

Coming Up This Week

When	Program	Time	Location	Cost
Monday, Dec. 30	Cribbage	12:30 pm – 3 pm	YECC	\$2
Tuesday, Dec. 31	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Dec. 31	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Wednesday, Jan. 1	CLOSED		ALL	
Thursday, Jan. 2	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Jan. 2	Arizona Ten	1:30 pm – 4:30 pm	YECC	\$2
Friday, Jan. 3	Euchre	9:30 am – 11:30 am	YECC	\$2
Friday, Jan. 3	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Jan. 3	Knitting/Stitching	11:30 am – 3 pm	YECC	\$2

Regular Weekly Program Start Dates

When	Program	Time	START	Cost
Monday	Gentle Yoga	9:45 am – 11 am	Jan. 6	\$10
Monday	Cribbage	12:30 pm – 3 pm	Dec. 30	\$2
Monday	Tai Chi	1 pm – 2 pm	Jan. 20	\$10
Monday	Coffee And Chat	1 pm – 4 pm	Jan. 6	Donation
Tuesday	Coffee And Chat	9:30 am – 12 pm	Dec. 31	Donation
Tuesday	Choir	12:15 pm – 1:15 pm	Jan. 14	\$15
Tuesday	Hand And Foot Canasta	12:30 pm – 3 pm	Jan. 7	\$2
Tuesday	ESSETRICS For Seniors	1 pm – 1:45 pm	Jan. 7	\$10
Wednesday	American Mahjong	9:30 am – 11:30 am	Jan. 8	\$2
Wednesday	BQCL Coffee And Chat	9:30 am – 11:30 am	Jan. 8	Donation
Wednesday	Contract Bridge	12:30 pm – 3 pm	Jan. 8	\$2
Wednesday	ESSETRICS/Cardio	1 pm – 2 pm	Jan. 8	\$10
Wednesday	Coffee And Chat	1 pm – 4 pm	Jan. 8	Donation
Thursday	Stretch And Strengthen Yoga	9 am – 10 am	Jan. 9	\$10
Thursday	Cribbage	9:30 am – 11:30 am	Jan. 2	\$2
Thursday	Golden Gloves	10:15 am – 11:15 am	Jan. 9	\$10
Thursday	Burlesque Dance	11:30 am – 12:30 pm	Jan. 9	\$10
Thursday	Paper Quilling Group	12 pm – 2 pm	Jan. 9	\$2
Thursday	Zumba Gold	12:45 pm – 1:45 pm	Jan. 9	\$10
Thursday	Arizona Ten	1:30 pm – 4:30 pm	Jan. 2	\$2
Friday	Euchre	9:30 am – 11:30 am	Jan. 3	\$2
Friday	Art Group	9:30 am – 12 pm	Jan. 3	\$2
Friday	Chair Yoga/Meditation	11:15 am – 12:15 pm	Jan. 17	\$10
Friday	Knitting/Stitching Group	11:30 am – 3 pm	Jan. 3	\$2
Friday	ESSETRICS For Seniors	1 pm – 1:45 pm	Jan. 10	\$10

Please Note

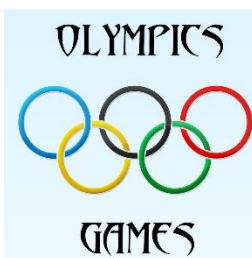
Hello
2020



LESS
is the
NEW
MORE.



Volunteer



Program Guide And 2020 Memberships Are Now Available

The winter 2020 Program Guide is now available. Please [click here](#) for a full version of the guide. Paper copies are available at all sites.

All reservations and registrations must be submitted with a completed [registration form](#). You must have a valid 2020 membership to register for programs. 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.

SWESA Holiday Hours

All locations will be closed at 12 pm on Tuesday, December 31 to ring in the new year and will reopen at 9 am on Thursday, January 2.

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.

Seniors Olympics At MacTaggart Place Retirement Residence

Stephanie Roth, Health and Wellness Director at MacTaggart Place Retirement Residence, is hosting a weeklong event that mimics the Olympics. These events aim to encourage residents to participate in different physical and cognitive games with medals and opening and closing ceremonies. She is looking for volunteers to assist with handing out stickers and water to participants in the "Walk the Halls" event. Volunteers are welcome to stay for the entertainment.

Please call Stephanie at 780-913-1546 if you are interested.

When: Monday, February 3 from 1:30 pm – 2:30 pm

Location: MacTaggart Place Retirement Residence (5149 Mullen Road)