

Coming Up This Week:

Date	Program	Time	Location	Cost
Jan. 7	Volunteer Committee Meeting	9:30 am – 11 am	YECC	Free
Jan. 7	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Jan. 7	Lunch Bunch Meeting	11 am – 12 pm	YECC	Free
Jan. 7	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Jan. 7	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 7	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 8	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Jan. 8	CMEF Toonie Talk: Intergenerational	10 am – 12 pm	YECC	Free
Jan. 8	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Jan. 8	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Jan. 8	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Jan. 9	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Jan. 9	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Jan. 9	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Jan. 9	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Jan. 10	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Jan. 10	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Jan. 10	CMEF Toonie Talk: Ageism	10 am – 12 pm	YECC	Free
Jan. 10	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Jan. 10	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Jan. 10	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Jan. 11	Art Group	9:30 am – 12 pm	YECC	\$2.00
Jan. 11	CMEF Toonie Talk: Safety	10 am – 12 pm	YECC	Free
Jan. 11	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Jan. 11	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

Coming Up This Month:

Jan. 14 Book Club	Jan. 24 Nisku Trip Registration Due
Jan. 15 Finance, Benefits and Estate Planning	Jan. 25 Lunch Registration Due
Jan. 16 Find Out More About Transit	Jan. 25 Travel Interest Group
Jan. 17 Quilling	Jan. 25 Orchestra Borealis Registration Due
Jan. 18 Emergency Cardiac Care	Jan. 29 EPL: iPads and Tablets
Jan. 21 Boosting Your Memory	Jan. 29 Writing Group
Jan. 22 2018 Global Financial Review	Jan. 30 SWESA Luncheon

More details are available in the [program guide here](#).

Please Note:



Stay Connected:



If you have not renewed your membership for 2019, please make sure to complete our new participation form at the time of purchase.

You can find the form [here](#).

Volunteer information and applications can be found [here](#) or at our YECC location.

Latin Groove Classes

Drive the winter blues away with hot sounds and dance of the south! SWESA's certified dance instructor Michelle will have you moving and grooving to the sounds of salsa, merengue, batchata, cha-cha, samba, rumba, tango, mambo, and more. True Latin movement and step work will be learned along the way to a happy and vibrant you. No experience is required. Good footwear, a water bottle and a great attitude are all you need to make the best of this class. An hour of exercise will fly by quickly! No drop-ins will be accepted after January 10.

When: Thursdays, from 11:30 am – 12:30 pm starting Jan. 10

Location: Yellowbird East Community Centre

Cost: \$65/session for members

Women's Friendship Group

Making friends was easy when you were in school, working or raising kids. Relocating or retiring can make meeting new people difficult or intimidating. Some SWESA members are trying to make it easier by welcoming all ladies to gather outside of SWESA on Saturday mornings. The first meet and greet will be held in front of the A&W at the Southgate Mall food court.

When: Saturday, January 12 at 10:00 am

Location: 5015 - 111 Street

St. Basil's Cultural Centre: Wednesday Luncheon

Join members of the community for all you can eat soup and sandwiches on the last Wednesday of the month. There will be more options available.

Registration is not required, but if you are planning to attend with a group, please call Joe at 780-434-4288.

When: Wednesday, January 30 from 11:00 am – 2:00 pm

Location: St. Basil's Cultural Centre (10819 - 71 Avenue)

Cost: \$10/person