

Coming Up This Week

When	Program	Time	Location	Cost
Monday, Jan. 20	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Jan. 20	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Jan. 20	Tai Chi	1 pm – 2 pm	YECC	\$10
Monday, Jan. 20	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Jan. 21	Global Review And Outlook	9:30 am – 11:30 am	YECC	\$2
Tuesday, Jan. 21	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Jan. 21	Boost Your Brain Health	9:30 am – 12 pm	BQCL	\$5
Tuesday, Jan. 21	Choir	12:15 pm – 1:45 pm	BQCL	\$15
Tuesday, Jan. 21	Watercolors For All Levels	12:15 pm – 1:45 pm	BQCL	\$97.50
Tuesday, Jan. 21	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Jan. 21	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Jan. 22	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Jan. 22	Declutter And Downsize	9:30 am – 11:30 am	YECC	FULL
Wednesday, Jan. 22	Coffee And Chat	9:30 am – 11:30 am	BQCL	Donation
Wednesday, Jan. 22	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Jan. 22	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Jan. 22	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Jan. 23	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Jan. 23	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Jan. 23	Art Therapy	10 am – 11 am	YECC	\$2
Thursday, Jan. 23	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Jan. 23	Burlesque Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Jan. 23	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Jan. 23	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Jan. 23	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Jan. 24	Euchre	9:30 am – 11:30 am	YECC	\$2
Friday, Jan. 24	Vitamins/Supplements	9:30 am – 11:30 am	BQCL	\$2
Friday, Jan. 24	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Jan. 24	Chair Yoga/Meditation	Postponed to Jan. 31	BQCL	\$10
Friday, Jan. 24	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Jan. 24	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10

Please Note



January 20 - 24, 2020

Program Guide And 2020 Memberships Are Now Available

Please [click here](#) for a full version of the Winter 2020 guide.

SWESA Luncheon – Last Call

Our first luncheon of 2020 is coming up on January 29. Join us to celebrate Chinese New Year with a meal provided by Panda Hut Express and entertainment by the Twin Brooks Qipao Dancers.

Registration and payment are due by **Friday, January 24 at noon.**

For all the details, click here for the [poster](#).

Coming Up



2019 Global Financial Review And 2020 Outlook

Join Wei Woo to analyze the latest updates on world-wide political, economic and financial market developments affecting your retirement savings portfolio and investment strategies. We will examine what happened with 2019 investments and discuss what to expect for 2020.

When: Tuesday, January 21 from 9:30 am – 11:30 am at YECC



Art Therapy

Marie Muggeridge is a local artist and art therapist who works primarily as a Found Object artist and dabbles in quilting. Learn about art therapy and why it is for everyone – not just for kids or those with communication concerns. Hear about Art Hives and how they are helping to reduce isolation and offer environmentally friendly art-making activities and about SWESA's planned hive for 2020. Donations from our wish list welcome!

When: Thursday, January 23 from 10 am – 11 am at YECC



Vitamins And Supplements

Vitamins are expensive. Is the benefit worth the cost? With so many different vitamins and supplements available, do you ever wonder which ones you should be taking and if they interact with your prescription medications? Jerry La and Dan Park, your local community Medicine Shoppe pharmacists, welcome all your questions during this session.

When: Friday, January 24 from 9:30 am – 11:30 am at BQCL

Bountiful Farmers' Market: Tour And Taste

Last summer, Edmonton's multiday, year-round, indoor farmers' market opened its doors. Join us for a tour and taste to kick off a Ukrainian weekend. You will be greeted, given a tour and a \$10 voucher for any vendor, and then a meal of perogies and sausage before being left to do your shopping if you choose. GF, vegetarian and other accommodations can be made. Please request when registering. See the vendors' list [here](#). Call 587-987-3200.

When: Friday, January 24 from 10 am – 12 pm

Location: 3696 - 97 Street

Cost: \$20



Stay Connected



Save The Date: The Honourable Nathan Cooper

On May 21, 2019, the Honourable Nathan Cooper, MLA for Olds-Didsbury-Three Hills, was elected by his fellow MLAs to serve as the 14th Speaker of the Legislative Assembly of Alberta. Speaker Cooper looks forward to meeting members of SWESA and sharing his passion for democracy, his knowledge on the Westminster Parliamentary System, and “behind the scenes workings” of the Alberta Legislature. His talk will be non-partisan, and he is happy to take questions at the end.

When: Wednesday, March 11 from 10 am – 11 am

Location: TBA



Southgate Saturday Coffee Group

Everyone is welcome to join this informal meetup near A&W on Saturday mornings. Take this chance to get some steps in and to connect over a hot coffee with fellow members of the community.

When: Saturdays from 10 am – 11:30 am

Location: Southgate Mall Food Court (11100 - 51 Avenue)