

Coming Up This Week

When	Program	Time	Location	Cost
Monday, Jan. 13	Book Club: The Imposter Bride	9:30 am – 11:30 am	YECC	\$5/s
Monday, Jan. 13	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Jan. 13	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Jan. 13	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Jan. 14	Plan For Aging In Place	9:30 am – 11:30 am	BQCL	\$2
Tuesday, Jan. 14	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Jan. 14	Choir	12:15 pm – 1:15 pm	BQCL	\$15
Tuesday, Jan. 14	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Jan. 14	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Jan. 15	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Jan. 15	Declutter And Downsize	9:30 am – 11:30 am	YECC	\$25
Wednesday, Jan. 15	BQCL Coffee And Chat	9:30 am – 11:30 am	BQCL	Donation
Wednesday, Jan. 15	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Jan. 15	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Jan. 15	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Jan. 16	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Jan. 16	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Jan. 16	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Jan. 16	Burlesque Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Jan. 16	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Jan. 16	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Jan. 16	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Jan. 17	Euchre	9:30 am – 11:30 am	YECC	\$2
Friday, Jan. 17	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Jan. 17	Living Before Dying	10 am – 11 am	BQCL	\$2
Friday, Jan. 17	Chair Yoga/Meditation	11:15 am – 12:15 pm	BQCL	\$10
Friday, Jan. 17	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Jan. 17	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10

Please Note



January 13 - 17, 2020

Program Guide And 2020 Memberships Are Now Available

Please [click here](#) for a full version of the Winter 2020 guide. Paper copies are available at all sites. All reservations and registrations must be submitted with a completed [registration form](#).

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.



Stay Connected



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? 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

Last-minute spots are available.

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

Drive Happiness Online Raffle

Drive Happiness subsidizes \$28 per ride taken for older adults who use their service. Every raffle ticket sold helps them continue to provide transportation to get seniors where they need to go, whether that be medical appointments, to the grocery store, or to visit friends, family and even SWESA! This raffle is completely online and can be entered by clicking [here](#).

Twin Brooks Seniors Innovation Fund: Live And Learn Series

Join our neighbours for financial presentations by volunteers from the Seniors Financial Empowerment Network and Age Friendly Edmonton.

Please find more details by clicking [here](#).

When: Sunday, January 12 from 2 pm – 5 pm

Location: Twin Brooks Community Hall (11323 -12 Avenue)

For more information, call Ida at 780-989-5431.