

Call 780-860-2931 or email hs@swedmontonseniors.ca.

Supports For Seniors

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

Drive Happiness: Transportation

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? 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

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 homecare services, and continuing care. Albertans wishing to learn more can call 780-644-0682. The Offices of the Seniors Advocate and the Health Advocates have consolidated. Information can be found at www.albertahealthadvocates.ca.

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 pm

Blue Quill Community League (BQCL), 11304 - 25 Avenue NW

Wednesdays, from 9:30 am – 11:30 am

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

Mondays and Wednesdays, from 1 pm – 4 pm

The seniors lounge will be closed from March 23 to 27 for spring break.

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.

We invite you to arrive when the doors open to enjoy conversation with friends.

The meal is served at 12 pm. Performances begin at 1 pm.

You may leave prior to the entertainment.

When: Wednesdays, monthly from 11:30 am – 2 pm

January 29, February 26, March 18, April 29

Location: Yellowbird East Community Centre

Cost: Member \$17; Non-member \$22

Registration is required.

The desserts provided are donated by Rutherford Heights, an All Seniors Care Living Centre's residence. We thank them for their continued support.

Many hands make light work! If you are interested in being involved in the planning for our luncheons, please email volunteers@swedmontseniors.ca.



Book Club



At their meetings, members discuss the book they have read and express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions.

The book selections, chosen by a volunteer or at member request, 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.

You may join 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 13, February 10, March 9, April 6

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 in our Yellowbird coffee room. Some refer to this type of play as “kitchen cards.” Both beginners and experienced players are welcome and can join at any given time.

If you are interested in booking time and space to organize a card group with SWESA, please contact the program coordinator.

Game	Day	Time	Location
Cribbage	Monday	12:30 pm – 3 pm	YECC
Hand And Foot Canasta	Tuesday	12:30 pm – 3 pm	YECC
American Mahjong	Wednesday	9:30 am – 11:30 am	YECC
Contract Bridge	Wednesday	12:30 pm – 3 pm	YECC
Cribbage	Thursday	9:30 am – 11:30 am	YECC
Arizona Ten	Thursday	1:30 pm – 4:30 pm	BQCL
Euchre	Friday	9:30 am – 11:30 am	YECC

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

Cost: \$2 drop-in fee

Technology With EPL

Technology Classes

Although technology can help us keep connected, safe and healthy, it can also be the cause of frustration. Just when we get the hang of something, it changes. Edmonton Public Library (EPL) staff will come right to us and share their knowledge. Classes will only address the specified topics.

When: Tuesdays, monthly from 10 am – 11:30 am

January 28 – Smartphones For Beginners

February 25 – Video Chat

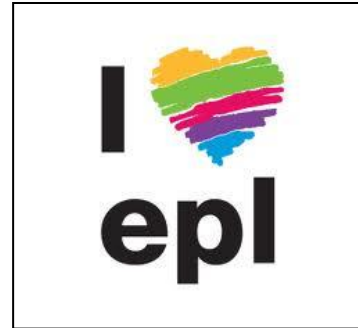
March 31 – iPads And Tablets

April 28 – Smartphone Email

Location: Yellowbird East Community Centre

Cost: \$2 drop-in fee

Registration is requested.



Big History: From The Big Bang To Today

SWESA has partnered with Edmonton Public Library to provide this opportunity to explore some world-class learning!

Library staff will facilitate this six-week online course by Coursera and the University of Amsterdam. We will watch videos from renowned scientists and scholars who will take you on a journey from the Big Bang until today while addressing key questions in their fields. Participants will develop a better understanding of how we and our surroundings have evolved. You will have an opportunity to share in conversation with fellow lifelong learners.

When: Fridays, from 2 pm – 4 pm

February 7, 14, 21, 28 and March 6, 13

Location: Riverbend branch library (460 Riverbend Square)

Cost: Free **Registration is required by February 1.**



The Arts

Paper Quilling Group

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

When: Thursdays, from 12 pm – 2 pm

Session 1 (8 classes) January 9 to February 27

Session 2 (8 classes) March 5 to April 23

Location: Yellowbird East Community Centre

Cost: \$20 for both sessions (16 classes) or \$2 drop-in fee

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 pm

Session 1 (8 classes) January 10 to February 28

Session 2 (7 classes) March 6 to April 24 (No class on April 10.)

Location: Yellowbird East Community Centre

Cost: \$25 for both sessions (15 classes) or \$2 drop-in fee

Knitting And Stitching Group

Join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, 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 pm

Session 1 (8 classes) January 10 to February 28

Session 2 (7 classes) March 6 to April 24 (No class on April 10.)

Location: Yellowbird East Community Centre

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

SWESA Choir

Do re mi . . . Boost your self-esteem, meet new people and learn something new! Led by Ellory Clayton from Visionary Centre for the Performing Arts, SWESA welcomes all music lovers to enjoy the benefits of singing in a relaxed and friendly environment. No experience is necessary. There will be extra practice time leading up to planned performances.

When: Tuesdays, from 12:15 pm – 1:15 pm
Session 1 (7 classes) January 14 to February 25
Session 2 (7 classes) March 3 to April 14
Location: Blue Quill Community League
Cost: \$75/session or \$15 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 easy-to-learn watercolor basics. Providing 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 21 to February 25
Session 2 (6 classes) March 10 to April 14
Location: Yellowbird East Community Centre
Cost: Member \$97.50/session; Non-member \$115/session
You are required to purchase supplies, but they are not needed for the first day of class. You may pick up the supply list at any time from the front desk.

SWESA Art Hive

Are you interested in connecting and creating art in the company of others?

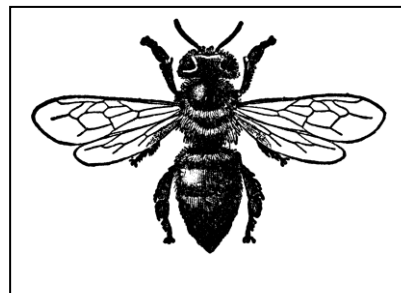
Bring a project you are working on or come try a new one with instruction by Marie Muggeridge. All projects will be accessible to everyone, and artistic ability is not required. Come with curiosity to see what can be made with donated and recycled items.

Marie is a counselor and a person-centred therapist who specializes in art therapy with children, adolescents, seniors, and adults with disabilities. She provides arts-based workshops focused on altered books, self care and meditation through mandalas.

Join us for camaraderie, skill sharing and community building!

When: Thursdays, from 10 am – 12 pm
February 6, 13, 20, 27 and March 5, 12, 19, 26
Location: Blue Quill Community League
Cost: \$5 drop-in fee

Donated art supplies are graciously welcomed by SWESA for this program.



The Senior Actor With The GeriActors

Have you acted or never acted? The Senior Actor is the perfect place to begin! Through storytelling, theatre games, improvisation, laughter, and fun, you can use your imagination and watch your memories come alive. Workshops are barrier free and inclusive, with participants of all abilities and experiences. You can attend one or all eight sessions.

When: Fridays, from 4 pm – 6 pm
February 7, 14, 21, 28 and March 6, 13, 20, 27

Location: Blue Quill Community League

Cost: Pay what you will (The suggested fee is \$10-15 per session.)

Registration is requested.



Water Brush Lettering

Jeanine Alexander and Gail Fournier, members of the Edmonton Calligraphic Society, join us to demonstrate how to write a basic italic style of letters. After some practice combining letters into words with pencils, you will switch to a water brush and a small palette of watercolors to recreate the words in color. Adding a few flourishes will provide designs suitable to use for greeting cards or small frameable pieces. All supplies are included and yours to keep.

When: Friday, February 21 from 9:30 am – 12:30 pm

Location: Blue Quill Community League

Cost: Member \$25; Non-member \$35 **Registration is required by February 14.**

Pysanky Workshop

Pysanky is a traditional craft in Ukraine and Poland. The method is similar to batik – patterns are drawn on the egg with wax, protecting the areas from applied dye. By repeating this process with different colors of dye, a multicolored pattern is built up. Finally, the wax is removed to reveal the colors that were covered up at each stage. Lyrissa Sheptak leads this workshop that will teach you more about the symbolism, meaning, and technique behind these Easter eggs before you make your own to take home.

When: Wednesday, March 11 from 10 am – 1 pm

Location: Yellowbird East Community Centre

Cost: Member \$20; Non-member \$30 **Registration is required by February 28.**

Creating An Art Journal

Learn to choose tools and materials to create an art journal for home and on the road. Artist/author Sue Anne Bottomley will guide you on your journey with pencil, pen or watercolors, or all three in a free-wheeling mix. The three classes will cover these skills: drawing from direct observation, volume, patterns, textures, movement, and symbolism. Sketchbooks and drawing materials will be provided. www.sueannebottomly.com

When: Wednesdays, from 10 am – 12 pm
April 1, 8, 15

Location: Yellowbird East Community Centre

Cost: Member \$50; Non-member \$75 **Registration is required by March 20.**

SWESA Paint Party

Have you ever wanted to attend a painting event but preferred to call it a night before the sun went down? Here is your chance! No experience is needed to participate in this step-by-step class. Everyone will leave with an amazing piece of art. Kaylee Rose is a local artist who graduated from MacEwan University in graphic design and photography. She loves painting animals and doing commissioned pet portraits. Her art is displayed in 25,000 homes throughout the United States and Canada. You can view her work at www.kayrose.ca.

When: Monday, April 20 from 12:30 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$50; Non-member \$75 **Registration is required by April 6.**

Silk Scarf Making

Water marbling, also called ebru, has been used for hundreds of years. The prints were often used for bookbinding. Marbled paper is still made today, and the method is now applied to fabric and three-dimensional surfaces. Karen Selinger will provide instruction of how to use your creativity to design and make your own scarf to take home. Bookings will be in half-hour increments. Plan to stay for one hour.

When: Monday, April 27 from 11:30 am – 2:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$40; Non-member \$50 **Registration is required by April 17.**

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. Poses may be performed with a chair. 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.

When: Mondays, from 9:45 am – 11 am

Session 1 - Member \$56 (7 classes) January 6 to February 24 (No class on February 17.)

Session 2 - Member \$64 (8 classes) March 2 to April 27 (No class on April 13.)

Location: Yellowbird East Community Centre

Cost: \$10 drop-in fee

Drop-in spaces are limited.

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 for those who have muscle stiffness/atrophy and chronic aches and pains. The exercises are ideal for anyone looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

Tuesdays, from 1 pm – 1:45 pm
eOne Fitness Studio
Instructor: Samara Hipkin
Session 1 - \$64 (8 classes) January 7 to February 25 Session 2 - \$72 (9 classes) March 3 to April 28
\$10 drop-in fee
You must prepay or purchase a punch pass at Yellowbird.

Fridays, from 1 pm – 1:45 pm
Yellowbird East Community Centre
Instructor: Lori Griffith
Session 1 - \$64 (8 classes) January 10 to February 28 Session 2 - \$56 (7 classes) March 6 to April 24 (No class on April 10.)
\$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, led by Liz Olson, is suitable for all fitness levels and combines stretching and strengthening, engaging all 650+ muscles while standing and performing chair and floor exercises. Please bring a yoga mat and running shoes to class. Increase flexibility and mobility with a healthy, toned and pain-free body.

Wednesdays, from 1 pm – 2 pm
eOne Fitness Studio
Instructor: Liz Olson
Session 1 - \$64 (8 classes) January 8 to February 26 Session 2 - \$72 (9 classes) March 4 to April 29
\$10 drop-in fee
You must prepay or purchase a punch pass at Yellowbird.

Stretch, Strengthen And Rejuvenate Yoga

The practice of yoga is another word for rejuvenation! This class, led by Linda Vaudan, 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 joint range of motion, more body awareness, and greater calm and ease of being.

When: Thursdays, from 9 am – 10 am

Session 1 - \$64 (8 classes) January 9 to February 27

Session 2 - \$64 (8 classes) March 5 to April 23

Location: Yellowbird East Community Centre

Cost: \$10 drop-in fee

Golden Years, Golden Gloves

Though it may seem surprising, this non-contact boxing-inspired fitness routine improves flexibility, balance, muscular strength, and cardiovascular endurance. The class is suitable for all abilities, and exercises can be adapted for those needing support with coordination and rehabilitation. Coach Louise Lepore provides encouragement so that participants get back what they put into this workout. Join this group to get moving and have fun.

When: Thursdays, from 10:15 am – 11:15 am

Session 1 - \$64 (8 classes) January 9 to February 27

Session 2 - \$64 (8 classes) March 5 to April 23

Location: Yellowbird East Community Centre

Cost: \$10 drop-in fee

Mixed Movement Dance Classes

Michelle Mitchell, a certified dance instructor and choreographer, has worked with several local groups for many years. She has taught a variety of dance class styles here and creates dance fitness classes for all ages, interests and abilities. SWESA is happy to welcome Michelle back to keep dancers moving and grooving into 2020. Session 1 will explore the world of burlesque! Session 2 will be members' choice. Stay tuned for more information.

When: Thursdays, from 11:30 am – 12:30 pm
Session 1 - \$64 (8 classes) January 9 to February 27
Session 2 - \$64 (8 classes) March 5 to April 23

Location: Yellowbird East Community Centre

Cost: \$10 drop-in fee

Zumba Gold

SWESA is excited to offer Zumba Gold again! If you're looking for a low-impact workout with simple, fun steps, this class is for you. Move your body to the Latin rhythms of reggaeton, cumbia, salsa, and merengue. Forty-five minutes will fly by in this fun and supportive class led by experienced instructor Tammy Clark. Suitable for all abilities and mobility levels, dance your way to improved health and fitness.

When: Thursdays, from 12:45 pm – 1:45 pm
Session 1 - \$64 (8 classes) January 9 to February 27
Session 2 - \$64 (8 classes) March 5 to April 23

Location: Yellowbird East Community Centre

Cost: \$10 drop-in fee

Declutter And Downsize In A Holistic Way

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? Are you overwhelmed with what to do with your possessions? Professional organizer Lynn Fraser will prepare you for success.

Class 1: Learn the S.P.A.C.E. strategy, Top 11 Checklist, Two Pile Plus system, and more ways that will help you keep the items that bring you joy and find new homes for those that don't. Get inspired to work on your goals within the following 14 days.

Class 2: Develop a plan (the four P's) to downsize and move with less stress and more ease. Celebrate your successes, ask questions and find solutions for each other's challenges. The solutions and support are often in our group. Lynn's self-care tools respect you and your special memories holistically so you can transition joyfully into an energy-giving and peaceful space.

When: Wednesdays, from 9:30 am – 11:30 am
January 15, 22

Location: Yellowbird East Community Centre

Cost: Member \$25 for both classes; Non-member \$35 for both classes

Registration is required by January 8.

Chair Yoga And Meditation

In partnership with the Blue Quill Community League, we offer this new low-impact class for those with mobility issues or anyone who wants to learn yoga and Pranayama. All stretches, standing poses and meditation will be performed using a chair for support. You will learn the healing power of meditation techniques like Laughter Yoga and Mantra Chanting. Instructor Seema Harjani is excited to meet you and get you started!

When: Fridays, from 11:15 am – 12:15 pm

Session 1 - \$56 (7 classes) January 17 to February 28

Session 2 - \$56 (7 classes) March 6 to April 24 (No class on April 10.)

Location: Blue Quill Community League

Cost: \$10 drop-in fee

Tai Chi

Ken Wai-Keung Chui has been instructing tai chi at various seniors centres for over a decade. You may also recognize him from the weekday morning Southgate Mall class that he has been instructing for years. These ten classes will help students get started in learning the 24 forms of Tai Chi Quan with its elegant, graceful, circular movements. This class will allow students to relax while building harmony, coordination and balance in body and soul.

When: Mondays, from 1 pm – 2 pm

January 20, 27, February 3, 10, 24, and March 2, 9, 16, 23, 30 (10 classes)

Location: Yellowbird East Community Centre

Cost: Member \$80 or \$10 drop-in fee

Boosting Your Brain Health

This popular 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: Tuesdays, from 9:30 am – 12 pm

January 21, 28 and February 4, 11

Location: Blue Quill Community League

Cost: \$5 **Registration is required by January 17.**

Herbal Remedies With PLANTiful

PLANTiful is a zero-waste herbal apothecary in Edmonton. They make a variety of products from castille soaps to herbal balms, deodorants, and body oils, as well as an eco-luxe facial care line to nourish, balance and rejuvenate your skin. Their products are FULL of plants! They are PLANTiful! Join herbalist and founder Amy Johnson as she shares her knowledge of the amazing healing power of plants and describes how she harnesses it to create products that are truly natural, beneficial for the skin and eco-friendly. Focusing on pain and sleep issues, Amy will demonstrate how to make a remedy that could work for you. Each participant may choose a mini product to take home.

When: Wednesday, March 25 from 10 am – 12 pm

Location: Yellowbird East Community Centre

Cost: Member \$50; Non-member \$60 **Registration is required by March 11.**

Toonie Talks

All Toonie Talks are offered at a cost of \$2. Please let us know if you will be attending so that we can confirm your spot and help presenters to be prepared. We will inform you should there be cancellations if we have received your registration.

Create A Plan For Aging In Place

Do you understand what aging in place truly means? It means having the supports and services that enable you to live independently for as long as you can. Planning can help you achieve this goal. Join Jolyn Hall of Edmonton55 as she covers all the factors that we need to consider and guides us through creating an age-in-place plan that covers several expected and unexpected life changes.

When: Tuesday, January 14 from 9:30 am – 11:30 am

Location: Blue Quill Community League

Living Before Dying

St. Joseph's Auxiliary Hospital, a facility operated by Covenant Health and funded by Alberta Health Services, is currently engaged in a project to increase their volunteer force. The Living Before Dying project is designed to recruit and mentor volunteers who aspire to make a difference in the lives of long-care residents by increasing their sense of belonging and self-esteem. Join Peter Adams and Alain Nogue, volunteers who are spearheading the initiative, and learn more about the program.

When: Friday, January 17 from 10 am – 11 am

Location: Blue Quill Community League

2019 Global Financial Review And 2020 Outlook

Join Wei Woo to analyze the latest updates on world-wide political, economic and financial market developments affecting your retirement savings portfolio and investment strategies. We will examine what happened with 2019 investments and discuss what to expect for 2020.

When: Tuesday, January 21 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Art Therapy

Marie Muggeridge is a local artist and art therapist who works primarily as a Found Object artist and dabbles in quilting. Learn about art therapy and why it is for everyone – not just for kids or those with communication concerns. Hear about Art Hives and how they are helping to reduce isolation and offer environmentally friendly art-making activities. Read more about SWESA's Art Hive in The Arts section in this guide.

When: Thursday, January 23 from 10 am – 11 am

Location: Yellowbird East Community Centre

Vitamins And Supplements

Vitamins are expensive. Is the benefit worth the cost? With so many different vitamins and supplements available, do you ever wonder which ones you should be taking and if they interact with your prescription medications? Jerry La and Dan Park, your local community Medicine Shoppe pharmacists, welcome all your questions during this session.

When: Friday, January 24 from 9:30 am – 11:30 am

Location: Blue Quill Community League

Travel Information With Colleen

Colleen Salt has been an independent business owner for over 19 years. She utilizes her expertise in customer service and her attention to detail to plan vacations that suit your specific needs. Feel free to contact Colleen at csalt@thetravelagentnextdoor.com.

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

January 30 – Trafalgar Tours (small group tours around the world)

February 13 – Goway Travel (tailor-made tours or world-wide options)

March 26 – Paradisus Resorts (luxurious, multigenerational, all-inclusive with golf)

April 16 – People's Choice (suggest a topic)

Location: Yellowbird East Community Centre

Good, Easy Meals

James Simone, vice president of Compassion Trust (a Good Samaritan affiliate) and director of development for Southgate Kitchen, will guide us through a tasting of the company's new product line, specifically designed for seniors. The meals are delicious, dietitian-approved, flash frozen, and suitable for many diets: regular, low-sodium, gluten-free, low-fat, low-calorie, and vegetarian. Meals are pre-ordered and delivered by appointment once a week. After providing a short overview, James will provide some samples for us to taste. We hope you'll join us for some Good, Easy Meals!

When: Friday, January 31 from 10 am – 11:30 am

Location: Yellowbird East Community Centre

Home Maintenance And Repairs

Are you looking for someone skilled and trustworthy to handle your electrical or plumbing concerns? It can be overwhelming and challenging to keep up with tasks like cleaning eavestroughs, washing windows and repairing decks or railings. Join Barbara, SWESA's Home Supports coordinator, and one of her service providers who will share tips and information about common safety hazards in this free presentation.

When: Monday, February 3 from 10 am – 11 am

Location: Yellowbird East Community Centre

EmPOWER Your Body

Do you feel like you are struggling with daily activities that used to be easy? Jenna Carducci, a certified exercise physiologist, will explain the importance of strength training in our later years and emphasize that its effects reach beyond just our muscles. Jenna will review safe exercises and answer any questions. As a soccer player and marathon runner, she strives to help people realize their bodies' potential and to motivate them to be the best physical version of themselves. You will take away some sample exercises, tips and tricks for creating and maintaining an active lifestyle.

When: Friday, February 7 from 10 am – 11:30 am

Location: Blue Quill Community League

Get More From Your Doctor's Visit

Have you ever forgotten some important information after a doctor's visit? Or felt like the appointment did not meet your needs? Kirstin Veugelers, PhD, personally experienced the frustration of navigating the healthcare system. Now Kirstin bridges the gap between patients and medical care providers, drawing on her empathy for the patient experience, paired with her knowledge and skills from biochemical research and university teaching. She will offer tips to make the most of your time with your doctor and suggest services that can support and assist you.

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

Location: Yellowbird East Community Centre

Understanding Housing Options As We Age

Are you confused by options? Unsure of what would benefit you? Join Jolyn Hall of Edmonton55 as she helps clarify your choices and options for care as you age. We will discuss when to consider a move and the financial implications of renting vs buying vs a life lease. Learn to be proactive to stay in control of your housing options as your needs change.

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

Location: Blue Quill Community League

Changing Trends: The Role Of Mutual Funds In Retirement

What are mutual funds, and how do they work? Learn how your financial/investment advisor is compensated in the traditional method with different load types of mutual funds. We will discuss the rapidly growing fee-based accounts and how F-class mutual funds operate. Remember that a financial professional should always present an option when you are considering various mutual funds and explain whether your investment will be locked in or not.

When: Tuesday, February 18 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Glowing And Healthy Skin

Do you have chapped, dry and itchy skin? Experiencing eczema, psoriasis or urticaria? Wasif Kamal, pharmacist and owner of iCare Pharmacy, will discuss causes, products and routines to combat skin issues. Located next to a dermatology clinic, Wasif has gained extensive knowledge about skin issues and treatment. There will be time for your questions.

When: Wednesday, February 19 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Healthy Eating With Whole Grains

Dietitian Shirzad Chunara will help participants discover easy and tasty ways to incorporate whole-grain foods into their meals. Explore the importance of whole grains for health with this interactive workshop.

When: Monday, February 24 from 9:30 am – 11:30 am

Location: Blue Quill Community League

Falls: Spotting Hidden Dangers

Falls are the leading cause of fatal and non-fatal injuries for seniors, threatening their independence, mobility and safety. Starr Friesen, client care manager with Comfort Keepers, will examine some of the potential hazards that may be present in your daily routine.

When: Tuesday, March 3 from 10 am – 11 am

Location: Blue Quill Community League

Maximize Your Health And Treatment

Have you ever experienced side effects from a medication and then been given another prescription to treat them? This scenario is known as “prescription cascade,” and older patients are more vulnerable to it. Wasif Kamal, pharmacist and owner of iCare Pharmacy, will discuss how approaches to your health should change as you age.

When: Wednesday, March 4 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Real Estate Review: Buying And Selling

Are you considering “rightsizing” and buying a home or condo that better suits your lifestyle? Thinking of selling your house or condo? If you haven't bought or sold for a while, the housing market can be confusing and overwhelming. Jolyn Hall, a seniors real estate specialist, will help you understand our current market. You'll learn about working with a realtor or selling on your own, how to best prepare for a move, and receive a Right Sizing Guide.

When: Tuesday, March 10 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

The Role Of Exchange-Traded Funds In Retirement Portfolios

Like mutual funds, ETFs allow investors to spread risk over a number of investments as opposed to one or two stocks or bonds. Although they typically charge lower management fees than mutual funds, ETFs may not always perform better. These funds have gained popularity among retirees for the past seven years and vary in how they are run. Wei Woo clarifies the pros and cons of using this category of investment in your portfolio.

When: Tuesday, March 24 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Allergies

Allergy season is fast approaching. Are you ready? If you have seasonal allergies or hay fever, pollen can trigger symptoms in the late winter or early spring. Jerry La and Dan Park, your local community pharmacists at the Medicine Shoppe, will provide you with a road map to navigate through allergy season.

When: Friday, March 27 from 9:30 am – 11:30 am

Location: Blue Quill Community League

Gut Health 101

When your gut bacteria are unbalanced, digestive problems and metabolic diseases can occur. Dietitian Shirzad Chunara will offer information on prebiotics and probiotics and how to stimulate healthy gut bacteria. Learn about gut microbiome's role in our overall health.

When: Friday, April 3 from 10 am – 11:30 am

Location: Yellowbird East Community Centre

Understanding Travel Insurance

Whether you are traveling out of the province or out of the country, travel insurance coverage will give you the peace of mind and security so you can avoid unforeseen expenses. It is important to know that not all coverage is the same; there is no “one size fits all” approach. Erin Pearase from Travel Guardian Insurance will answer all your questions.

When: Thursday, April 9 from 10 am – 11:30 am

Location: Yellowbird East Community Centre

Advance Care Planning

Most people know about personal directives, but do you know what a Green Sleeve is? Kirstin Veugelers, PhD and owner of Navigate Your Health, is back to help you learn the difference between these two documents. Discover how they work together should you face a sudden serious illness, and learn some planning strategies to ensure you receive the care that’s right for you. You will feel more secure, knowing that your wishes will be respected.

When: Wednesday, April 15 from 10 am – 11:30 am

Location: Yellowbird East Community Centre

Yard Maintenance And Spring Cleanup

Keeping up with your garden and yard can be hard work – especially if you are living on your own. Join Barbara, SWESA’s Home Supports coordinator, as she welcomes a service provider who can do these jobs and help you to maintain your property. This free session will offer an opportunity to ask all of your questions about hiring someone for these services.

When: Monday, April 20 from 10 am – 11 am

Location: Yellowbird East Community Centre

Selecting A Suitable Financial Advisor And Financial Institution

Wei Woo discusses the many factors to consider when choosing an advisor: quality of planning advice, investment performance, communication, and pay structure. Who we choose influences our satisfaction and confidence. Just as every individual is different, every advisor is also unique; a good match is essential for a happy, long-term relationship.

When: Tuesday, April 21 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Tax Saving Strategies For Retirees

Retirement may give you the chance to do more . . . or less, if that’s your preference. To maximize your benefits and lower your tax obligations, join Miranda O’Brien and Dominic Li from Scotiabank as they cover the ins and outs of income splitting, RRSP at the age of 71, TFSAs, CPP pension sharing, and pension income tax credit. They will share strategies available to you and the potential impacts of getting it wrong.

When: Wednesday, April 22 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Special Events

Bountiful Farmers' Market: Tour And Taste

Early this summer, Edmonton's multiday, year-round, indoor farmers' market opened its doors. Join us for a tour and waffles and coffee at Cookie Crumbs. With 100+ vendors, entertainment and a variety of special ethnic foods, Bountiful is more than just a market – it's an experience.

When: To be determined

Location: 3696 - 97 Street

Cost: To be determined

Bus Trip: Love, Sex, and the IRS At The Manluk Theatre

Interested in a bus trip but turned off by the thought of spending 10 hours sitting? Just a short trip down the highway, we will arrive in time for a brunch buffet at O'Brians restaurant in Wetaskiwin. Afterwards, we will head up the road to the Manluk Theatre. This play features Jon and Leslie, two out-of-work musicians who room together in New York City. To save money, Jon has been filing tax returns listing the pair as married. The day of reckoning arrives when the Internal Revenue Service informs the "couple" that they're going to be investigated.

When: Sunday, February 2 from 10 am – 4 pm

Location: Blue Quill Community League

Cost: Member \$85; Non-member \$115

Cost includes bus, brunch and show

Registration is required by January 24.

Carrot Cake Day

Carrot cake has been made since the Middle Ages when sugar and other sweeteners were rare and very expensive; people used sweet vegetables to flavor their puddings. This technique became practically obsolete for several hundred years but resurfaced in the 20th century. Join us at our seniors lounges to enjoy a slice to celebrate National Carrot Cake Day.

When: Wednesday, February 5 from 1:30 pm – 3 pm

Location: Terwillegar Community Recreation Centre and Blue Quill Community League

Cost: Member \$5 **Registration is required by noon on January 27.**

Chartwell Heritage Valley: Lunch And Learn

Guests will enjoy a lunch hosted by Chartwell and learn information about the residences. Afterwards, we will have a presentation by Colistro Chronopoulos LLP Barristers and Solicitors regarding power of attorney and a brief discussion on wills and personal directives.

When: Wednesday, February 12 from 1 pm – 4 pm

Location: 944 James Mowatt Trail

Cost: Free **Registration is required by February 1.**

Bus Trip: The River Cree Resort And Casino

February can be the most depressing time of the year. Take advantage of having all the arrangements made for you, and join SWESA for a day of fun. Five free lunch options are available as well as a \$5 playing voucher.

When: Wednesday, February 19 from 11 am – 3:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$5; Non-member \$10

Cost includes bus, playing voucher and lunch **Registration is required by February 14.**

Big E Tours

Big E Tours is owned and operated by two Edmontonians, Gary and Amber Poliquin. Gary has been involved in hospitality and tourism for over 25 years. Amber has been working as an educator for 15. Together, their vision for Big E Tours is to highlight the unique people and places that make Edmonton great. We hope that you enjoy their seated tours listed below.

Bus Trip: Roots And Resources

Take a journey in time through Edmonton's beginnings as a fur trading fort to today's powerhouse of the petroleum industry. This tour shows the industry and people that helped to shape the city and emphasizes some of the diverse economy and technologies. We will explore the expansion of the railroad and some interesting neighborhoods – gritty and workmanlike to cosmopolitan. Highlights include Chinatown, Little Italy, Highlands, Old Town Beverly, the river valley, refinery row, Francophone district, Muttart Conservatory, and more.

When: Thursday, February 20 from 10 am – 12 pm

Thursday, April 24 from 10 am – 12 pm

Bus Trip: Best Of The Big E

Delve into the rich political history of Edmonton as you traverse our beautiful river valley. Visit the main attractions and architectural gems of Edmonton. Highlights include City Hall, Whyte Avenue, Old Strathcona Farmers' Market, Hawrelak Park, the University of Alberta, Fort Edmonton, the Alberta Legislature, and 124 Street.

When: Tuesday, March 31 from 10 am – 12 pm

Location: Blue Quill Community League

Cost: Member \$20; Non-member \$30

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 IHOP where we will be provided with a full breakfast of pancakes, bacon or sausage, scrambled eggs and fruit. Coffee and juice are included.

When: Tuesday, February 25 from 10 am – 11:30 am

Location: IHop (3921 Calgary Trail)

Cost: Member \$12; Non-member \$22 **Registration is required by February 18.**

Bus Trip: Heisenberg At The Varscona Theatre

A Shadow Theatre production hits the audience's hearts while simultaneously opening their minds. Amongst the bustle of a crowded London train station, 40-ish Georgie spots Alex, a much older man, and plants a kiss on his neck. This electric encounter thrusts these two strangers into a fascinating and life-changing game, peeling away the many layers of everyday relationships with subtle humour and quiet poeticism.

When: Saturday, March 14 from 1:30 pm – 3:30 pm

Location: Blue Quill Community League

Cost: Member \$35; Non-member \$45 **Registration is required by March 2.**

Sketching History: Tour And Talk

Join Edmonton's Historian Laureate, Marlena Wyman, for a talk and tour of the exhibit Sketching History, curated by her and featuring the artworks of members of Urban Sketchers Edmonton. Rediscover Edmonton's architectural heritage through the eyes of artists. There will also be a virtual version of the exhibit online by January here: edmonton.ca/sketchinghistory.

Completed in 1915, the Edmonton Drill Hall was a military training site for the Department of National Defence until 1977. Over the years it was home to several regiments, including the Loyal Edmonton Regiment, as well as a number of corps including signal men and medical personnel. Ownership of the Prince of Wales Armouries (as it was re-named in 1921) was transferred to the City of Edmonton in 1982, and it hosted a variety of organizations and community groups like the Cadets and the Edmonton Food Bank. After much consideration of its future, the City began renovations to create a new home for the City of Edmonton Archives inside the old drill hall.

When: Monday, March 23 from 1:30 pm – 3 pm

Location: Prince of Wales Armouries (10440 - 108 Avenue)

Cost: \$5 **Registration is required by March 13.**

Bus Trip: Lunenburg At The Cow Patti Theatre

By request, we return to Lacombe for Norm Foster's newest Maritime comedy. American widow Iris Oulette and her good friend Natalie travel to the coastal village of Lunenburg, Nova Scotia to a house she's inherited from her recently deceased husband. The only problem is that Iris doesn't know anything about her Canadian abode. As next-door neighbor handyman Charlie brings the gals up to speed, be prepared to laugh and gasp at this romantic adventure that will envelop you in its warmth.

When: Thursday, April 2 from 9:45 am – 5:30 pm

Brunch at 11:30 am; show at 1 pm

Location: Yellowbird East Community Centre

Cost: Member \$85; Non-member \$115

Cost includes bus, meal and show **Registration is required by March 20.**

Annual General Meeting

Members and guests are invited to attend SWESA's annual general meeting. The directors will present the annual report 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 pm – 1 pm, after which the meeting will commence.

When: Monday, April 6 from 12 pm – 3 pm

Location: Yellowbird East Community Centre

Cost: Free

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

Bus Trip: The River Cree Resort And Casino

Feeling lucky? Guests will be treated to a free lunch and a \$5 playing voucher to experience the rush of the vibrant and exciting casino floor. The 1,350 slot machines, 10 VLTs and 40 table games offer something for everyone.

When: Tuesday, April 7 from 11 am – 3:30 pm

Location: Yellowbird East Community Centre

Cost: Member \$5; Non-member \$10

Cost includes bus, playing voucher and lunch **Registration is required by March 31.**

Book Shoppes

Do you like to read? If so, visit our book shoppes in the coffee rooms at Yellowbird East Community Centre and Blue Quill Community League. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming. Please call us to make arrangements for 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: special event and committee work, program hosts, personal phone callers, and more. If you would like to volunteer, call 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 our website at www.swedmontonseniors.ca under the SWESA News link. New programs also may be featured in issues of SWESA's weekly bulletin. You can subscribe to the weekly bulletin by clicking [here](#) or calling 587-987-3200.

Contact Information

If you have any questions or would like more information about programming, please call us 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

Blue Quill Community League (11304 - 25 Avenue NW) = BQCL

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

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
Monday	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday	Tai Chi	1 pm – 2 pm	YECC	\$10
Monday	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday	Choir	12:15 pm – 1:15 pm	BQCL	\$15
Tuesday	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday	ESSEINTRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday	Coffee And Chat	9:30 am – 11:30 am	BQCL	Donation
Wednesday	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday	ESSEINTRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday	Mixed Movement Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday	Euchre	9:30 am – 11:30 am	YECC	\$2
Friday	Art Group	9:30 am – 12 pm	YECC	\$2
Friday	Chair Yoga/Meditation	11:15 am – 12:15 pm	BQCL	\$10
Friday	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday	ESSEINTRICS For Seniors	1 pm – 1:45 pm	YECC	\$10

Special Programs/Events

When	Program	Time	Location	Cost
January				
Jan. 1	CLOSED: NEW YEAR'S DAY		ALL	
Jan. 13	Book Club	9:30 am – 11:30 am	YECC	\$5/season
Jan. 14	Plan For Aging In Place	9:30 am – 11:30 am	BQCL	\$2
Jan. 15	Declutter And Downsize	9:30 am – 11:30 am	YECC	\$25
Jan. 17	Living Before Dying	10 am – 11 am	BQCL	\$2
Jan. 20	Tai Chi	1 pm – 2 pm	YECC	\$10
Jan. 21	Global Review And Outlook	9:30 am – 11:30 am	YECC	\$2
Jan. 21	Boosting Your Brain Health	9:30 am – 12 pm	BQCL	\$5
Jan. 21	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Jan. 22	Declutter And Downsize	9:30 am – 11:30 am	YECC	\$25
Jan. 23	Art Therapy	10 am – 11 am	YECC	\$2
Jan. 24	Vitamins And Supplements	9:30 am – 11:30 am	BQCL	\$2
Jan. 27	Tai Chi	1 pm – 2 pm	YECC	\$10
Jan. 28	Boosting Your Brain Health	9:30 am – 12 pm	BQCL	\$5
Jan. 28	Smartphones For Beginners	10 am – 11:30 am	YECC	\$2
Jan. 28	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Jan. 29	Luncheon	11:30 am – 2 pm	YECC	\$17
Jan. 30	Travel With Colleen	9:30 am – 11:30 am	YECC	\$2
Jan. 31	Good, Easy Meals	10 am – 11:30 am	YECC	\$2
February				
Feb. 2	Bus Trip: Love, Sex, IRS	10 am – 4 pm	BQCL	\$85
Feb. 3	Home Maintenance	10 am – 11 am	YECC	Free
Feb. 3	Tai Chi	1 pm – 2 pm	YECC	\$10
Feb. 4	Boosting Your Brain Health	9:30 am – 12 pm	BQCL	\$5
Feb. 4	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 5	Carrot Cake Day	1:30 pm – 3 pm	TCRC/BQCL	\$5
Feb. 6	Art Hive	10 am – 12 pm	BQCL	\$5
Feb. 7	EmPOWER Your Body	10 am – 11:30 am	BQCL	\$2
Feb. 7	Big History: Big Bang To Today	2 pm – 4 pm	Self-drive	Free
Feb. 7	The Senior Actor	4 pm – 6 pm	BQCL	Donation
Feb. 10	Book Club	9:30 am – 11:30 am	YECC	\$5/season
Feb. 10	More From Your Doctor's Visit	10 am – 11:30 am	YECC	\$2
Feb. 10	Tai Chi	1 pm – 2 pm	YECC	\$10
Feb. 11	Understanding Housing Options	9:30 am – 11:30 am	BQCL	\$2
Feb. 11	Boosting Your Brain Health	9:30 am – 12 pm	BQCL	\$5
Feb. 11	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 12	Lunch And Learn	1 pm – 4 pm	Self-drive	Free
Feb. 13	Travel With Colleen	9:30 am – 11:30 am	YECC	\$2
Feb. 13	Art Hive	10 am – 12 pm	BQCL	\$5

Feb. 14	Big History: Big Bang To Today	2 pm – 4 pm	Self-drive	Free
Feb. 14	The Senior Actor	4 pm – 6 pm	BQCL	Donation
Feb. 17	CLOSED: FAMILY DAY		ALL	
Feb. 18	Mutual Funds In Retirement	9:30 am – 11:30 am	YECC	\$2
Feb. 18	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 19	Glowing And Healthy Skin	9:30 am – 11:30 am	YECC	\$2
Feb. 19	Bus Trip: River Cree	11 am – 3:30 pm	YECC	\$5
Feb. 20	Art Hive	10 am – 12 pm	BQCL	\$5
Feb. 20	Bus Trip: Roots And Resources	10 am – 12 pm	BQCL	\$20
Feb. 21	Water Brush Lettering	9:30 am – 12:30 pm	BQCL	\$25
Feb. 21	Big History: Big Bang To Today	2 pm – 4 pm	Self-drive	Free
Feb. 21	The Senior Actor	4 pm – 6 pm	BQCL	Donation
Feb. 24	Whole Grains	10 am – 11:30 am	BQCL	\$2
Feb. 24	Tai Chi	1 pm – 2 pm	YECC	\$10
Feb. 25	Pancake Day	10 am – 11:30 am	Self-drive	\$12
Feb. 25	Video Chat	10 am – 11:30 am	YECC	\$2
Feb. 25	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 26	Luncheon	11:30 am – 2 pm	YECC	\$17
Feb. 27	Art Hive	10 am – 12 pm	BQCL	\$5
Feb. 28	Big History: Big Bang To Today	2 pm – 4 pm	Self-drive	Free
Feb. 28	The Senior Actor	4 pm – 6 pm	BQCL	Donation
March				
March 2	Tai Chi	1 pm – 2 pm	YECC	\$10
March 3	Falls: Spotting Hidden Dangers	10 am – 11 am	BQCL	\$2
March 4	Maximize Your Health	9:30 am – 11:30 am	YECC	\$2
March 5	Art Hive	10 am – 12 pm	BQCL	\$5
March 6	Big History: Big Bang To Today	2 pm – 4 pm	Self-drive	Free
March 6	The Senior Actor	4 pm – 6 pm	BQCL	Donation
March 9	Book Club	9:30 am – 11:30 am	YECC	\$5/season
March 9	Tai Chi	1 pm – 2 pm	YECC	\$10
March 10	Real Estate Review	9:30 am – 11:30 am	YECC	\$2
March 10	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
March 11	Pysanky Workshop	10 am – 1 pm	YECC	\$20
March 12	Art Hive	10 am – 12 pm	BQCL	\$5
March 13	Big History: Big Bang To Today	2 pm – 4 pm	Self-drive	Free
March 13	The Senior Actor	4 pm – 6 pm	BQCL	Donation
March 14	Bus Trip: <i>Heisenberg</i>	1:30 pm – 3:30 pm	BQCL	\$35
March 16	Tai Chi	1 pm – 2 pm	YECC	\$10
March 17	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
March 18	Luncheon	11:30 am – 2 pm	YECC	\$17
March 19	Art Hive	10 am – 12 pm	BQCL	\$5
March 20	The Senior Actor	4 pm – 6 pm	BQCL	Donation
March 23	Tai Chi	1 pm – 2 pm	YECC	\$10
March 23	Sketching History: Talk and Tour	1:30 pm – 3 pm	Self-drive	\$5

March 24	Exchange-Traded Funds	9:30 am – 11:30 am	YECC	\$2
March 24	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
March 25	Herbal Remedies	10 am – 12 pm	YECC	\$50
March 26	Travel With Colleen	9:30 am – 11:30 am	YECC	\$2
March 26	Art Hive	10 am – 12 pm	BQCL	\$5
March 27	Allergies	9:30 am – 11:30 am	BQCL	\$2
March 27	The Senior Actor	4 pm – 6 pm	BQCL	Donation
March 30	Tai Chi	1 pm – 2 pm	YECC	\$10
March 31	iPads And Tablets	10 am – 11:30 am	YECC	\$2
March 31	Bus Trip: Best Of The Big E	10 am – 12 pm	BQCL	\$20
March 31	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
April				
April 1	Creating An Art Journal	10 am – 12 pm	YECC	\$50
April 2	Bus Trip: Lunenburg	9:45 am – 5:30 pm	YECC	\$85
April 3	Gut Health 101	10 am – 11:30 am	YECC	\$2
April 6	Book Club	9:30 am – 11:30 am	YECC	\$5/season
April 6	Annual General Meeting	12 pm – 3 pm	YECC	Free
April 7	Bus Trip: River Cree	11 am – 3:30 pm	YECC	\$5
April 7	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
April 8	Creating An Art Journal	10 am – 12 pm	YECC	\$50
April 9	Travel Insurance	10 am – 11:30 am	YECC	\$2
April 10	CLOSED: GOOD FRIDAY		ALL	
April 13	CLOSED: EASTER MONDAY		ALL	
April 14	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
April 15	Advance Care Planning	10 am – 11:30 am	YECC	\$2
April 15	Creating An Art Journal	10 am – 12 pm	YECC	\$50
April 16	Travel With Colleen	9:30 am – 11:30 am	YECC	\$2
April 20	Yard Maintenance	10 am – 11 am	YECC	Free
April 20	Paint Party	12:30 pm – 2:30 pm	YECC	\$50
April 21	Selecting A Financial Advisor	9:30 am – 11:30 am	YECC	\$2
April 22	Tax Saving Strategies	9:30 am – 11:30 am	YECC	\$2
April 24	Bus Trip: Roots And Resources	10 am – 12 pm	BQCL	\$20
April 27	Silk Scarf Making	11:30 am – 2:30 pm	YECC	\$40
April 28	Smartphone Email	10 am – 11:30 am	YECC	\$2
April 29	Luncheon	11:30 am – 2 pm	YECC	\$17



SWESA PROGRAM REGISTRATION

First Name		Last Name	
Home Phone		Cell Phone	
Member #		Date	
Email			
Payment Method	Cheques payable to SWESA		

	Program Name	Date	Cost	
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
		Total:		

Payment accepted by: _____