

Coming Up This Week:

Date	Program	Time	Location	Cost
Jan. 14	Book Club – Good to a Fault	9:30 am – 11:30 am	YECC	\$5.00/s
Jan. 14	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Jan. 14	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Jan. 14	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 14	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 15	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Jan. 15	Finance, Benefits, Estate Planning	10 am – 12 pm	YECC	Free
Jan. 15	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Jan. 15	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Jan. 15	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Jan. 16	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 16	Find Out More About Transit	10 am – 12 pm	YECC	\$2.00
Jan. 16	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 16	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Jan. 16	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 17	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Jan. 17	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 17	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Jan. 17	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Jan. 17	Quilling	12 pm – 2 pm	YECC	\$2.00
Jan. 17	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 18	Art Group	9:30 am – 12 pm	YECC	\$2.00
Jan. 18	Emergency Cardiac Care	10 am – 12 pm	YECC	\$2.00
Jan. 18	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Jan. 18	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

Coming Up This Month: More details are available in the [program guide here](#).

Jan. 21 Boosting Your Memory	Jan. 25 Orchestra Borealis Registration Due
Jan. 22 2018 Global Financial Review	Jan. 29 EPL: iPads and Tablets
Jan. 24 Nisku Trip Registration Due	Jan. 29 Writing Group
Jan. 25 Lunch Registration Due	Jan. 30 SWESA Luncheon
Jan. 25 Travel Interest Group	

Please Note:



The menu has been set for our January luncheon! Join us as we celebrate Chinese New Year. Catering will be provided by Panda Hut Express. Click [here](#) to see the menu and further details.

Registration and payment are due Friday, January 25, by noon.

January 14-18, 2019

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca



MySeniorCenter is Here!

On Monday, January 14, you will see a shiny touch screen ready to greet you as you enter the SWESA building. Here is what to remember:

- 1) If you already have your key tag, remember to swipe it at the sensor and then select the activity you are attending that day on the touch screen. If you are there to register for a program, pay a membership fee, visit a friend, pick up a book, etc. — click the 'Just Visiting' icon. You will always swipe your key tag every time you enter the building and make your selection from the screen.
- 2) If you paid your 2019 membership and completed the participation form (without error) by January 4, your key tag is ready for pickup at the front desk.
- 3) If you paid your membership and provided a participation form (no errors) after January 4, check with the front desk greeter if your key tag is ready. It takes a bit of time to enter data and issue the key tag, so keep checking if it isn't available on your initial visit.
- 4) If you still have to pay your 2019 membership fee, complete a participation form, or provide information you may have missed on your participation form, these actions will need to be completed in order to receive a key tag.

It will be a busy and exciting time as we move forward with this new system. Thank you for your patience and assistance.



Quilling is an art form that involves the use of rolling, shaping and gluing strips of paper to create decorative designs. Today it is becoming more popular in every walk of life due to the simplicity of techniques and the low cost of materials. Join fellow SWESA member and quilling enthusiast Leta Donald as she shares some of her projects and her love of the hobby to get this weekly group meetup started.

When: Thursdays, from 12:00 pm – 2:00 pm

The first hour of the January 17 class will be a demonstration.

Session 1 (7 classes) January 17 to February 28

Location: Yellowbird East Community Centre

Cost: \$20 for both sessions (15 classes) or \$2 drop-in fee



Friendship Group

Some SWESA member are trying to make it easier by welcoming all ladies to gather outside of SWESA on Saturday mornings. The first meet and greet will be held in front of the A&W at the Southgate Mall food court.

When: Saturday, January 12 at 10:00 am

Location: 5015 - 111 Street

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