

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Dec. 9	Book Club: Click here	9:30 am – 11:30 am	YECC	\$5/season
Monday, Dec. 9	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Dec. 9	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Dec. 9	Taste of Dance: Review	1 pm – 2 pm	YECC	\$12
Monday, Dec. 9	Pickleball	1 pm – 3 pm	YMCA	\$3
Monday, Dec. 9	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Dec. 10	Principles of Retirement Living	9:30 am – 11:30 am	YECC	\$2
Tuesday, Dec. 10	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Dec. 10	Choir	12:15 pm – 1:45 pm	YECC	\$10
Tuesday, Dec. 10	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Dec. 10	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Dec. 10	ESSENTRICS for Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Dec. 11	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Dec. 11	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Dec. 11	ESSENTRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Dec. 11	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Dec. 12	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Dec. 12	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Dec. 12	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Dec. 12	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Dec. 12	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Dec. 12	Pickleball	1 pm – 3 pm	YMCA	\$3
Thursday, Dec. 12	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Dec. 13	SWESA LUNCHEON	11:30 am – 2 pm	YECC	FULL
Saturday, Dec. 14	Candlelight Christmas	2 pm – 4 pm	Self-drive	FULL

[Click here for our Fall 2019 Program Guide.](#)

Please Note:



Reflections On 2019 At SWESA, Moving Ahead.

What a year 2019 has been for SWESA.

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

2020 Memberships Are Now Available

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.

Last week in our weekly bulletin, **program registration dates** were incorrectly noted. Registration for all 2020 programs will be accepted on **December 27 from 11 am – 2 pm**. We appreciate your patience with us as we rev up for our biggest registration to date.

Coming Up:



Stay Connected:



Fundamental Principles Of Retirement Living

This seminar is designed for current retirees and those planning for their transition into retirement. Wei Woo, an investment advisor, will discuss the 10 principles of achieving the holistic retirement lifestyle you desire while protecting your retirement investments from unforeseen events.

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

Location: Yellowbird East Community Centre

Candlelight Christmas at the John Walter Museum

Spend the afternoon enjoying folk music by the McDades in these amazing 19th century homes along the banks of the North Saskatchewan River. There will be two 45-minute musical performances with seasonal snacks in the interpretive centre during admission.

When: Saturday, December 14 from 2 pm – 4 pm

Location: John Walter Museum (9180 Walterdale Hill NW)

This is a self-drive event. See you there!

Winter Family Fun

Join Oak Hills Community League for some winter fun! Outdoor winter games & activities, food, sleigh rides, music & entertainment, pictures with Santa, cultural celebrations, indoor fun activities & bouncy castles! This is a free event for all residents of Carter Crest, Leger & nearby. No need to confirm, just show up and have some fun!

When: Saturday, December 7 from 12 pm – 4 pm

Location: Lillian Osbourne School (2019 Leger Road)

Christmas Concert

Treat yourself to the joy of music this holiday season. Everyone is welcome to attend this free musical Christmas celebration featuring performances from the Allendale Junior High School Band. A selection of hot beverages will be served to keep you warm and cozy alongside holiday treats to satisfy any sweet tooth.

Call 780-433-5807 for more information.

When: Thursday, December 12 at 12 pm

Location: Strathcona Place Society (10831 University Avenue)

Caribbean Christmas Fiesta

In benefit of the Stollery Children's Hospital, you can enjoy this gourmet dinner buffet, late night snack, and live performances by the Edmonton Parang Band and Catalyst Band (Patricia and Septimus from the SWESA lunch will be playing). Live saxophone, steelpan performance and room to dance the night away!

When: Saturday, December 21 at 6 pm

Location: Canadian Druze Hall (14304 - 134 Avenue)

Cost: \$45 per person

Call Tony and Donna at 780-777-1272 for tickets for SWESA members.