

Coming Up This Week

When	Program	Time	Location	Cost
Monday, Feb. 24	Whole Grains	9:30 am – 11:30 am	BQCL	\$2
Monday, Feb. 24	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Feb. 24	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Feb. 24	Tai Chi	1 pm – 2 pm	YECC	\$10
Monday, Feb. 24	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Feb. 25	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Feb. 25	Pancake Day	10 am – 11:30 am	Offsite	\$12
Tuesday, Feb. 25	Tech Help: Video Chat	10 am – 11:30 am	YECC	\$2
Tuesday, Feb. 25	Choir	12:15 pm – 1:45 pm	BQCL	\$15
Tuesday, Feb. 25	Watercolors – Last Class	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Feb. 25	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Feb. 25	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Feb. 26	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Feb. 26	SWESA Luncheon	11:15 am – 2 pm	YECC	\$17
Wednesday, Feb. 26	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Feb. 26	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Thursday, Feb. 27	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Feb. 27	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Feb. 27	SWESA Art Hive	10 am – 12 pm	BQCL	\$5
Thursday, Feb. 27	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Feb. 27	Burlesque Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Feb. 27	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Feb. 27	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Feb. 27	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Feb. 28	Open Games	9:30 am – 11:30 am	YECC	\$2
Friday, Feb. 28	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Feb. 28	Chair Yoga/Meditation	11:15 am – 12:15 pm	BQCL	\$10
Friday, Feb. 28	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Feb. 28	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10
Friday, Feb. 28	Big Bang To Today	2 pm – 4 pm	Offsite	FULL
Friday, Feb. 28	The Senior Actor	4 pm – 6 pm	BQCL	Donation



Session 2 The second sessions of our fitness and arts classes begin in March. This is a great chance to start a new class with a discounted rate and to stay committed until spring arrives. Don't miss out on the remaining winter bus trips or special events. Click [here](#) for the full Winter 2020 Program Guide.

Spring and summer plans are well underway! Do you have requests or suggestions? Let us know [here](#).

Coming Up



Stay Connected



Healthy Eating With Whole Grains

Dietitian Shirzad Chunara will help participants discover easy and tasty ways to incorporate whole-grain foods into their meals. Explore the importance of whole grains for health with this interactive workshop.

Monday, February 24 from 9:30 am – 11:30 am at BQCL **Cost:** \$2

Pancake Day is the tradition of eating pancakes or any rich foods on the last day of feasting before Lent. Please join us for a morning of friendship at IHOP where we will be provided with a full breakfast of pancakes, bacon or sausage, scrambled eggs, and fruit. Coffee and juice are included.

Tuesday, February 25 from 10 am – 11:30 am at IHOP (3921 Calgary Trail)

Cost: Member \$12; Non-member \$22 **Registration is required.**

Tech Help With EPL

Although technology can help us keep connected, safe and healthy, it can also be the cause of frustration. Just when we get the hang of something, it changes. Edmonton Public Library (EPL) staff will come right to us and share their knowledge on this month's subject: Video Chat.

Tuesday, February 25 from 10 am – 11:30 am at YECC **Cost:** \$2

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. Lyrisa 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.

Wednesday, March 11 from 10 am – 1 pm at YECC.

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

Save The Date: The Honourable Nathan Cooper

On May 21, 2019, the Honourable Nathan Cooper, MLA for Olds-Didsbury-Three Hills, was elected by his fellow MLAs to serve as the 14th Speaker of the Legislative Assembly of Alberta. Speaker Cooper looks forward to meeting members of SWESA and sharing his passion for democracy, his knowledge on the Westminster Parliamentary System, and "behind the scenes workings" of the Alberta Legislature. His talk will be non-partisan, and he is happy to take questions at the end.

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

Location: TBA

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)