

Coming Up This Week

When	Program	Time	Where	Cost
Monday, Feb. 10	Book Club: Motorcycle Diaries	9:30 am – 11:30 am	YECC	\$5/s
Monday, Feb. 10	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Feb. 10	More From Your Doctor's Visit	10 am – 11:30 am	YECC	\$2
Monday, Feb. 10	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Feb. 10	Tai Chi	1 pm – 2 pm	YECC	\$10
Monday, Feb. 10	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Feb. 11	Understanding Housing Options	9:30 am – 11:30 am	BQCL	\$2
Tuesday, Feb. 11	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Feb. 11	Choir	12:15 pm – 1:45 pm	BQCL	\$15
Tuesday, Feb. 11	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Feb. 11	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Feb. 11	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Feb. 12	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Feb. 12	Coffee and Chat	9:30 am – 11:30 am	BQCL	Donation
Wednesday, Feb. 12	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Feb. 12	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Feb. 12	Chartwell Lunch And Learn	1 pm – 4 pm	Offsite	FULL
Monday, Feb. 10	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Feb. 13	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Feb. 13	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Feb. 13	Travel With Colleen	9:30 am – 11:30 am	YECC	\$2
Thursday, Feb. 13	SWESA Art Hive	10 am – 12 pm	BQCL	\$5
Thursday, Feb. 13	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Feb. 13	Burlesque Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Feb. 13	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Feb. 13	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Feb. 13	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Feb. 14	Euchre	9:30 am – 11:30 am	YECC	\$2
Friday, Feb. 14	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Feb. 14	Chair Yoga/Meditation	11:15 am – 12:15 pm	BQCL	\$10
Friday, Feb. 14	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Feb. 14	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10
Friday, Feb. 14	Big Bang To Today	2 pm – 4 pm	Offsite	FULL
Friday, Feb. 14	The Senior Actor	4 pm – 6 pm	BQCL	Donation



SWESA Luncheon Photos of all our lunches can be found [here](#).
Avoid missing out and get your tickets to February's lunch soon! Registration and payment are due by **Friday, February 21 at noon**. Click here for the [poster](#).

Coming Up



Stay Connected



February 10-14, 2020

Get More From Your Doctor's Visit

Have you ever forgotten some important information after a doctor's visit? Or felt like the appointment did not meet your needs? Kirstin Veugelers, PhD, bridges the gap between patients and medical care providers. She will offer tips to make the most of your time with your doctor and share services that can support you. Monday, February 10 from 10 am – 11:30 am at YECC

Understanding Housing Options As We Age

Are you confused by options? Unsure of what would benefit you? Join Jolyn Hall of Edmonton55 as she helps clarify your choices and options for care as you age. We will discuss when to consider a move and the financial implications of renting vs buying vs a life lease. Learn to be proactive to stay in control of your options.

Tuesday, February 11 from 9:30 am – 11:30 am at BQCL

Chartwell Heritage Valley: Lunch And Learn – This program is full.

Guests will enjoy lunch, a tour and a presentation by Colistro Chronopoulos LLP Barristers and Solicitors about power of attorney, wills and personal directives.

When: Wednesday, February 12 from 1 pm – 4 pm

Location: [944 James Mowatt Trail](#) - click for map!

Water Brush Lettering

Jeanine Alexander and Gail Fournier, members of the Edmonton Calligraphic Society, join us to demonstrate how to write a basic italic style of letters. After some practice combining letters into words with pencils, you will switch to a water brush and a palette of watercolors. All supplies are included and yours to keep.

When: Friday, February 21 from 9:30 am – 12:30 pm

Location: Blue Quill Community League Cost: Member \$25; Non-member \$35

Registration is required by February 14.

Pysanky Workshop

Pysanky is a traditional craft in Ukraine and Poland. Patterns are drawn on the egg with wax, protecting the areas from applied dye. By repeating this process with different colors of dye, a multicolored pattern is built up. Finally, the wax is removed to reveal the colors that were covered up at each stage. Lyrissa Sheptak leads this workshop that will teach you more about the symbolism, meaning, and technique behind these Easter eggs before you make your own to take home.

When: Wednesday, March 11 from 10 am – 1 pm

Location: Yellowbird East Community Centre

Cost: Member \$20; Non-member \$30 **Registration is required by February 28.**

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)

Seniors United Now: Edmonton South Chapter Meeting

Join Bea Claire, Healthy Aging Social Worker with The Primary Care Network as she covers personal directives, enduring power of attorney, goals of care and greensleeves. View Printable: [Meeting Notice](#)