



2023

Program & Activities WINTER GUIDE January – April

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Photo from SWESA “Hello Neighbour- We’d like to meet you project, marking National Day for Truth & Reconciliation”

Main Line: 587-987-3200 | **Website:** www.swesa.ca | **E-mail:** programs@swesa.ca

Administration Office:

Blue Quill Community Centre: **BQCC** - 11304 25 Ave NW

Program Locations:

Blue Quill Community Centre: **BQCC** - 11304 - 25 Ave NW

Yellowbird East Community Centre: **YECC** - 10710 - 19 Ave NW

Terwillegar Community Recreation Centre, 2nd Floor MP-A: **TCRC** 2051 Leger Rd NW

Mailing Address:

SWESA
Box 88008 Rabbit Hill PO
Edmonton, AB T6R 0M5



Celebrating Ten Years in 2022

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Land Acknowledgement

SouthWest Edmonton Seniors Association (SWESA) acknowledges that we operate on Treaty 6 territory, the traditional land of the Cree, Dene, Anishinaabe, Saukteaux, Nakota Sioux, Blackfoot, and Métis.

We call on our collective traditions and spirits to work on reconciliation and on building a strong community for today and future generations.

A Great Place to be 55+

SouthWest Edmonton Seniors Association (SWESA) offers social, cultural, and recreational programs at several locations that are gathering places for individuals 55+ living in southwest Edmonton.

SWESA is run by a group of passionate volunteers and dedicated staff.

Our mission is that, as a member-driven organization working in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services.

Our vision is that we are a progressive organization creating a vibrant, welcoming, age-friendly community.

We ascribe to the core values of collaboration, respect, inclusion, accountability, and innovation.

Subscribe to receive the SWESA Bulletin

The SWESA Bulletin profiles upcoming programs, events, highlights, and the latest happenings at SWESA.

To receive the Bulletin directly to your e-mail, please sign up by going to <http://swesa.ca/newsletter/> or visit us in person to be added to our contact list.

Membership Information

Regular Member

Regular Members are ages 55+ who have paid their membership fee for the current year.

SWESA's annual membership fee is \$30. The membership year runs from January 1 to December 31; membership fees are non-refundable, non-transferrable and not pro-rated if you join part way through the year.

Benefits of SWESA Membership

- Priority registration will be given to SWESA members for programs, activities, and events
- Access to our facilities
- Complimentary Café SWESA- Coffee & Chats
- Drop-in lounge and the book and puzzle exchange at Blue Quill Community Centre (BQCC), Admin Office
- Member rates for programs, activities, and events
- Reciprocal rights at partnered Senior Centres in Edmonton
- Discounts at most City of Edmonton recreational facilities
- E-mail Bulletin with up-to-date news and events
- Vote at the Annual General Meeting and Special General meetings
- Complimentary FYI Talks, formerly known as Toonie Talks
- Activity Pass (unlimited access to join multiple non-instructional activities)

Associate Member

An associate member is under the age of 55 and a spouse/partner of a regular member. Regular membership fees apply.

Reciprocal Member

Reciprocal members are current members in another seniors centre organization that is included in the Reciprocal Agreement. A valid membership from partnered seniors centres (reciprocal membership) will be recognized for participation in instructor-led programs only at member rates. Reciprocal members must complete and sign a SWESA participant agreement form prior to attending programs. Priority registration will be given to SWESA members.

For non-instructional activities listed in the Activity Pass program such as Cards and Games, Reciprocal Members must purchase a SWESA Membership and an Activity Pass to participate.

Non-member

A non-member is a person who has not purchased a membership with SWESA. Non-member rates will apply.

Activity Pass

What is an Activity Pass?

An Activity Pass enables SWESA members to attend an unlimited number of SWESA's non-instructional activities such as Art Group, Knitting & Stitching, Cribbage, Hand and Foot Canasta, Bridge (Contract), American Mahjong, Arizona 10.

Who can purchase an Activity Pass?

The Activity Pass is available to SWESA members only. Potential members are welcome to attend an activity one time as a guest. Please purchase a membership and activity pass if you'd like to attend again. Reciprocal Members must purchase a SWESA Membership to purchase and participate in the SWESA Activity Pass.

How much does it cost?

The Activity Pass can be purchased for \$20 per Program Guide. It is non-refundable, non-transferable, and not pro-rated if you join part way through season.

How does an Activity Pass work?

When an Activity Pass is purchased, it is registered in MySeniorCenter; there is no physical pass given to a member. Members will use their key tag to sign in at YECC or BQCC and choose the activity they are attending that day. If a member is attending more than one activity in the day, they will choose all that they are attending from the sign in screen. It is important for SWESA to continue to take attendance to generate statistics needed for granting and planning purposes.

What if a member and/or guest would like to pay for an individual activity on the day they attend?

If you wish to financially support SWESA, consider donating to our Annual Appeal. Visit our website at <http://swesa.ca/2022-annual-appeal/> for more information.

Registration, Drop-in and Acceptable Forms of Payment

- Priority registration is given to members who enroll in a session.
- Drop-ins are currently not permitted in Instructor-led programs.

Register early to avoid program cancellation due to low enrollment or to avoid disappointment as some classes fill up quickly.

Registration is only confirmed once payment is received.

On-line: Program and activity registration including credit card payment online, can be done through MyActiveCenter by going to www.MyActiveCenter.com See page 7 for login instructions.

You must be a valid SWESA member with a SWESA key tag to register online.

In Person: Visit SWESA Administration Office at Blue Quill Community Centre to register and pay in person. Debit or credit card are the preferred methods of payment. Cash or Cheque made payable to SWESA are accepted.

Cancellations/Refunds

SWESA reserves the right to cancel programs. Programs and activities may change with minimal notice. **Registered participants will be notified with program changes or if program is cancelled.**

Fees collected at the time of registration are fully refundable. No refunds will be given to participants if they withdraw from a program of their own volition, or should they cancel after a registration. Credit may be given at the discretion of SWESA.

Checking In: Scanning your Member Key Tag and guests of SWESA

At Yellowbird East Community Centre, please check-in by scanning your key tag at entry before going to your class or activity.

Guests participating in all SWESA programs/activities **must** complete and sign a participant agreement form prior to attending.

No Scent Please: In respect for those with allergies, we ask that you do not wear scent when in our facilities.

Disclaimer/Liability

All participants (member, associate, reciprocal, and non-member) are required to sign a participant agreement form/waiver.

SWESA is not responsible for any physical injuries that may take place during any of its programming. Program dates, times, locations, and fees are subject to change.

As a program or activity participant, individuals also recognize and accept that there is a risk of contracting COVID-19 due to their participation and recognize that SWESA cannot be held liable for a COVID-19 outbreak or transmission caused by participant negligence. We ask that you stay home if you are feeling unwell or exhibiting COVID-19 symptoms, or if you have been in contact with someone who has recently tested positive for COVID-19.

Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of the opinions of SWESA's board of directors, staff, or volunteers.

MyActiveCenter- Instructions for Using and Setting Up

1. Go to this link <https://myactivecenter.com/> to open MyActiveCenter.
2. Login to your MyActiveCenter account.

New User: At the very top, select the green button “New Users” to create and activate a new account.

Fill in your Information:

- Key Tag Number: Is found on the back of your key tag.
- Home Phone Number: Is the number you used to register for your membership.
- Email Address: Use your primary email address.
- Password: Set your own password. Don't forget to remember it for next time!
- Click Continue.

Existing User: At the very top, select “Sign In” and login with the same email and password you used last time.

- If you have forgotten your password, select reset your password and follow instructions (For tablet or smartphone users you will need to go to <https://myactivecenter.com/#reset-password>)
- Click Continue.

3. Search for “SouthWest Edmonton Seniors” in the search bar and select “SouthWest Edmonton Seniors Association” from the search results.

5. Once you have successfully created an account or logged in, all available classes will be listed in alphabetical order. Select the class you wish to register for by clicking the name of the program.

6. Scroll down to the calendar. Select one of the days listed. If it is a series, confirm you wish to enroll in all classes by hitting “continue” (this step will not appear if it is a one-time class).

7. Scroll above the calendar to a grey box to review and confirm the dates you have selected, hit the green “Register” button.

8. One final pop-up will appear to confirm your registration dates, click “Register”.

9. Payment: Online payment by credit card (except Amex) is accepted on [MyActiveCenter](#).

10. To see what you've registered for, click on 'Hi (your name)' on the top right of the page and select 'activities'. A calendar appears with a list of what you are registered for. If you have registered in person, allow several days for it to be processed and appear on the MyActiveCenter site.

Centre Hours/Closures

Administration Office: Blue Quill Community Centre, BQCC: 11304 - 25 Ave NW

Monday to Friday 9:00 am – 4:30 pm

Please call 587-987-3200 if the Blue Quill Community Centre entrance door is locked during office hours.

Yellowbird East Community Centre, YECC: 10710 - 19 Ave NW

Hours vary, only open during scheduled programs. Please visit BQCC-Admin Office for membership, payment matters and other inquiries or call 587-987-3200.

Terwillegar Community Recreation Centre, 2nd Floor MP-A, 2051 Leger Road NW

Hours vary, only open during scheduled programs. Please visit BQCC-Admin Office for membership, payment matters and other inquiries or call 587-987-3200.

All locations are closed on statutory holidays.

There will be no programming on the following dates:

Monday, January 2 Lieu Day- New Years

Monday, February 20 Family Day

Friday, April 7 Good Friday

Monday, April 10 Easter Monday

YECC is closed and no programs are scheduled during SWESA Luncheons on Jan 26, Feb 23, Mar 23, Apr 27.

Volunteering at SWESA

Volunteers are the main reason why SWESA can provide affordable programs for its members. Our member volunteers bring a wealth of experience and talent with a willingness to roll up their sleeves to help. We are always looking for additional people to become part of this enthusiastic group. Opportunities exist in non-instructed areas to host, introduce new games, present workshops, and share experience in educational sessions. There are opportunities for 'behind the scenes' help and assistance with special events is always welcome.

Please e-mail info@swesa.ca to inquire how you can volunteer at SWESA.

Seniors Home Supports Program (SHSP)

Do you need help around your home but don't know who to call? The Seniors Home Supports Program is a referral service that connects Edmonton seniors with referrals to affordable and screened service providers.

The goal of this program is to assist seniors to remain in their homes longer, safely, and independently by connecting them with affordable service providers. Seniors may choose a service provider from the list provided and pay them directly for work completed. There is no charge to register for the program or for the referrals given.

Referrals are provided for the following services:

- Snow removal: snow removal and de-icer (not chipping ice)
- Yard Help: lawn mowing and fall/spring clean-up (small tree removal, trimming, etc.) and gate, sidewalk, and concrete repairs
- Housekeeping: cleaning of floors, bathrooms, and refrigerators, dusting, and laundry
- Minor home repairs and maintenance: plumbing and electrical work, handyman services (painting, furnace and appliance repairs, window cleaning, roofing/eavestrough work, and deck/railing repairs)
- Personal services: hair, foot, home, and respite care
- Moving help: downsizing, organizing, junk removal

To register and for more details on the Seniors Home Support Program please contact:

Barbara Newell, Home Supports Coordinator

Direct Line: 780-860-2931

E-mail: homesupport@swesa.ca

Mailing Address:

SWESA
Box 88008 Rabbit Hill PO
Edmonton, AB T6R 0M5
Attn: Barbara Newell

WINTER PROGRAMS AND ACTIVITIES

Café SWESA, Coffee & Chat

Stop by at Café SWESA for coffee, tea, water, and treats. Café SWESA is open at BQCC during office hours and at TCRC and YECC during scheduled meets. Café SWESA is complimentary to all SWESA members.

Terwillegar Community Recreation Centre (TCRC), 2ND Floor, MP-A

When: Monday and Wednesday

Time: 1:30 pm – 4:00 pm (No meet: Feb 20, Apr 10)

Yellowbird East Community Centre (YECC)

When: Thursday

Time: 9:30 am – 12:00 pm (No meet: Jan 26, Feb 23, Mar 23, Apr 27)

Café SWESA, Book Club

Come for the company and conversation and join our friendly and informal Café SWESA for Book Enthusiasts! The group will select one specific book for the featured discussion and meet on the 1st Wednesday of each month.

When: 1st Wednesday of each month from 1:00 pm – 2:15 pm

Dates: Jan 4, Feb 1, Mar 1, Apr 5

Location: BQCC - Admin Office

Café SWESA, Monthly Birthday Celebrations

Celebrating a Birthday January - April? Join Café SWESA - YECC on the 3rd Thursday of each month to celebrate your birthday and have a piece of cake on us. (While supplies last).

Dates: Thursday, Jan 19, Feb 16, Mar 16, Apr 20

Time: 9:30 am – 12:00 pm

Location: YECC, Coffee Room

Café SWESA, Scrabble Social

In this dawning age of "apps" and technology we're breaking out the boards at SWESA over coffee & cookies. Join us on the 3RD Tuesday of the Month for a friendly game of Scrabble at our Blue Quill Community Center, Admin Office.

Dates: Tuesday, Jan 17, Feb 21, Mar 21, Apr 18

Time: 10:00 am – 12:00 pm

Location: BQCC – Admin Office

Café SWESA, Spouse & Partner Support Meet

Are you supporting your spouse/ partner who lives with a health condition? On the last Friday of each month, drop-in and join our Executive Director, Alariss Schmid to learn about Caregiver Wellness and Stress Coping Techniques. For further details and information, please feel free to inquire by e-mail at admin@swesa.ca

Dates: Friday, Jan 27, Feb 24, Mar 31, Apr 28

Time: 10:00 am - 11:00 am

Location: Yellowbird East Community Centre- Coffee Room

ACTIVITY PASS LISTINGS

The Activity Pass program is valid from **January 9 – April 28, 2023 (16 Weeks)**. Please purchase your Activity Pass prior to attending.

Art Group

This is a self-directed, informal program for many artists or aspiring artists to create art, connect, learn, and share new techniques and studio space in a supportive environment. Participants bring their own art projects and supplies. This is a self-directed activity.

When: Monday, 9:30 am – 12:00 pm

Dates: Jan 9, 16, 23, 30, Feb 6, 13, 27, Mar 6, 13, 20, 27, Apr 3, 17, 24 (No meet: Feb 20, Apr 10)

Location: Yellowbird East Community Centre - YECC Hall

Knitting and Stitching Group

Bring your own projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc.) to share ideas, learn from each other and work in a fun, social group. This is a self-directed activity.

When: Friday, 11:30 am – 2:45 pm

Dates: Jan 6, 13, 20, 27, Feb 3, 10, 17, 24, Mar 3, 10, 17, 24, 31, Apr 14, 21, 28 (No meet Apr 7)

Location: Yellowbird East Community Centre – YECC Coffee Room

Cards and Games

Join the group to learn and play a friendly game. Beginners and experienced players are welcome and can join at any time throughout the season with a purchase of an Activity Pass. Please arrive ahead of the listed time to allow tables and teams to be set for game play.

WHEN	CARDS & GAMES	TIME	LOCATION
Dates: Jan 9 – Apr 24 (No meet Feb 20, Apr 10 due to statutory holidays)			
Monday	American Mahjong	9:30 am – 12:00 pm	YECC – CR
Monday	Canasta Hand & Foot	12:30 pm – 2:45 pm	YECC – Hall A
Monday	Cribbage	12:30 pm – 2:45 pm	YECC – CR
Dates: Jan 11 – Apr 26			
Wednesday	Arizona Ten	12:30 pm – 2:45 pm	YECC – CR
Wednesday	Bridge Contract	12:30 pm – 2:45 pm	YECC – Hall A
Date: Jan 12 – Apr 20 (No meet, Jan 26, Feb 23, Mar 23, due to luncheons)			
Thursday	Cribbage	12:30 pm – 2:45 pm	YECC – CR

INSTRUCTOR-LED PROGRAMS

ARTS

Acrylic Painting for All Levels | Instructor: Willie Wong

Acrylic painting is a great skill to learn and easy to work with if you're new to painting. Acrylics are fast drying paints. They are versatile, vibrant and can be thinned with water, like watercolours, offering the artist a wide range of textures, colours, and consistencies. This is a fragrance-free class. You are required to purchase supplies. The list will be available upon registration.

Dates: Wednesday, Mar 1, 8, 15, 22, 29, Apr 5 (6 classes)

Time: 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre, YECC Coffee Room

Cost: \$60 member/reciprocal member rate | \$90 non-member rate

Watercolours for All Levels | Instructor: Willie Wong

Beginner artists will be inspired with this easy-to-learn watercolour basics. Willie Wong has been teaching watercolours for over 20 years. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish. You are required to purchase supplies. Supply list available upon registration. This is a fragrance-free class.

Dates: Wednesday, Jan 11, 18, 25, Feb 1, 8, 15 (6 classes)

Time: 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre, YECC Coffee Room

Cost: \$60 member/reciprocal member rate | \$90 non-member

SWESA Choir | Instructor: Visionary Centre for Performing Arts

SWESA welcomes all music lovers who can carry a tune to enjoy the benefits of singing in a relaxed and friendly environment.

Join us, meet new people, and learn something new from a professional choir instructor with Visionary Centre for the Performing Arts.

In addition to instructional dates, SWESA is hosting Choir Socials open to members, reciprocal members and guests looking to learn more about the joys of group singing.

Instructional Dates: Thursday, Jan 12, 19, Feb 2, 9, 16, Mar 2, 9, 16, 30, Apr 6, 13 (11 classes with Choir Instructor; no class Jan 26, Feb 23, Mar 23, Apr 27)

Choir Social dates: Thursday, Jan 5, Apr 20

Time: 12:30 pm – 2:00 pm

Location: Yellowbird East Community Centre, Hall

Cost: \$110 member/reciprocal member rate | \$165 non-member

DANCE

Line Dance, Beginners | Instructor: Tracy Walters

Line dancing is a form of low impact exercise and great for all ages. We will dance to many different genres of music (rock, country, pop, just to name a few). You do not need a partner to participate, and no experience is necessary. Shoes with leather or suede soles are recommended.

Session 1: Friday, Jan 13, 20, 27, Feb 3, 10, 17, 24 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non-member rate

Session 2: Friday, Mar 3, 10, 17, 24, 31, Apr 14, 21, 28 (8 classes, no class Apr 7)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Time: 2:30 pm – 3:30 pm

Location: Blue Quill Community Centre, Gym

Line Dance, Intermediate | Instructor: Tracy Walters

Intermediate Line Dance is for those who have taken a beginner line dance class and are looking for a challenge. We continue to perfect your basic steps and progress to learn more dances such as “Help Me Rhonda,” the “tush push” and “Let your love flow” just to name a few dances. Pre-requisite: Beginner Line Dance. Shoes with leather or suede soles are recommended.

Session 1: Wednesday, Jan 11, 18, 25, Feb 1, 8, 15, 22 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non-member rate

Session 2: Wednesday, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26 (9 classes)

Cost: \$90 member/reciprocal member rate | \$135 non-member rate

Time: 3:00 pm – 4:00 pm

Location: Blue Quill Community Centre, Gym

FITNESS & WELLNESS

Important Information

- Please bring your water bottle, own fitness equipment such as yoga mat, blocks, belts and stretch bands. For weights, please wipe down with sanitizer before and after use.
 - We recommend you wipe down your chairs with sanitizer before and after use.
 - Please wash or sanitize your hands often, especially before and after handling any exercise equipment.
-

Boosting your Brain Health | Presented by Alberta Health Services

Are you noticing changes to your thinking, attention, and memory? This 4-week program is for motivated adults to act on improving brain health and maintaining an active mind.

You will learn:

- How our brains change from our lifestyle choices and health conditions
- New ways to improve our brain health
- How to set goals for day-to-day life that can benefit brain health

Dates: Tuesday, Mar 7, 14, 21, 28

Time: 9:30 am – 12:00 pm

Location: Yellowbird East Community Centre, Hall

Cost: Free

Participants are required to attend all 4 sessions and register as space is limited to 20 participants.

Cardio Total Fit | Instructor: e-One Fitness, Jannine Otto | Fitness Level 2:

Moderate to Active, standing and floor work. Plenty of modifications will be provided to suit your fitness level. Bring running shoes, light hand weights and water.

Have fun and move to music in a 60-minute class that will enhance cardiovascular health, increase strength, mobility, flexibility, and balance. Using an interval style format, the hour includes a variety of low impact cardio exercises combined with strength building resistance intervals using handheld weights.

Session 1: Thursday, Jan 12, 19, Feb 2, 9, 16, (5 classes, no class Jan 26)

Cost: \$50 member/reciprocal member rate | \$75 non-member rate

Session 2: Thursday, Mar 2, 9, 16, 30, Apr 6, 13, 20 (7 classes, no class Mar 23)

Cost: \$70 member/reciprocal member rate | \$105 non-member rate

Time: 9:45 am – 10:45 am

Location: Blue Quill Community Centre, Gym

Core & All – Wednesday | Instructor: Esther Sipos Fitness Level 2: Moderate to Active. Bring yoga mat, resistance band and water.

The class is designed to focus on your core, increase your overall strength, improve your posture, balance, and flexibility. You will warm up, stretch, and exercise your entire body; weights and resistance bands may be used, as well as chairs to assist with stability.

Session 1: Wednesday, Jan 11, 18, 25, Feb 1, 8, 15, 22 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non-member

Session 2: Wednesday, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26 (9 classes)

Cost: \$90 member/reciprocal member rate | \$135 non-member

Core & All- Friday | Instructor: Esther Sipos and Deb Proc
Fitness Level 2: Moderate to Active. Bring yoga mat, resistance band and water.

Session 1: Friday, Jan 13, 20, 27, Feb 3, 10, 17, 24 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non-member

Session 2: Friday, Mar 3, 10, 17, 24, 31, Apr 14, 21, 28 (8 classes, no class Apr 7)

Cost: \$80 member/reciprocal member rate | \$120 non-member

Time: 10:15 am - 11:15 am

Location: Blue Quill Community Centre, Gym

Essentrics for Seniors- Tuesday | Instructor: Lori Griffith | Fitness Level 1: Gentle, standing and chair work. Bring a yoga mat, resistance band and water.

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches, and pains, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance, and strength.

Session 1: Tuesday, Jan 10, 17, 24, 31, Feb 7, 14, 21, 28 (8 classes)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Session 2: Tuesday, Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (8 classes)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Time: 2:30 pm – 3:15 pm

Location: Blue Quill Community Centre, Gym

Essentrics for Seniors- Thursday | Instructor: Lori Griffith | Fitness Level 1: Gentle, standing and chair work. Bring a yoga mat, resistance band and water.

Session 1: Thursday, Jan 12, 19, Feb 2, 9, 16 (5 classes, no class Jan 26)

Cost: \$50 member/reciprocal member rate | \$75 non-member rate

Session 2: Thursday, Mar 2, 9, 16, 30, Apr 6, 13, 20 (7 classes, no class Mar 23)

Cost: \$70 member/reciprocal member rate | \$105 non-member rate

Time: 2:30 pm – 3:15 pm

Location: Blue Quill Community Centre, Gym

Essentrics – Age Reversing | Instructor: Lori Griffith | Fitness Level 2: Gentle to Moderate, includes standing and some floor work (back and side only). Bring yoga mat, resistance band and water.

This is an age reversing, slow-paced and a full body workout created by Miranda Esmonde-White. This class will restore movement in your joints, improve mobility, flexibility, strength in your muscles, relieve pain, stimulate your cells to increase energy, vibrancy, and strengthen your immune system.

Session 1: Friday, Jan 13, 20, 27, Feb 3, 10, 17, 24 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non-member rate

Session 2: Friday, Mar 3, 10, 17, 24, 31, Apr 14, 21, 28 (8 classes, no class Apr 7)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Time: 1:00 pm – 2:00 pm

Location: Blue Quill Community Centre, Gym

Golfers- Strength and Core Conditioning | Instructor: eOne Fitness, Jannine Otto
Fitness Level 1-2 Bring your own golf club, a yoga mat and water.

This 45 minute strength and core conditioning class for Golfers is designed to set you up for the golf season.

It focuses on core stability and strength combined with functional swing movement patterns.

Dates: Thursday, Apr 6, 13, 20, 27

Time: 11:00 am – 11:45 am

Location: BQCC – Gym

Cost: \$50 member, reciprocal member | \$75 non-member

Tai Chi, Beginners | Instructor: Master Ken Chui | Fitness Level 1: Gentle, includes standing. Bring water.

Learn the 24 forms of Tai Chi Quan with Master Ken Chui. Tai Chi is a form of martial art that involves a series of elegant, graceful circular movements performed in a slow, focused manner accompanied by deep breathing. This class will allow participants to relax while building harmony, coordination and balance in mind, body, and soul.

Session 1: Tuesday, Jan 10, 17, 24, 31, Feb 7, 14, 21, 28 (8 classes)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Session 2: Tuesday, Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (8 classes)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Time: 10:30 am – 11:30 am

Location: Blue Quill Community Centre, Gym

Yoga, Level I | Instructor: Darria Hirsekorn | Fitness Level 1: Relaxed and restorative, includes standing and floor work. Please bring a yoga mat, water and a blanket or shawl.

Yoga Level I is a softer way to practice Yoga. The benefits include better range of motion and muscle tone, more ease in daily activities, improved breathing, better balance, and stress reduction.

In this class we will combine gentle yoga poses on the floor (seated and lying down on the mat), with breathing exercises and restorative poses to stretch and strengthen the body and calm the mind. A chair will be available for support with balance and other modifications to the practice. Props are encouraged. This is not a seated Yoga class.

Session 1: Wednesday, Jan 11, 18, 25, Feb 1, 8, 15, 22 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non- member rate

Session 2: Wednesday, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26 (9 classes)

Cost: \$90 member/reciprocal member rate | \$135 non-member rate

Time: 1:30 pm – 2:30 pm

Location: Blue Quill Community Centre, Gym

Yoga Stretch and Strengthen II | Instructors: Vera Resera & Krista Power
Fitness Level 1 – 2: Plenty of modifications provided to suit your fitness level.
Beginners to Experienced welcome. Bring a yoga mat, water and a blanket or shawl.

This class will start with the foundations of yoga and gradually build to explore stretching and strengthening your body, in a variety of poses on your back, seated on the floor, standing, and may include floor work on your stomach. Some of the benefits of Stretch and Strengthen Yoga II can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm, and ease of being.

Session 1: Friday, Jan 13, 20, 27, Feb 3, 10, 17, 24 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non- member rate

Session 2: Friday, Mar 3, 10, 17, 24, 31, Apr 14, 21, 28 (8 classes, no class Apr 7)

Cost: \$80 member/reciprocal member rate | \$120 non- member rate

Time: Friday, 11:30 am - 12:30 pm

Location: Blue Quill Community Centre, Gym

Yoga – Stretch and Strengthen III | Instructor: Darria Hirsekorn |
Fitness Level 3: Advanced Class. Please bring a yoga mat, water and a blanket or shawl.

This class is an invitation for experienced participants to practice a more advanced and challenging explorations of yoga. There will be opportunities to stretch and strengthen the body in a variety of challenging poses on your back, seated on the floor, standing and in floor work on your stomach. The benefits of this class can include greater flexibility, muscle tone and strength, improved range of motion of the joints, more body awareness, greater calm, and ease of being.

Session 1: Wednesday, Jan 11, 18, 25, Feb 1, 8, 15, 22 (7 classes)

Cost: \$70 member/reciprocal member rate | \$105 non- member rate

Session 2: Wednesday, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26 (9 classes)

Cost: \$90 member/reciprocal member rate | \$135 non-member rate

Time: 11:45 pm – 1:00 pm

Location: Blue Quill Community Centre, Gym

Zumba Gold- Tuesday| Instructor: Tammy Clark | Fitness Level 1-2: Moderate to Active.

Move your body to the Latin rhythms of reggaeton, cumbia, salsa, and merengue. Sixty minutes will fly by in this low-impact workout with fun steps and a supportive class setting. Suitable for all abilities and mobility levels. Come dance your way to improved health and fitness!

Session 1: Tuesday, Jan 10, 17, 24, 31, Feb 7, 14, 21, 28 (8 classes)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Session 2: Tuesday, Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (8 classes)

Cost: \$80 member/reciprocal member rate | \$120 non-member rate

Time: 1:00 pm – 2:00 pm

Location: Blue Quill Community Centre, Gym

Zumba Gold- Thursday| Instructor: Tammy Clark | Fitness Level 1-2: Moderate to Active.

Session 1: Thursday, Jan 12, 19, Feb 2, 9, 16, (5 classes, no class Jan 26)

Cost: \$50 member/reciprocal member rate | \$75 non-member rate

Session 2: Thursday, Mar 2, 9, 16, 30, Apr 6, 13, 20 (7 classes, no class Mar 23)

Cost: \$70 member/reciprocal member rate | \$105 non-member rate

Time: 1:00 pm – 2:00 pm

Location: Blue Quill Community Centre, Gym

FYI TALKS

FYI Talks are educational and informative presentations offered by experts in varying topics from organizations or businesses and are complimentary to SWESA members. Guests of SWESA members may attend once, should space permit. Guests are encouraged to support SWESA and become a member.

FYI “Zoom for Beginners”- *Virtual* | Presented by: Pat Wren, SWESA

Learn the basic skills required to use Zoom for video calls.

Date: Tuesday, Jan 10 | **Time:** 10:00 am – 11:30 am

Location: Virtual on Zoom. Registrants will receive a Zoom link by e-mail closer to the presentation date.

FYI “Benefits and Credits for Adults 65+” *Virtual* | Presented by: Canada Revenue Agency Outreach Team

Join us in this virtual information session from the Canada Revenue Agency Outreach Team to find out more about income, benefits, credits, and deductions which you may be eligible for when you file your tax return.

We will also cover scams and the Community Volunteer Income Tax Program (CVITP).

Date: Tuesday, Jan 17 | **Time:** 10:00 am – 11:00 am

Location: Virtually on Zoom. Registrants will receive a Zoom link by e-mail closer to the presentation date.

FYI “Personal Home-Care Services” | Presented by: Barbara Newell, SWESA Seniors Home Supports Program

Things can change quickly as we age. Are you struggling with tasks like housekeeping or personal care services, such as respite help? Or facing some medical or mobility issues that you or a family member could use support with to stay living in your own home?

Reach out to the Seniors Home Supports Program at SWESA! Join Barb for an FYI Talk on the Seniors Home Supports Program, as she invites a “Personal home-care expert,” who will share tips, information, or answer any questions you may have!

Date: Thursday, Jan 19 | **Time:** 10:00 am – 11:00 am

Location: Yellowbird East Community Centre, Board Room

FYI “Aging and Innovation” | Presented by U of A Professors C. Daum, B.Sc. & A.Cruz, B.Sc. Nuclear Engineering

Join this presentation to learn about communication technologies that can be used to support aging in place such as wayfinding and home monitoring. We will showcase various information that highlights the technologies’ potential role in aging well.

Date: Friday, Jan 20 | **Time:** 10:00 am – 11:30 am

Location: Yellowbird East Community Centre, YECC Hall

FYI “Global Financial Review 2022 & 2023 Outlook” | Presented by: Wei Woo, Investment Advisor CIM, EPC

Join Wei Woo as we discuss the latest updates on political, economic, and market developments in the world that are currently affecting your retirement savings and investment strategies now and into the future. We will review what has happened in 2022 and look at forward guidance on what to expect for 2023.

Date: Friday, Feb 10 | **Time:** 10:00 am – 11:00 am

Location: Yellowbird East Community Centre, YECC Board Room

FYI “Be Fire Safe Ready” | Presented by: Edmonton Fire Rescue

Join the Edmonton Fire Rescue Society to learn how you can protect your home in case of fire. Learn about prevention, safety tips and how to create a fire escape plan.

Date: Friday, Mar 10 | **Time:** 10:00 am – 11:30 am

Location: Yellowbird East Community Centre, Hall

FYI “Home Maintenance” | Presented b: Barbara Newell, Seniors Home Supports Program

There is no place like home, but it can be physically challenging to keep up with tasks both inside and outside of our homes as we get older.

Join Barb, as she invites a “Home Maintenance Expert,” who will share tips, information and answer any questions you may have!

Date: Thursday, Mar 16 | **Time:** 10:00 am – 11:00 am

Location: Yellowbird East Community Centre, Board Room

FYI “Understanding Fixed Income” | Presented by: Wei Woo, Investment Advisor, CIM, EPC

2022 was the worst year in modern bond history for performance, following negative 2021 bond performance as well, opposite to expectations as bonds are supposed to provide protection in a retirement portfolio. What are the dangers as well as opportunities in what was traditionally supposed to be low risk investments for retirees? This session is geared toward people who are interested in creating a reliable stream of income, covering bond, bond ETFs and bond mutual fund characteristics and features, as well as key strategies to get the most out of one’s fixed-income investments in their private savings.

Date: Friday, Mar 17 | **Time:** 10:00 am – 11:00 am
Location: Yellowbird East Community Centre, Coffee Room

FYI “Tips and Traps on Estate Planning” | Presented by: Dave Rowland

Join Dave Rowland, a retired lawyer and SWESA Board Member to review and discuss the importance of wills, enduring powers of attorney, personal directives, and probate of wills.

Date: Thursday, Apr 13th | **Time:** 10:00 am – 11:00 am
Location: Yellowbird East Community Centre, Board Room

FYI “Yard Maintenance” | Presented by Barbara Newell, Seniors Home Supports Program

Spring is just around the corner! – we bet you are looking forward to warmer and longer days filled with sunshine. But you might not be as excited to deal with all the clean-up that your yard and gardens need after months under the leaves and snow. It can feel overwhelming to look for service providers that are vetted, reliable, and well-priced. Join Barb, as she invites a “Lawn Maintenance Expert,” who will share tips, information and answer any questions you may have!

Date: Thursday, Apr 20 | **Time:** 10:00 am – 11:00 am
Location: Yellowbird East Community Centre, YECC, Board Room

FYI “Electric Bike Basics” | Presented by: Pedego Edmonton

Pedego Edmonton is committed to enhancing the safety and education for individuals interested in e-bikes.

Join this presentation to learn more about the basics of E-bikes and frequently asked questions, “how safe, how far, how fast, and how long does it take to charge an e-bike.”

Test rides are available to those interested. Riders must complete a Pedego Edmonton waiver prior to riding.

Date: Friday, Apr 28 | **Time:** 1:00 pm- 2:30 pm
Location: Yellowbird East Community Centre, Coffee Room

WORKSHOPS

A life skill workshop on Self-Care: “Polishing the Silver” | Presenter: Eleanor Cowan

Together we'll refresh our best self-care strategies through fun and lighthearted interactive activities and sharing. Just as a beautiful silverware sometimes requires a good polishing to restore its brilliance, so too can we benefit from revitalizing our own personal sparkle.

We can all use a little extra support and encouragement sometimes, and this 2-hr workshop aims to do just that.

Date: Friday, Jan 27 | **Time:** 10:00 am – 12:00 pm

Cost: \$15 member, reciprocal | \$25 non-member (Cost includes light refreshments)

Location: Yellowbird East Community Centre, Hall

Valentines Card Making Workshop | Instructor: Colleen Crozier

Create beautiful Valentines Cards with Colleen! Only 12 seats available for this workshop. Please register by Wednesday, Jan 25th so that kits can be prepared.

Date: Tuesday, Jan 31 | **Time:** 1:00 pm – 3:30 pm

Cost: \$10 member, reciprocal member | \$20 non-member (cost includes card kits)

Location: Blue Quill Community Centre, Admin Office

Owl in Pen & Ink – Workshop | Instructor: Susan Casault

In this workshop, we will take 2 classes to complete a drawing of a Great Horned Owl using pen & ink.

Capture its regal posture and piercing gaze using basic pen & ink techniques while working with textures and shapes.

Instruction will include demonstrations and individual guidance. Photo reference will be provided by the instructor.

Date: Thursday, Feb 16, 23

Time: 9:30am -12:00 pm

Location: Yellowbird East Community Centre, Hall B

Cost: \$60 member, reciprocal member | \$85 non- member

Kitten in Coloured Pencil – Workshop | Instructor: Susan Casault

Our subject for the 2 classes will be a fluffy kitten, complete with ball of yarn, on black paper.

Use fundamental techniques of layering and pencil strokes to create the range of values needed to bring this kitten to life. Instruction will include demonstrations and individual guidance.

This workshop is for beginner to intermediate coloured pencil artists. Some drawing experience would be helpful. Photo reference will be provided by the instructor.

Date: Thursday, Mar 2, 9

Time: 9:30am -12:00 pm

Location: Yellowbird East Community Centre, Hall B

Cost: \$60 member, reciprocal member | \$85 non- member

Pysanky Workshop | Instructor: Lyrissa Sheptak

It's a Pysanky Party! A "pysanka", plural "pysanky" is a Ukrainian Easter egg, decorated using wax and dyes.

Join Lyrissa to learn the traditional art of "writing" a Ukrainian Easter egg just in time for Easter.

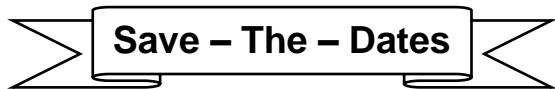
Date: Friday, Mar 31

Time: 10:30 am – 1:00 pm

Location: Yellowbird East Community Centre, Hall B

Cost: \$20 member, reciprocal member | \$35 non-member (supplies included)

SWESA LUNCHEON



Luncheons will be held on the 4th Thursday of the Month. Subscribe to our SWESA Bulletin to learn more about the lunch theme, menu and entertainment.

Dates: Thursday, Jan 26, Feb 23, Mar 23, Apr 27

Time: 12:00 pm – 2:00 pm

Location: Blue Quill Community Centre, BQCC – Gym

Cost: TBA

SPECIAL EVENTS

Bake Sale Fundraiser on Carrot Cake Day!

For many years, Carrot Cake Day has been celebrated by SWESA members and we're bringing it back with a Bake Sale Fundraiser. Drop off your baking by 11am, Sale starts at 12pm.

Date: Friday, Feb 3

Time: 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre, Hall

Volunteer Appreciation Event

The staff of SWESA invite volunteers to this special afternoon event to recognize and celebrate your contributions and support of our Association. Join us for refreshments, gift basket door prizes and good company!

SWESA volunteers, please pick up your ticket by Wednesday, Apr 12.

Date: Friday, Apr 21

Time: 1:00 pm – 3:00 pm

Location: Yellowbird East Community Centre, Hall

SWESA OUTINGS

Citadel Theatre

We are off to the Citadel Theatre for a very special musical performance, *Uptown Girls*. Transportation is included in this afternoon trip, and we will meet at BQCC and travel together.

UPTOWN GIRLS is an all-women tribute to Billy Joel and Elton John. This all-women band promises to provide a fresh take on iconic hits, such as Crocodile Rock, Benny and the Jets, Candle in the Wind, Piano Man, New York State of Mind, Honesty and many more!

Date: Sunday, Jan 8

Time: Showtime at 2:00 pm, (transportation pick-up at 1:00 pm from BQCC)

Location: The Citadel Theatre, downtown Edmonton

Cost: \$55 member | \$80 reciprocal and non-member (includes admission and transportation)

Seats are limited to 12. Register by Thursday, December 29

Lunch & Tour at Yesterday's Auto Gallery

Let's stroll through the car gallery and see vehicles on display from 1926 to present then take a step back in time at Sylv's Retro Diner for a lunch!

This is a self-drive event as Yesterday's Auto Gallery is only 10 minutes away from BQCC.

Date: Wednesday, Mar 1

Time: 11:00 am – 2:00 pm

Location: 8707- 51 Ave NW, Edmonton, AB T6E 5H1

Cost: \$35 member, \$55 reciprocal, and non-member (includes admission and lunch, menu TBD)

Register for this outing by Tuesday, Feb 14.

SWESA Regular Weekly Programs and Activities

Location	Day	Program	Time
YECC - Hall A & B	Monday	Art Group	9:30 am – 12:00 pm
YECC - CR	Monday	American Mahjong	9:30 am – 12:00 pm
YECC - CR	Monday	Cribbage	12:30 pm – 2:45 pm
YECC - Hall A	Monday	Canasta (Hand and Foot)	12:30 pm – 2:45 pm
TCRC - Rm 7	Monday	Café SWESA, TCRC	1:30 pm – 4:00 pm
BQCC - Gym	Tuesday	Tai Chi, Beginners	10:15 am – 11:15 am
BQCC - Gym	Tuesday	Zumba Gold	1:00 pm – 2:00 pm
BQCC - Gym	Tuesday	Essentrics for Seniors	2:30 pm – 3:15 pm
YECC - Hall A	Wednesday	Arizona Ten	12:30 pm – 2:45 pm
YECC - Hall B	Wednesday	Bridge (Contract)	12:30 pm – 2:45 pm
BQCC - Gym	Wednesday	Core & All	10:15 am – 11:15 am
BQCC - Gym	Wednesday	Yoga - Stretch & Strengthen III	11:45 am – 1:00 pm
BQCC - Gym	Wednesday	Yoga - Level I	1:30 pm – 2:30 pm
BQCC - Gym	Wednesday	Line Dance, Intermediate	3:00 pm – 4:00 pm
TCRC - Rm 7	Wednesday	Café SWESA, TCRC	1:30 pm – 4:00 pm
YECC - CR	Thursday	Café SWESA, YECC	9:30 am – 12:00 pm
YECC - CR	Thursday	Cribbage	12:30 pm – 2:45 pm
YECC - Hall A & B	Thursday	Choir	12:30 pm – 2:00 pm
BQCC - Gym	Thursday	Cardio Total Fit	9:45 am – 10:45 am
BQCC - Gym	Thursday	Zumba Gold	1:00 pm – 2:00 pm
BQCC - Gym	Thursday	Essentrics for Seniors	2:30 pm – 3:15 pm
YECC – Hall	Friday	Knitting & Stitching Group	11:30 am – 3:00 pm
BQCC - Gym	Friday	Core & All	10:15 am – 11:15 am
BQCC - Gym	Friday	Yoga Stretch & Strengthen II	11:30 am – 12:30 pm
BQCC - Gym	Friday	Essentrics – Age Reversing	1:00 pm – 2:00 pm
BQCC - Gym	Friday	Line Dance, Beginners	2:30 pm – 3:30 pm

Please note: Programs and activities are subject to change with minimal notice. Registered participants will be notified if a program is cancelled.



Website: www.swesa.ca | **E-mail:** programs@swesa.ca | **Phone:** 587-987-3200

Program Locations:

Blue Quill Community Centre: **BQCC** – (Administration Office) 11304 - 25 Ave NW

Yellowbird East Community Centre: **YECC** - 10710 - 19 Ave NW

Terwillegar Community Recreation Centre, Room 7: **TCRC** - 2051 Leger Rd NW

SWESA 2023 Winter Program Guide Schedule

Dates	Day	Programs and Activities	Cost	Times	Location
Jan-3	Tues	SWESA Admin Office Open	-	9:00 am - 4:30 pm	BQCC- Office
Jan-4	Wed	Café SWESA- Book Club	Free	1:00 pm - 2:15 pm	BQCC - Office
Jan-5	Thurs	Choir Social	Free	12:30 - 2:00 pm	YECC- Hall
Jan-8	Sun	Outing- Uptown Girls!	\$55	2:00 pm show	Citadel Theatre
Jan 9 - Apr 24	Mon	American Mahjong	*AP	9:30 am - 12:00 pm	YECC - CR
Jan 9 - Apr 24	Mon	Art Group	AP	9:30 am - 12:00 pm	YECC - Hall
Jan 9 - Apr 24	Mon	Cribbage	AP	12:30 pm - 2:45 pm	YECC - CR
Jan 9 - Apr 24	Mon	Canasta, Hand & Foot	AP	12:30 pm - 2:45 pm	YECC - Hall B
Jan 9 - Apr 24	Mon	Café SWESA - TCRC Coffee & Chat	Free	1:00 pm - 4:00 pm	TCRC - MP, A
Jan-10	Tues	FYI Talk "Zoom for Beginners"	Free	10:00 am - 11:30 am	Virtual on Zoom
Jan 10 - Feb 28	Tues	Tai Chi- Beginners Session 1	\$80	10:30 am - 11:30 am	BQCC - Gym
Jan 10 - Feb 28	Tues	Essentrics for Seniors - Session 1	\$80	2:30 pm - 3:15 pm	BQCC- Gym
Jan 10 - Feb 28	Tues	Zumba Gold - Session 1	\$80	1:00 pm - 2:00 pm	BQCC - Gym
Jan 11 - Apr 26	Wed	Café SWESA - TCRC Coffee & Chat	Free	1:00 pm - 4:00 pm	TCRC - MP, A
Jan 11 - Feb 15	Wed	Watercolours for all levels	\$60	10:00 am - 12:00 pm	YECC - CR
Jan 11 - Apr 26	Wed	Arizona Ten	AP	12:30 pm - 2:45 pm	YECC - Hall A
Jan 11 - Apr 26	Wed	Bridge, Contract	AP	12:30 pm - 2:45 pm	YECC - CR
Jan 11 - Feb 22	Wed	Core & All Wednesday - Session 1	\$70	10:15 am - 11:15 pm	BQCC - Gym
Jan 11 - Feb 22	Wed	Yoga Level 1- Session 1	\$70	1:30 pm - 2:30 pm	BQCC - Gym
Jan 11 - Feb 22	Wed	Yoga Stretch & Strengthen III - Ses. 1	\$70	11:45 am - 1:00 pm	BQCC - Gym
Jan 11 - Feb 22	Wed	Line Dance- Intermediate Session 1	\$70	3:00 pm - 4:00 pm	BQCC - Gym
Jan 12	Thurs	SWESA Board Meeting			
Jan 12 - Apr 20	Thurs	Café SWESA- YECC Coffee & Chat	Free	9:30 am - 12:00 pm	YECC - CR
Jan 12 - Apr 20	Thurs	Cribbage	AP	12:30 pm - 2:45 pm	YECC - CR
Jan 12 - Apr 20	Thurs	SWESA Choir	\$110	12:30 pm - 2:00 pm	YECC - Hall
Jan 12 - Feb 16	Thurs	Cardio Total Fit - Session 1	\$50	9:45 am - 10:45 am	BQCC- Gym
Jan 12 - Feb 16	Thurs	Zumba Gold - Session 1	\$50	1:00 pm - 2:00 pm	BQCC- Gym
Jan 12 - Feb 16	Thurs	Essentrics for Seniors - Session 1	\$50	2:30 pm - 3:15 pm	BQCC - Gym
Jan 13 - Apr 28	Fri	Knitting & Stitching Group	AP	11:30 pm - 3:00 pm	YECC - CR
Jan 13 - Feb 24	Fri	Core & All Friday - Session 1	\$70	10:15 am - 11:15 am	BQCC - Gym
Jan 13 - Feb 24	Fri	Yoga- Stretch & Strengthen II - Ses 1	\$70	11:30 am - 12:30 pm	BQCC- Gym
Jan 13 - Feb 24	Fri	Essentrics, Age Reversing	\$70	1:00 pm - 2:00 pm	BQCC - Gym
Jan 13 - Feb 24	Fri	Line Dance- Beginners Session 1	\$70	2:30 pm - 3:30 pm	BQCC - Gym
Jan 17	Tues	FYI Talk "Benefits & Credits for 65+"	Free	10:00 am - 11:00 am	Virtual on Zoom
Jan 17	Tues	Café SWESA- Scrabble Social	Free	10:00 am - 12:00 pm	BQCC - Office
Jan 19	Thurs	Café SWESA- B-day Celebration	Free	9:30 am - 12:00 pm	YECC- CR
Jan 19	Thurs	FYI Talk "Personal Home-Care Services"	Free	10:00 am - 11:00 am	YECC- BR
Jan 20	Fri	FYI Talk "Aging and Innovation"	Free	10:00 am - 11:30 am	YECC- Hall
Jan 26	Thurs	SWESA Luncheon	TBD	12:00 pm - 2:00 pm	BQCC - Gym
Jan 27	Fri	Café SWESA - Spouse & Partner Meet		10:00 am - 11:00 am	YECC- CR
Jan 27	Fri	Workshop: A life skill workshop on Self Care, "Polishing the Silver"	\$15	10:00 am - 12:00 pm	YECC- Hall A
Jan 31	Tues	Workshop- Valentines Card Making	\$10	1:00 pm - 3:30 pm	BQCC - Office
Feb 1	Wed	Café SWESA- Book Club	Free	1:00 pm - 2:15 pm	BQCC - Office
Feb 3	Fri	Bake Sale on Carrot Cake Day!	-	12:00 pm - 2:00 pm	YECC - Hall
Feb 9	Thurs	SWESA Board Meeting			

Please note: Programs and activities are subject to change with minimal notice. Registered participants will be notified if a program is cancelled.

Feb 10	Fri	FYI Talk "Global Financial Review"	Free	10:00 am - 11:00 am	YECC- CR
Feb 16	Thurs	Café SWESA, B-day Celebration	Free	9:30 am - 12:00 pm	YECC- CR
Feb 16 & 23	Thurs	Workshop, Owl in Pen & Ink	\$60	9:30 am -12:00 pm	YECC – Hall B
Feb 20		Monday - Family Day Holiday	SWESA	CLOSED	-
Feb 21	Tues	Café SWESA - Scrabble Social	Free	10:00 am - 12:00 pm	BQCC - Office
Feb 23	Thurs	SWESA Luncheon	TBD	12:00 pm - 2:00 pm	BQCC - Gym
Feb 24	Fri	Café SWESA - Spouse & Partner Meet	Free	10:00 am - 11:00 am	YECC- CR
Mar 1 - Apr 5	Wed	Acrylic Painting for all levels	\$60	10:00 am - 12:00 pm	YECC- CR
Mar 1- Apr 26	Wed	Core & All Wednesday - Session 2	\$90	10:15 am - 11:15 pm	BQCC - Gym
Mar 1	Wed	Outing- Yesterday's Auto Gallery	\$35	11:00 am - 2:00 pm	Offsite
Mar 1	Wed	Café SWESA- Book Club	Free	1:00 pm - 2:15 pm	BQCC - Office
Mar 1 - Apr 26	Wed	Yoga Level 1- Session 2	\$90	1:30 pm - 2:30 pm	BQCC - Gym
Mar 1 - Apr 26	Wed	Yoga Stretch & Strengthen III Ses. 2	\$90	11:45 am - 1:00 pm	BQCC - Gym
Mar 1 - Apr 26	Wed	Line Dance- Intermediate Session 2	\$90	3:00 pm - 4:00 pm	BQCC - Gym
Mar 2 & Mar 9	Thurs	Workshop, Kitten in Coloured Pencil	\$60	9:30 am – 12:00 pm	YECC - Hall B
Mar 2 - Apr 20	Thurs	Cardio Total Fit - Session 2	\$70	9:45 am - 10:45 am	BQCC- Gym
Mar 2- Apr 20	Thurs	Essentrics for Seniors - Session 2	\$70	2:30 pm - 3:15 pm	BQCC - Gym
Mar 2- Apr 20	Thurs	Zumba Gold - Session 2	\$70	1:00 pm - 2:00 pm	BQCC- Gym
Mar 3 - Apr 28	Fri	Essentrics, Age Reversing	\$80	1:00 pm - 2:00 pm	BQCC - Gym
Mar 3 - Apr 28	Fri	Line Dance- Beginners Session 2	\$80	2:30 pm - 3:30 pm	BQCC - Gym
Mar 3 - Apr 28	Fri	Core & All Friday - Session 2	\$80	10:15 am - 11:15 am	BQCC - Gym
Mar 3 - Apr 28	Fri	Yoga- Stretch & Strengthen II	\$80	11:30 am - 12:30 pm	BQCC- Gym
Mar 7 - Apr 25	Tues	Tai Chi- Beginners Session 2	\$80	10:30 am - 11:30 am	BQCC - Gym
Mar 7 - Apr 25	Tues	Zumba Gold - Session 2	\$80	1:00 pm - 2:00 pm	BQCC - Gym
Mar 7 - Apr 25	Tues	Essentrics for Seniors - Session 2	\$80	2:30 pm - 3:15 pm	BQCC- Gym
Mar 9	Thurs	SWESA Board Meeting	-		
Mar 10	Fri	FYI Talk "Be Fire Safe Ready"	Free	10:00 am - 11:30 am	YECC- Hall
Mar 16	Thurs	Café SWESA- B-day Celebration	Free	9:30 am - 12:00 pm	YECC- CR
Mar 16	Thurs	FYI Talk "Home Maintenance"	Free	10:00 am - 11:00 am	YECC- BR
Mar 17	Fri	FYI Talk "Understanding Fixed Income"	Free	10:00 am - 11:00 am	YECC- CR
Mar 21	Tues	Café SWESA -Scrabble Social	Free	10:00 am - 12:00 pm	BQCC - Office
Mar 23	Thurs	SWESA Luncheon	TBD	12:00 pm - 2:00 pm	BQCC - Gym
Mar 31	Fri	Workshop: Pysanky Easter Egg	\$25	10:30 am - 1:00 pm	YECC- Hall
Mar 31	Fri	Café SWESA - Spouse & Partner Meet	Free	10:00 am - 11:00 am	YECC- CR
Apr 5	Wed	Café SWESA- Book Club	Free	1:00 pm - 2:15 pm	BQCC - Office
Apr 6 - 27	Thurs	Golfers Strength and Core Conditioning	\$60	11:00 am - 11:45 am	BQCC- Gym
Apr 7 & Apr 10		Good Friday and Easter Monday	SWESA	CLOSED	-
Apr 13	Thurs	FYI Talk "Tips & Trap with Estate Planning"	Free	10:00 am - 11:00 am	YECC- BR
Apr 18	Tues	Café SWESA- Scrabble Social	Free	10:00 am - 12:00 pm	BQCC - Office
Apr 20	Thurs	Café SWESA- B-day Celebration	Free	9:30 am - 12:00 pm	YECC- CR
Apr 20	Thurs	Choir Social	Free	12:30 pm - 2:00 pm	YECC - Hall
Apr 20	Thurs	FYI Talk "Yard Maintenance"	Free	10:00 am - 11:00 am	YECC- BR
Apr 20	Thurs	SWESA Board Meeting	-		
Apr 21	Fri	Special Event: Volunteer Appreciation	Free	1:00 pm - 3:00 pm	YECC- Hall
Apr 27	Thurs	SWESA Luncheon	TBD	12:00 pm - 2:00 pm	BQCC - Gym
Apr 28	Fri	Café SWESA - Spouse & Partner Meet	Free	10:00 am - 11:00 am	YECC - CR
Apr 28	Fri	FYI Talk "Electric Bike Basics"	Free	10:00 am - 11:00 am	YECC - CR
Apr 28	Fri	Last day of Winter Program Guide	-	-	-

Please note: Programs and activities are subject to change with minimal notice. Registered participants will be notified if a program is cancelled.