

When	Program	When	Location	Cost
Monday, Mar. 2	Gentle Yoga	9:45 am – 11 am	YECC	\$10
Monday, Mar. 2	Cribbage	12:30 pm – 3 pm	YECC	\$2
Monday, Mar. 2	Tai Chi	1 pm – 2 pm	YECC	\$10
Monday, Mar. 2	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Mar. 3	Boosting Brain Health	9 am – 11:30 am	BQCL	\$5
Tuesday, Mar. 3	Coffee And Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Mar. 3	Falls: Hidden Dangers	10 am – 11 am	YECC	\$2
Tuesday, Mar. 3	Choir	12:15 pm – 1:45 pm	BQCL	\$15
Tuesday, Mar. 3	Hand And Foot Canasta	12:30 pm – 3 pm	YECC	\$2
Tuesday, Mar. 3	ESSETRICS For Seniors	1 pm – 1:45 pm	eOne	\$10
Wednesday, Mar. 4	American Mahjong	9:30 am – 11:30 am	YECC	\$2
Wednesday, Mar. 4	Maximize Your Health	9:30 am – 11:30 am	YECC	\$2
Wednesday, Mar. 4	Coffee And Chat	9:30 am – 11:30 am	BQCL	Donation
Wednesday, Mar. 4	Contract Bridge	12:30 pm – 3 pm	YECC	\$2
Wednesday, Mar. 4	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10
Wednesday, Mar. 4	Coffee And Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Mar. 5	Stretch And Strengthen Yoga	9 am – 10 am	YECC	\$10
Thursday, Mar. 5	Cribbage	9:30 am – 11:30 am	YECC	\$2
Thursday, Mar. 5	SWESA Art Hive	10 am – 12 pm	BQCL	\$5
Thursday, Mar. 5	Golden Gloves	10:15 am – 11:15 am	YECC	\$10
Thursday, Mar. 5	Latin Groove Dance	11:30 am – 12:30 pm	YECC	\$10
Thursday, Mar. 5	Paper Quilling Group	12 pm – 2 pm	YECC	\$2
Thursday, Mar. 5	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10
Thursday, Mar. 5	Arizona Ten	1:30 pm – 4:30 pm	BQCL	\$2
Friday, Mar. 6	Open Games	9:30 am – 11:30 am	YECC	\$2
Friday, Mar. 6	Art Group	9:30 am – 12 pm	YECC	\$2
Friday, Mar. 6	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2
Friday, Mar. 6	ESSETRICS For Seniors	1 pm – 1:45 pm	YECC	\$10
Friday, Mar. 6	Big Bang To Today	2 pm – 4 pm	Offsite	<b>FULL</b>
Friday, Mar. 6	The Senior Actor	4 pm – 6 pm	BQCL	Donation

*Session 2*



**Session 2**

Round 2 of our fitness and arts classes begins in March. This is a great chance to start a new class with a discounted rate and to stay committed until spring arrives.

**Dance With Michelle**

Next up, Latin Groove! Samba, Rumba, Cha Cha, Bachata, Salsa, Tango and Mambo. Start with fun combination foot work and build a routine from week to week. No partners needed! Perfection is not the focus here, but you will exercise the mind and body. Practice videos are provided. Class begins March 5.

## Coming Up

thank  
you



## Stay Connected



March 2 - 6, 2020

### Edmonton Calligraphic Society

We would like to thank Jeanine and Gail for their time in leading the Water Brush Lettering class last week. The group meets the first Wednesday of the month at the Millwoods Seniors and Multicultural Centre. Click [here](#) for more information.

### Falls: Spotting Hidden Dangers: Location Change

Falls are the leading cause of fatal and non-fatal injuries for seniors, threatening their independence, mobility and safety. Starr Friesen, client care manager with Comfort Keepers, will examine some of the potential hazards that may be present in your daily routine.

**When:** Tuesday, March 3 from 10 am – 11 am at **YECC**

### Maximize Your Health And Treatment

Have you ever experienced side effects from a medication and then been given another prescription to treat them? This scenario is known as “prescription cascade.” Wasif Kamal, pharmacist and owner of iCare Pharmacy, will discuss how approaches to your health should change as you age.

**When:** Wednesday, March 4 from 9:30 am – 11:30 am at YECC

### With Colleen: Date Change

Colleen returns and touches on three subjects during this session. She will provide solo travel information as well as multigenerational and golf all-inclusive trips. Have you done enough international travel and are looking forward to getting to know North America a little better? Colleen will also share some closer destination ideas.

**When:** **Thursday, March 12** from 9:30 am – 11:30 am at YECC

### Bus Trip: Heisenberg At The Varscona Theatre

A Shadow Theatre production hits the audience’s hearts while simultaneously opening their minds. Amongst the bustle of a crowded London train station, 40-ish Georgie spots Alex, a much older man, and plants a kiss on his neck. This electric encounter thrusts these two strangers into a fascinating and life-changing game, peeling away the many layers of everyday relationships.

**When:** Saturday, March 14 from 1:30 pm – 3:30 pm from BQCL

**Cost:** Member \$35; Non-member \$45 **Registration is required by March 2.**

### 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)

### Norquest College Family Caregiver Wellness Workshops

Gain the confidence to safely look after your loved one at home with Family Caregiver Wellness Workshops. Workshops are 2-2.5 hours and include a class lecture, hands-on training, and a simulated scenario related to the workshop topic. Workshops include Assisting with Mobility-Safe Practices, Assisting with Personal and Intimate Care, and Mealtime and Medication Assistance.

Overview and registration information can be found [here](#).