

When	Program	When	When	Cost
Monday, Mar. 9	Book Club: People Of The Book	9:30 am – 11:30 am	YECC	\$5/season
Monday, Mar. 9	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Mar. 9	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Mar. 9	Tai Chi	1 pm – 2 pm	YECC	\$10
Monday, Mar. 9	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Mar. 10	Boosting Brain Health	9 am – 11:30 am	BQCL	\$5
Tuesday, Mar. 10	Real Estate Review	9:30 am – 11:30 am	YECC	\$2
Tuesday, Mar. 10	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Mar. 10	Choir	12:15 pm – 1:45 pm	BQCL	\$15
Tuesday, Mar. 10	Watercolors For All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Mar. 10	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Mar. 10	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Mar. 11	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Mar. 11	Honourable Nathan Cooper	10 am – 11 am	BQCL	FREE
Wednesday, Mar. 11	Pysanky Workshop	10 am – 1 pm	YECC	\$20
Wednesday, Mar. 11	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Mar. 11	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Mar. 11	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Mar. 12	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Mar. 12	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Mar. 12	Travel With Colleen	Cancelled	YECC	\$2
Thursday, Mar. 12	SWESA Art Hive	10 am – 12 pm	BQCL	\$5
Thursday, Mar. 12	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Mar. 12	Latin Groove Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Mar. 12	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Mar. 12	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Mar. 12	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Mar. 13	Open Games	9:30 am – 11:30 am	YECC	\$2
Friday, Mar. 13	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Mar. 13	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Mar. 13	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10
Friday, Mar. 13	Big Bang To Today	2 pm – 4 pm	Offsite	FULL
Friday, Mar. 13	The Senior Actor	4 pm – 6 pm	BQCL	Donation



March Luncheon

Don't let this month's luncheon sneak up on you and get away!
We are hosting a week early to avoid missing those of you on grandparent duty or travelling for spring break. See the poster [here](#).
Registration is required by March 13 at noon.

Coming Up



Save The Date: The Honourable Nathan Cooper

On May 21, 2019, the Honourable Nathan Cooper, MLA for Olds-Didsbury-Three Hills, was elected by his fellow MLAs to serve as the 14th Speaker of the Legislative Assembly of Alberta. Speaker Cooper looks forward to meeting members of SWESA and sharing his passion for democracy, his knowledge on the Westminster Parliamentary System, and “behind the scenes workings” of the Alberta Legislature. His talk will be non-partisan, and he is happy to take questions at the end.

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

Location: BQCL

Pysanky Workshop: Last Call

Pysanky is a traditional craft in Ukraine and Poland. 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



Bus Trip: Heisenberg At The Varscona Theatre: Last Call

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.

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

Cost: Member \$35; Non-member \$45



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)

Stay Connected



Seniors United Now: Medical Assistance In Dying (MAID)

Join Seniors United Now for the South Chapter meeting this month. Guest speaker Carl Ulrich from Dying With Dignity, will share more about the history and current status of MAID in Alberta and Canada and supporting your constitutional right to MAID when suffering irremediable pain.

When: Friday, March 13 from 1 pm – 4 pm

Location: Whitemud Library (4211- 106 Street)



It's Tax Time!

Have your taxes done for free with e4c. Assistance to complete your return and help applying for additional benefits is provided. If your max income is under \$35000 (\$45000 for two persons), you are eligible to attend. For more information or to book your appointment, call 780-999-7882.

When: Various dates in March and April

Location: Southminster-Steinhauer United Church (10740 - 19 Avenue)

