

**Coming Up This Week:**

Date	Program	Time	Location	Cost
Feb. 4	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Feb. 4	Boosting Brain Health	12:30 pm – 3 pm	YECC	<b>FULL</b>
Feb. 4	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Feb. 4	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Feb. 4	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Feb. 5	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Feb. 5	Chronic Pain: Botox and Cortisone	12 pm – 2 pm	YECC	\$2.00
Feb. 5	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 5	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Feb. 5	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Feb. 6	First Aid	8:30 am – 4:30 pm	YECC	<b>FULL</b>
Feb. 6	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Feb. 6	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Feb. 6	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Feb. 6	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Feb. 7	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Feb. 7	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Feb. 7	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Feb. 7	Bus Trip to Nisku Businesses	10:30 am – 3 pm	YECC	<b>FULL</b>
Feb. 7	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Feb. 7	Quilling	12 pm – 2 pm	YECC	\$2.00
Feb. 7	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Feb. 8	Art Group	9:30 am – 12 pm	YECC	\$2.00
Feb. 8	Migraines and Headaches	10 am – 12 pm	YECC	\$2.00
Feb. 8	Bus Trip to River Cree	10 am – 3 pm	YECC	\$5.00
Feb. 8	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Feb. 8	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00
Feb. 10	Bus Trip to Orchestra Borealis	2:30 pm – 5:30 pm	YECC	\$20.00

Colors indicate special classes or events.

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

Feb. 11 – Book Club	Feb. 21 – Staying Upright: Preventing Falls
Feb. 11 – Canadian Cannabis Clinics	Feb. 22 – Luncheon Registration Due
Feb. 12 – International Markets	Feb. 26 – EPL Tech Help: Cell Phones
Feb. 15 – Travel Interest Group	Feb. 26 – Housekeeping Tips, Safety Concerns
<b>Feb. 18 – Closed for Family Day</b>	Feb. 27 – SWESA Luncheon
Feb. 19 – Pancake Day Registration Due	Feb. 28 – Bus Trip to Rosebud Registration Due

**Please Note:**



**Bus Trip: Orchestra Borealis**

Orchestra Borealis is pleased to open their second concert of the 2018-2019 season with a world premiere performance of Ra'ah (רהא), composed by Joel Toews who studied composition under Edmonton's own Alan Gilliland. This is a short and melodic work, and the orchestra is thrilled to be contributing to the development of a new Canadian composer. The show will continue with Bizet's popular L'Arlesienne Suite No.1. This familiar French music will have the audience singing along.

The program ends on a decidedly more somber note with the performance of Tchaikovsky's Fifth Symphony. A reception with refreshments will follow.

**When:** Sunday, February 10 from 2:30 pm – 5:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$20 Cost includes bus and entrance fee to show

There are still seats available for this performance.

**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



**Intergenerational Programming With Keheewin Elementary School**

This program with grade four students will be postponed until spring. We are looking for volunteers who have an interest in sharing stories about their life. Ideas could include immigration stories, accounts of daily life growing up here, and the challenges you may have faced.

Please contact Jennifer [here](#) for more information of if you are interested in participating.



**Volunteer:**



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.

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.

587-987-3200

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

Home Supports: 780-860-2931

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