

Coming Up This Week:

Date	Program	Time	Location	Cost
Feb. 25	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Feb. 25	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Feb. 25	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Feb. 25	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Feb. 26	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Feb. 26	Tech Help: All About iPhones	10 am – 11:30 am	YECC	\$2.00
Feb. 26	Writing Group	12 pm – 3 pm	YECC	\$20.00
Feb. 26	Watercolors for All Levels	12:30 pm – 2:30 pm	YECC	\$97.50
Feb. 26	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Feb. 26	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Feb. 26	Housekeeping Tips With SHSP	1 pm – 2 pm	YECC	Free
Feb. 27	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Feb. 27	February Luncheon: Mardi Gras	12 pm – 2 pm	YECC	FULL
Feb. 27	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Feb. 27	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Feb. 28	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Feb. 28	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Feb. 28	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Feb. 28	Latin Groove Dance Class	11:30 am – 12:30 pm	YECC	\$65/session
Feb. 28	Quilling	12 pm – 2 pm	YECC	\$2.00
Feb. 28	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Mar. 1	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Mar. 1	Art Group	9:30 am – 12 pm	YECC	\$2.00
Mar. 1	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Mar. 1	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

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

Feb. 28 – Bus Trip to Rosebud Registration Due	Mar. 12 – Cannabis As An Investment?
Mar. 1 – Bus Trip to Museum Registration Due	Mar. 13 – Supervised Consumption Sites
Mar. 4 – EPL: General Tech Help at TCRC	Mar. 15 – Bus Trip to Royal Alberta Museum
Mar. 5 – Pancake Day	Mar. 19 – EPL: Email for Beginners
Mar. 6 – Fundamental of Tooth Loss	Mar. 19 – Incontinence and AADL
Mar. 8 – Letters to Normand	Mar. 20 – SWESA Luncheon
Mar. 11 – Book Club	Mar. 22 – SWESA Travel Interest Group
Mar. 11 – Petra Schulz (Harm Reduction Series)	Mar. 26 – Denture Options

Please Note:



Stay Connected:



Last Call for Spring/Summer Program Requests

Can you believe that we are moving towards finalizing all our May – August planning at SWESA? Please let us know if there are changes or new programs that you would like us to offer.

You can call the program coordinator at 587-987-3200 or email programs@swedmontonseniors.ca.

SWESA Casino News

Thank you to everyone who volunteered! You will be contacted prior to the end of March with an orientation date. If you are not sure about your shift or have questions pertaining to the casino, contact Shirley at shirl.adam@gmail.com

Winter 2019 Session 2 Starts Soon

Class	Date	Class	Date
Art Group	March 1	Essentrics (Fri.)	March 1
Knitting	March 1	Essentrics (Tues.)	March 5
Gentle Yoga	March 4	Essentrics Cardio (Wed.)	March 6
Quilling	March 7	Stretch Yoga	March 7
Writing Group	March 12	Latin Groove	March 7
Golden Gloves	March 7		

The GANG Presents Art and Design Market

Supporting the Stephen Lewis Grandmother’s Campaign, this Art and Design Market will carry unique, previously-loved items for your home at great prices. Refresh your home, your look, and get ideas for new colour palettes. Get advice from design and decorator experts on the latest trends and shop from their collection of art, pottery, glassware, and more.

When: Saturday, March 9 from 10:00 am – 4:00 pm

Location: Southminster-Steinhauer United Church (10740 - 19 Avenue)

Oak Hills Community Engagement: Community Survey

- **What is it?** A survey to gain information on the needs and well-being of our residents to inform:
 - I. Development potential at Leger Park – pavilion, hub, meeting place, recreation...
 - II. Renewal potential to Carter Crest Playground, and park space...
- **Who?** All residents of Leger and Carter Crest
- **Why a survey?** This is part two of an engagement process started in 2017 to fine-tune exactly what needs to be improved and will address:
 - I. Household well-being – answers to this component will give important insights into our community needs in order to address gaps in services
 - II. Personal recreation needs

Important Dates

Thursday, February 28– Survey closes

Thursday, March 7 - Open House (location TBA)

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca