

Coming Up This Week

| When | Program | Time | Location | Cost |
|-------------------|-----------------------------|---------------------|----------|----------|
| Monday, Jan. 6 | Gentle Yoga | 9:45 am – 11 am | YECC | \$10 |
| Monday, Jan. 6 | Cribbage | 12:30 pm – 3 pm | YECC | \$2 |
| Monday, Jan. 6 | Coffee And Chat | 1 pm – 4 pm | TCRC | Donation |
| Tuesday, Jan. 7 | Coffee And Chat | 9:30 am – 12 pm | YECC | Donation |
| Tuesday, Jan. 7 | Hand And Foot Canasta | 12:30 pm – 3 pm | YECC | \$2 |
| Tuesday, Jan. 7 | ESSETRICS For Seniors | 1 pm – 1:45 pm | eOne | \$10 |
| Wednesday, Jan. 8 | American Mahjong | 9:30 am – 11:30 am | YECC | \$2 |
| Wednesday, Jan. 8 | BQCL Coffee And Chat | 9:30 am – 11:30 am | BQCL | Donation |
| Wednesday, Jan. 8 | Contract Bridge | 12:30 pm – 3 pm | YECC | \$2 |
| Wednesday, Jan. 8 | ESSETRICS/Cardio | 1 pm – 2 pm | eOne | \$10 |
| Wednesday, Jan. 8 | Coffee And Chat | 1 pm – 4 pm | TCRC | Donation |
| Thursday, Jan. 9 | Stretch And Strengthen Yoga | 9 am – 10 am | YECC | \$10 |
| Thursday, Jan. 9 | Cribbage | 9:30 am – 11:30 am | YECC | \$2 |
| Thursday, Jan. 9 | Golden Gloves | 10:15 am – 11:15 am | YECC | \$10 |
| Thursday, Jan. 9 | Burlesque Dance | 11:30 am – 12:30 pm | YECC | \$10 |
| Thursday, Jan. 9 | Paper Quilling Group | 12 pm – 2 pm | YECC | \$2 |
| Thursday, Jan. 9 | Zumba Gold | 12:45 pm – 1:45 pm | YECC | \$10 |
| Thursday, Jan. 9 | Arizona Ten | 1:30 pm – 4:30 pm | BQCL | \$2 |
| Friday, Jan. 10 | Euchre | 9:30 am – 11:30 am | YECC | \$2 |
| Friday, Jan. 10 | Art Group | 9:30 am – 12 pm | YECC | \$2 |
| Friday, Jan. 10 | Registration And Membership | 11 am – 2 pm | YECC | |
| Friday, Jan. 10 | Knitting/Stitching Group | 11:30 am – 3 pm | YECC | \$2 |
| Friday, Jan. 10 | ESSETRICS For Seniors | 1 pm – 1:45 pm | YECC | \$10 |

Please Note



Program Guide And 2020 Memberships Are Now Available

The winter 2020 Program Guide is now available. Please [click here](#) for a full version of the guide. Paper copies are available at all sites.

All reservations and registrations must be submitted with a completed [registration form](#). You must have a valid 2020 membership to register for programs. Programs registration will open to non-members on January 10.

SWESA Luncheon

Our first luncheon of 2020 is coming up on January 29. Join us to celebrate the 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](#).



LESS
is the
NEW
MORE.



Volunteer



Create A Plan For Aging In Place

Do you understand what aging in place truly means? It means having the supports and services that enable you to live independently for as long as you can. Planning can help you achieve this goal. Join Jolyn Hall of Edmonton55 as she covers all the factors that we need to consider and guides us through creating an age-in-place plan that covers several expected and unexpected life changes.

When: Tuesday, January 14 from 9:30 am – 11:30 am

Location: Blue Quill Community League

Declutter And Downsize In A Holistic Way

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? Are you overwhelmed with what to do with your possessions? Professional organizer Lynn Fraser will prepare you for success.

Class 1: Learn the S.P.A.C.E. strategy, Top 11 Checklist, Two Pile Plus system, and more ways that will help you keep the items that bring you joy and find new homes for those that don't.

Class 2: Develop a plan (the four P's) to downsize and move with less stress and more ease.

When: Wednesdays, from 9:30 am – 11:30 am

January 15, 22

Location: Yellowbird East Community Centre

Cost: Member \$25 for both classes; Non-member \$35 for both classes

Registration is required by January 8.

Living Before Dying

St. Joseph's Auxiliary Hospital, a facility operated by Covenant Health and funded by Alberta Health Services, is currently engaged in a project to increase their volunteer force. The Living Before Dying project is designed to recruit and mentor volunteers who aspire to make a difference in the lives of long-care residents by increasing their sense of belonging and self-esteem. Join volunteers who are spearheading the initiative, and learn more about the program.

When: Friday, January 17 from 10 am – 11 am

Location: Blue Quill Community League

Seniors Olympics At MacTaggart Place Retirement Residence

Stephanie Roth, Health and Wellness Director at MacTaggart Place Retirement Residence, is hosting a weeklong event that mimics the Olympics. These events aim to encourage residents to participate in different physical and cognitive games with medals and opening and closing ceremonies. She is looking for volunteers to assist with handing out stickers and water to participants in the "Walk the Halls" event. Volunteers are welcome to stay for the entertainment.

Please call Stephanie at 780-913-1546 if you are interested.

When: Monday, February 3 from 1:30 pm – 2:30 pm

Location: MacTaggart Place Retirement Residence (5149 Mullen Road)