

**Coming Up This Week:**

Date	Program	Time	Location	Cost
Jan. 28	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Jan. 28	Boosting Brain Health	12:30 pm – 3 pm	YECC	<b>FULL</b>
Jan. 28	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Jan. 28	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 28	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 29	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Jan. 29	Tech Help: iPads and Tablets	10 am – 11:30 am	YECC	\$2.00
Jan. 29	Writing Group	12 pm – 3 pm	YECC	\$20.00
Jan. 29	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Jan. 29	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Jan. 29	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Jan. 30	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 30	SWESA Luncheon	12 pm – 2 pm	YECC	\$15.00
Jan. 30	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 30	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Jan. 31	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Jan. 31	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 31	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Jan. 31	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Jan. 31	Quilling	12 pm – 2 pm	YECC	\$2.00
Jan. 31	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Feb. 1	Art Group	9:30 am – 12 pm	YECC	\$2.00
Feb. 1	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Feb. 1	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

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

Feb. 5 – Chronic Pain: Botox and Cortisone	Feb. 15 – Travel Interest Group
Feb. 6 – First Aid ( <b>FULL</b> )	<b>Feb. 18 – Closed for Family Day</b>
Feb. 7 – Bus Trip: Nisku Businesses ( <b>FULL</b> )	Feb. 19 – Pancake Day Registration Due
Feb. 8 – Migraines and Headaches	Feb. 21 – Staying Upright: Preventing Falls
Feb. 8 – Bus Trip to River Cree	Feb. 22 – Luncheon Registration Due
Feb. 10 – Orchestra Borealis	Feb. 26 – EPL Tech Help: Cell Phones
Feb. 11 – Book Club	Feb. 26 – Housekeeping Tips, Safety Concerns
Feb. 11 – Canadian Cannabis Clinics	Feb. 27 – SWESA Luncheon
Feb. 12 – International Markets	Feb. 28 – Bus Trip to Rosebud Registration Due

**Please Note:**



**Volunteer:**



**Stay Connected:**

We would like to extend a special thank you to all the wonderful volunteers who have helped with the new MySeniorCenter (MSC) kiosk. January has been extremely busy! We hope that you all had a chance to see the system in operation and if not, we look forward to showing it off!

Key tags are being issued within a week of purchasing your 2019 membership, so please pick yours up if you're in the YECC neighborhood.

**Chronic Pain: Botox and Cortisone**

Wasif Kamal from iCare Pharmacy will discuss the nature of chronic pain and the various treatments available. Some of the discussion will surround using pharmacological treatments such as oral and topical medication before common injections, steroid (otherwise known as cortisone) injections, and more recently, Botox. We will examine the six pillars of pain management which go beyond the scope of only pharmacological treatments.

**When:** Tuesday, February 5 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$2.00

**Migraines/Headaches**

Dr. Karn Kang answers your previously-asked questions in this session.

- migraines vs. headaches
- new research on migraines/headaches
- what you can do today to better track your migraines/headaches
- Nucca upper cervical care

**When:** Friday, February 8 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$2.00

SWESA has a diverse team of board members that includes those with board experience and those without board experience. What they have in common is a real passion for developing our organization and a willingness to roll up their sleeves to get the work done.

You could be a welcome addition to this team.

SWESA is looking for volunteer directors and committee members. If you have experience in the areas of finance, volunteer management, program delivery and evaluation, marketing and communication, governance, policy and procedures, or human resources, we could use your help. [Email Josie here](#) to arrange a meeting for further discussion, ask any questions or to express your interest in volunteering with one of the fastest-growing seniors organizations in our city.

**Seniors United Now Presents: Seniors and Taxation Concerns**

There will be discussion about common types of income for seniors, tax credits and deductions, caregiver and disability amounts, and scams.

**When:** Friday, February 8

**Location:** Whitemud Crossing Library (4211 - 106 Street)

**Cost:** Free For more information, call 780-449-1816.

[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)

Home Supports: 780-860-2931

[www.Swedmontonseniors.ca](http://www.Swedmontonseniors.ca)