

**Coming Up This Week:**

Date	Program	Time	Location	Cost
Feb.11	Book Club	9:30 am – 11:30 am	YECC	\$5.00/s
Feb.11	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Feb. 11	Canadian Cannabis Clinis	10 am – 12 pm	YECC	\$2.00
Feb.11	Boosting Brain Health	12:30 pm – 3 pm	YECC	<b>FULL</b>
Feb.11	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Feb.11	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Feb.11	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Feb. 12	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Feb. 12	International Markets	10 am – 12 pm	YECC	\$3.00
Feb. 12	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 12	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Feb. 12	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Feb. 13	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Feb. 13	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Feb. 13	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Feb. 13	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Feb. 14	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Feb. 14	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Feb. 14	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Feb. 14	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Feb. 14	Quilling	12 pm – 2 pm	YECC	\$2.00
Feb. 14	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Feb. 15	Art Group	9:30 am – 12 pm	YECC	\$2.00
Feb. 15	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Feb. 15	Travel Interest Group	12 pm – 2 pm	YECC	Free
Feb. 15	Bus Trip to River Cree	10 am – 3 pm	YECC	\$5.00
Feb. 15	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Feb. 15	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00
Feb. 19	<b>CLOSED FOR FAMILY DAY</b>			

Colors indicate special classes or events.

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

Feb. 18 – Closed for Family Day	Feb. 26 – EPL Tech Help: Cell Phones
Feb. 19 – Pancake Day Registration Due	Feb. 26 – Housekeeping Tips, Safety Concerns
Feb. 21 – Staying Upright: Preventing Falls	Feb. 27 – SWESA Luncheon
Feb. 22 – Luncheon Registration Due	Feb. 28 – Bus Trip to Rosebud Registration Due

**Please Note:**



**Stay Connected:**



**Canadian Cannabis Clinics**

Chantal Lacroix, clinic lead and medical outreach educator, returns for this session about the industry. Her number one goal is to help her patients maintain a high quality of life. She will speak to the benefits of cannabis for a variety of ailments. Various methods of consumption will be discussed with plenty of time for questions and answers.

**When:** Monday, February 11 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

**Cost:** \$2

**International Markets (Australia, Europe, Japan)**

Europe's old-economy industries have restructured and should experience prosperity. Many European countries are seeing earnings stabilize or increase. Japan is experiencing expansion as well and, as a significant exporter, stands to gain from the economic gains of the United States and Europe. International stocks are inexpensive compared with American stock markets, allowing the opportunity for investors to diversify and add value to their retirement portfolios.

**When:** Tuesday, February 12 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

**Cost:** \$2

**Chinese New Year Pig Roast Dinner**

Celebrate the Year of the Pig with live entertainment, activities, 50/50 raffle, and more. Call 780-496-2997 for more information.

**When:** Mill Woods Seniors Association (2610 Hewes Way, 2nd Floor)

**Location:** February 15, 5 – 9:30 p.m.

**Cost:** \$25 Call 780-496-2997

**Introduction to Print Making**

Are you curious about printmaking? Come spend the afternoon learning how to design and pull your own prints in this beginner's class. Create your own gorgeous prints and experience the magic of making multiple prints in different colours. Different projects will be completed in each session. No previous experience is necessary. Please bring an old shirt or apron to protect your clothing. \$40 supply cost payable to the instructor on the first day. Everything is supplied. Call 780-483-1209 for more information.

**When:** Tuesdays, February 26 – April 9 from 1pm – 3 pm

**Location:** Westend Seniors Activity Centre (9629 176 Street)

**Cost:** \$58 + supplies

<https://mwsac.us12.list-manage.com/track/click?u=3bfef93b1800af16a867bbd6f&id=a28823fdcf&e=33e9dcf487>

**On the Edge: Intellectual Edens - Gardens and Society**

**Gardens have a 4000 year recorded history and almost certainly a longer relationship with humanity. Why might this be? What values are actually being "farmed"? What is the**

587-987-3200

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