

Coming Up This Week

When	Program	When	Location	Cost
Monday, Feb. 17	CLOSED FOR FAMILY DAY		ALL	
Tuesday, Feb. 18	Mutual Funds In Retirement	9:30 am – 11:30 am	YECC	\$2
Tuesday, Feb. 18	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Feb. 18	Choir	12:15 pm – 1:45 pm	BQCL	\$15
Tuesday, Feb. 18	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Feb. 18	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Feb. 18	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Feb. 19	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Feb. 19	Coffee And Chat	9:30 am – 11:30 am	BQCL	Donation
Wednesday, Feb. 19	Glowing and Healthy Skin	9:30 am – 11:30 am	YECC	\$2
Wednesday, Feb. 19	Bus Trip: River Cree Casino	10 am – 2:30 pm	YECC	\$5
Wednesday, Feb. 19	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Feb. 19	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Feb. 19	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Feb. 20	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Feb. 20	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Feb. 20	SWESA Art Hive	10 am – 12 pm	BQCL	\$5
Thursday, Feb. 20	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Feb. 20	Burlesque Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Feb. 20	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Feb. 20	Bus Trip: Big E Tours	12 pm – 2 pm	BQCL	\$20
Thursday, Feb. 20	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Feb. 20	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Feb. 21	Euchre	9:30 am – 11:30 am	YECC	\$2
Friday, Feb. 21	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Feb. 21	Water Brush Lettering	9:30 am – 12:30 pm	BQCL	\$25
Friday, Feb. 21	Chair Yoga/Meditation	11:15 am – 12:15 pm	BQCL	\$10
Friday, Feb. 21	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Feb. 21	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10
Friday, Feb. 21	Big Bang To Today	2 pm – 4 pm	Offsite	FULL
Friday, Feb. 21	The Senior Actor	4 pm – 6 pm	BQCL	Donation

SWESA Luncheon

Avoid missing out and get your tickets to February's lunch soon! Registration and payment are due by **Friday, February 21 at noon**. Click here for the [poster](#). Please know that we hear you! Luncheon evaluations are reviewed thoroughly, and we will make all the changes that we can to meet requests. **To ensure things are safe and prepared, we will not be opening the doors to the avm until 11:15 am. Please arrive accordingly.**



Coming Up



Stay Connected



February 17 - 21, 2021

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.

When/Location: Tuesday, February 18 from 9:30 am – 11:30 am at YECC

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/Location: Wednesday, February 19 from 9:30 am – 11:30 am at YECC

TIME CHANGE! 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/Location: Wednesday, February 19 from 10 am – 2:30 pm at YECC

Big E 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.

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

Location: Blue Quill Community League

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

Pysanky Workshop

Pysanky is a traditional craft in Ukraine and Poland. 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. Lyrisa 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.**

Southgate Saturday Coffee Group

Everyone is welcome to join this informal meetup near A&W on Saturday mornings. Take this chance to get some steps in and to connect over a hot coffee with fellow members of the community.

When: Saturdays, from 10 am – 11:30 am

Location: Southgate Mall Food Court (11100 - 51 Avenue)