

Coming Up This Week:

Date	Program	Time	Location	Cost
Jan. 21	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Jan. 21	Boosting Brain Health	12:30 pm – 3 pm	YECC	FULL
Jan. 21	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Jan. 21	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 21	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 22	Global Outlook	9:30 am – 11:30 am	YECC	\$2.00
Jan. 22	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Jan. 22	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Jan. 22	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Jan. 22	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Jan. 23	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 23	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 23	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Jan. 23	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 24	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Jan. 24	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 24	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Jan. 24	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Jan. 24	Quilling	12 pm – 2 pm	YECC	\$2.00
Jan. 24	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 25	Art Group	9:30 am – 12 pm	YECC	\$2.00
Jan. 25	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Jan. 25	Travel Group	12 pm – 2 pm	YECC	FREE
Jan. 25	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. 23 Keehewin School Registration Due	Jan. 28 Boosting Your Memory
Jan. 24 Nisku Trip Registration Due	Jan. 29 EPL: iPads and Tablets
Jan. 25 River Cree Registration Due	Jan. 29 Writing Group
Jan. 25 Lunch Registration Due	Jan. 30 SWESA Luncheon
Jan. 25 Orchestra Borealis Registration Due	

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.



MySeniorCenter is Here!

On Monday, January 14, we launched our system with the shiny touch screen ready to greet you as you enter the SWESA building. Thank you to everyone for your enthusiasm, patience and cooperation.

We are very excited to see this rolling out!



Intergenerational Programming With Keheewin Elementary School

Grade 4 students at Keheewin Elementary School will be studying Alberta's past in the new year. We are looking for volunteers who have an interest in sharing stories about their life and how it has been shaped by Alberta. Ideas could include immigration stories, accounts of daily life growing up here, and the challenges you may have faced.

The three-part project will be led by the grade 4 teachers.

- Class 1 – Meet and greet activity between student and SWESA partner
- Class 2 – Students will conduct an interview with their partner
- Class 3 – Meet to share their completed research project and report

It is important that SWESA members can commit to all three meetings.

We are hoping to encourage partnerships that can support future projects.

When: Wednesdays, from 10:30 am – 11:30 am (February 6, 13, 20)

Location: Keheewin Elementary School (1910 - 105 Street)

Friendship Group

Some SWESA member are trying to make it easier by welcoming everyone to gather outside of SWESA on Saturday mornings. They will be meeting in front of the A&W at the Southgate Mall food court with a SWESA sign on the table. Men, women, singles or couples are welcome.

When: Saturday, January 19 at 10:00 am

Location: 5015 - 111 Street



Volunteers:



SWESA is looking for a data-entry volunteer in the area of program evaluation. All records are kept using Microsoft Office programs. This data entry can be done on a SWESA computer or your own device and will require 1 – 2 hours of your time per month. In-person training will be provided.

January 21 - 25, 2019

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