

Coming Up This Week:

| When | Program | Time | Location | Cost |
|--------------------|-----------------------------|---------------------|----------|----------|
| Monday, Dec. 16 | Gentle Yoga | 9:45 am – 11 am | YECC | \$10 |
| Monday, Dec. 16 | Cribbage | 12:30 pm – 3 pm | YECC | \$2 |
| Monday, Dec. 16 | Pickleball | 1 pm – 3 pm | YMCA | \$3 |
| Monday, Dec. 16 | Coffee and Chat | 1 pm – 4 pm | TCRC | Donation |
| Tuesday, Dec. 17 | Coffee and Chat | 9:30 am – 12 pm | YECC | Donation |
| Tuesday, Dec. 17 | Tech Help With EPL | Cancelled | YECC | |
| Tuesday, Dec. 17 | Hand and Foot Canasta | 12:30 pm – 3 pm | YECC | \$2 |
| Tuesday, Dec. 17 | ESSETRICS for Seniors | 1 pm – 1:45 pm | eOne | \$10 |
| Wednesday, Dec. 18 | American Mahjong | 9:30 am – 11:30 am | YECC | \$2 |
| Wednesday, Dec. 18 | Contract Bridge | 12:30 pm – 3 pm | YECC | \$2 |
| Wednesday, Dec. 18 | ESSETRICS/Cardio | 1 pm – 1:45 pm | eOne | \$10 |
| Wednesday, Dec. 18 | Coffee and Chat | 1 pm – 4 pm | TCRC | Donation |
| Thursday, Dec. 19 | Stretch and Strengthen Yoga | 9 am – 10 am | YECC | \$10 |
| Thursday, Dec. 19 | Cribbage | 9:30 am – 11:30 am | YECC | \$2 |
| Thursday, Dec. 19 | Golden Gloves | 10:15 am – 11:15 am | YECC | \$10 |
| Thursday, Dec. 19 | Paper Quilling Group | 12 pm – 2 pm | YECC | \$2 |
| Thursday, Dec. 19 | Zumba Gold | 12:45 pm – 1:45 pm | YECC | \$10 |
| Thursday, Dec. 19 | Pickleball | 1 pm – 3 pm | YMCA | \$3 |
| Thursday, Dec. 19 | Arizona Ten | 1:30 pm – 4:30 pm | BQCL | \$2 |
| Friday, Dec. 20 | Euchre | 9:30 am – 11:30 am | YECC | \$2 |
| Friday, Dec. 20 | Art Group | 9:30 am – 12 pm | YECC | \$2 |
| Friday, Dec. 20 | Knitting/Stitching | 11:30 am – 3 pm | YECC | \$2 |
| Friday, Dec. 20 | ESSETRICS for Seniors | 1 pm – 1:45 pm | YECC | \$10 |

[Click here for our Winter 2020 Program Guide.](#)

Please Note:



Program Guide and 2020 Memberships Are Now Available

Please click here for a full version of the guide.

Paper copies are available at all sites.

Registration will be accepted on **Friday, December 27 from 11 am – 2 pm** at the Yellowbird East Community Centre. We appreciate your patience with us as we rev up for our biggest registration to date.

Front desk volunteers are happy to renew your membership the next time you are in. Remember that we now accept cash, cheque, debit and credit.

Reflections on 2019 at SWESA: Moving Ahead

What a year 2019 has been for SWESA!

Please [click here](#) for a message from our president.



Stay Connected:



Thank You

To those who have helped with the planning and execution of our lunches, what a year! In 2019, we served almost 1000 meals to SWESA members. The entertainment has been a welcome addition and the themes, photos and many hands dedicated to making things run smoother each time, thank you. From the 50/50 raffle and bartending volunteers, to the members who put away their own chairs and to the choir, for performing at this luncheon, thank you! Congratulations on a year well done! We can not wait to see what 2020 brings. Sign up now for the Chinese New Year lunch on January 29.

SWESA Holiday Hours

All locations will be closed on Tuesday, Dec. 24 – Thursday, Dec. 26.

Drop-In Programs

Monday, December 23

- Gentle Yoga from 9:45 am – 11 am (\$10)
- Cribbage from 12:30 pm – 3 pm (\$2)

Friday, December 27

- Euchre from 9:30 am – 11:30 am (\$2)
- Membership Sales and Registration Intake from 11 am – 2 pm
- Knitting and Stitching from 11:30 am – 3 pm (\$2)
- ESSETRICS from 1 pm – 1:45 pm (\$10)

Friendly Reminder: SWESA'S Scent-Free Policy

As the cold weather does a number on our skin and we reach for our favourite lotions, please remember that SWESA has several members who are allergic or sensitive to scents.

Scents have been known to cause irritation of the eyes, throat and nose for some individuals with allergies, asthma and other respiratory conditions. They can also cause health effects such as dizziness, headaches, skin irritation, fatigue and other symptoms for some people. We encourage everyone to promote a scent-free environment across the centre.

Seniors Centre Without Walls Holiday Programs

Jingle bells! Socializing's swell! The holidays aren't far away! Dive into the holiday season with a series of festive phone programs. Enjoy recreational activities and friendly conversations with other seniors from the comfort of home. To join a call, dial 1-855-703-8985 and enter meeting ID 225-573-6467#. To register for reminders, call 780-395-2626. Review the poster for a full listing of activities.

When: December 23, 24, 27, 30, 31 from 11 am – 12 pm

Location: Edmonton Southside Primary Care Network

The Canadian Tire Magic of Lights at Castrol Raceway

You can enjoy this 2 km vibrant, LED-lighted display, celebrating the joy of the holidays, from the comfort of your own car.

When: On until January 4

Location: Castrol Raceway, Alberta 19, Leduc County

Cost: Car \$25