**Coming Up This Week:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Program** | **Time** | **Location** | **Cost** |
| Feb.18 | Closed for Family Day |  | **ALL** |  |
| Feb. 19 | Coffee and Chat | 9:30 am – 12 pm | YECC | Donation |
| Feb. 19 | Watercolors for All Levels | 12:30 pm – 2:30 pm | YECC | $97.50 |
| Feb. 19 | Hand and Foot Canasta | 12:30 pm – 3 pm | YECC | $2.00 |
| Feb. 19 | ESSENTRICS for Seniors | 1 pm – 1:45 pm | **eOne** | $10.00 |
| Feb. 20 | American Mahjong | 9:30 am – 12 pm | YECC | $2.00 |
| Feb. 20 | Contract Bridge | 12:30 pm – 3 pm | YECC | $2.00 |
| Feb. 20 | ESSENTRICS/Cardio | 1 pm – 2 pm | **eOne** | $10.00 |
| Feb. 20 | Coffee and Chat | 1 pm – 4 pm | **TCRC** | Donation |
| Feb. 21 | Stretch and Strengthen Yoga | 9 am – 10 am | YECC | $10.00 |
| Feb. 21 | Cribbage | 9:30 am – 11:30 am | YECC | $2.00 |
| Feb. 21 | Staying Upright: Preventing Falls | 10:00 – 12:00 | YECC | $2.00 |
| Feb. 21 | Golden Years, Golden Gloves | 10:15 am – 11:15 am | YECC | $10.00 |
| Feb. 21 | Latin Groove Dance Class | 11:30 am – 12:30 pm | YECC | $65/session |
| Feb. 21 | Quilling | 12 pm – 2 pm | YECC | $2.00 |
| Feb. 21 | 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 | Knitting/Stitching Group | 11:30 am – 3 pm | YECC | $2.00 |
| Feb. 15 | ESSENTRICS 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.](http://swedmontonseniors.ca/wp-content/uploads/2018/12/SWESA-Winter-2019.pdf)

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| --- | --- |
| 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 |
| Feb. 26 – EPL Tech Help: Cell Phones |  |

**Coffee Room Flooring Survey**

The YECC coffee room is becoming busier and busier. Members have expressed that moving the tables away from the book cases and windows would allow for an easier flow of traffic. The current carpeting ends in the middle of the room.

The Yellowbird Community League would consider making improvements to this space to allow us to better accommodate our growing membership. Please take a moment to [give us your feedback here](https://www.surveymonkey.com/r/CW5VZZK). This survey closes Monday morning at 9:00 am.

**Please Note:**



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**Winter 2019 Session Two Starts Soon:**

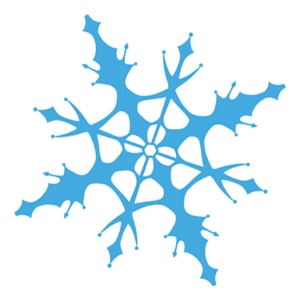
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| --- | --- | --- | --- |
| **Class** | **Date** | **Class** | **Date** |
| Watercolors | February 19 | Gentle Yoga | March 1 |
| Art Group | March 1 | Essentrics (Fri) | March 1 |
| Knitting | March 1 | Essentrics (Tues) | March 5 |
| Quilling | March 7 | Essentrics Cardio (Wed) | March 6 |
| Writing Group | March 12 | Stretch Yoga | March 7 |
| Golden Gloves | March 7 | Latin Groove | March 7 |

**Saturday 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 at the Southgate Mall food court with a SWESA sign on the table. Men, women, singles or couples welcome.

**When:** Saturday, January 19 at 10:00 am

**Location:** 5015 - 111 Street

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**Stay Connected:**

**The Senior Actor with GeriActors Theatre**

Learn the storytelling and acting techniques developed by GeriActors in their upcoming workshop series.

**Date:** Fridays, 3 pm to 5 pm

Spring session: March 8 – May 31 (no class on April 19)

Summer session: July 5 – August 9

**Location:** Sage Seniors Association (15 Sir Winston Churchill Square)

**Cost:** $120 (spring); $60 (summer) or $150 (spring and summer bundle)

**Seniors' Drop-In**

Have a coffee, meet other seniors, and join in some fun activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

**Date:** Tuesday, February 12, 2019 (10:30 am – 12:00 pm)

**Location:** Riverbend Branch (460 Riverbend Square, Rabbit Hill Road and Terwillegar Drive)

**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 relationship between gardens and a developing society? Dr. Lee Foote works as the Director of the University of Alberta’s Devonian Botanic Garden and as a professor of Conservation Biology in the Faculty of Agriculture, Life and Environmental Sciences.

**When:** Tuesday, February 26 at 7:00 pm

**Location:** Millwoods Branch, Edmonton Public Library (2610 Hewes Way)  
**Cost: Free** For more information click [here](https://mwsac.us12.list-manage.com/track/click?u=3bfef93b1800af16a867bbd6f&id=a28823fdcf&e=33e9dcf487).





