

January 5 - March 27, 2026

Revised Jan. 7, 2026

Locations

William Lutsky Family YMCA
1975 - 111 Street NW (Y-MPR, Y-Studio 2, Chatty Cuppa Cafe)

Booster Juice Community Recreation Centre (BJCR)*
2051- Leger Rd NW (2nd Floor Room MP - A)

*Open during scheduled programs only

Chatty Cuppa Cafe Hours

Tuesday, Thursday 10 am - 12 pm

Front Desk Hours at SWESA YMCA

Monday, Wednesday, Friday at 12 pm - 2 pm

Tuesday, Thursday at 10 am - 2 pm

Bette Wheeler Memorial Library Hours

Monday - Friday 12:30 pm - 3:00 pm

MEMBERSHIP

A SWESA membership is required to participate in all SWESA programs and activities.

The annual membership fee is \$40 and is valid from January 1st to December 31st each year.

To purchase a membership, either visit our website at www.swesa.ca under the 'Become a Member' tab, or purchase in person at the SWESA Front Desk located inside the William Lutsky YMCA during Front Desk hours.

Potential members and guests may attend one session for free by signing a program waiver. To attend additional sessions, a membership must be purchased.

PROGRAM REGISTRATION

Online: SWESA Members can register through our secure website at www.swesa.ca under the Programs tab. Upon membership purchase, members will receive a password. Guests must be registered by a SWESA member.

In-Person: Visit SWESA Front Desk inside the William Lutsky YMCA during designated hours.

We only accept Visa and Mastercard, not Amex. Cash payment is only accepted by special request.

REFUND POLICY: Fees are non-transferable and non-refundable unless canceled by SWESA. SWESA reserves the right to cancel or change programs and activities with minimal notice. Only registered participants will be notified by email about program changes, updates, or cancellations.

SWESA Fitness Partners

William Lutsky Family YMCA

Offers a 3-day free trial and Financial Assistance.

YMCA Members have access to Pickleball group, Aquafit Shallow/Deep & Warm Water, Cardio and Strength, Core Class, Gentle Fit, Tai Chi, Qigong, Yoga Restorative, Yoga Chair, Bridge to Wellness, Essentrics, Cardio Dance - Zumba, Personal Training, and many more...

To learn more, visit the YMCA Front Desk.

City of Edmonton Recreation Centres

Senior Matinee Hour for \$3.50 from 11:30 am - 1 pm available at participating rec centres.

Receive a 20% discount on a continuous monthly membership or annual membership; some restrictions may apply. The Older Adult Fitness program includes Aquatic programs, Circuit Gold, Living Fit, Yoga, Tai Chi, Essentrics, Gentle Stretch & Strength, and Barre.

To learn more, visit City Rec Centre Front Desk.

Land Acknowledgement

SouthWest Edmonton Seniors Association (SWESA) acknowledges that we operate on Treaty 6 territory, the traditional land of the Cree, Dene, Anishinaabe, Saulteaux, Nakota Sioux, Blackfoot, and Metis. We call on our collective traditions and spirits to work on reconciliation and on building a strong community for today and future generations.

WINTER Programs and Activities Schedule - Jan 5 - Mar 27, 2026

WINTER FEES - SWESA Drop-in Programs

Art Club, Knitting & Stitching Club, Book Club, Walking Club, Book/ Puzzle Exchange Club, Genealogy Club, Chess Club, Trivia Club, Bridge Club (Contract), Cribbage Club, Canasta Club (Hand and Foot), Euchre Club, SWESA Chat Club located at the Booster Juice Recreation Centre in Terwillegar.

- **Unlimited Club Pass: \$27.** One-time fee for unlimited drop-in program access from Jan 5 - Mar 27, 2026. (\$9/month; not pro-rated, non-refundable, non-transferable)
- **Pay Per Club Visit: \$5** Must be purchased on the day of attendance either online or in person at SWESA Front Desk.

How to Join: You must be a SWESA member. Purchase a Club Pass or Pay Per Club Visit fee.

Arrive 15 minutes early to meet the group and learn how they play. You can join at any point in the year.

SWESA Clubs, Programs and Activities Description

Art Club: Meets on Fridays from 12:30 pm - 4 pm. This self-directed and informal program is a great way to meet SWESA artists or aspiring artists to connect, create, and learn in a shared space. Participants bring their projects and supplies.

Book Club: Where great books meet great company! Join us and dive into lively conversations and fresh perspectives on **Tuesdays, Jan 6th, Feb 3rd, Mar 3rd** to share. See SWESA bulletin for updates and book selections.

Cards and Game Clubs: From 12:30 pm - 3 pm, enjoy a friendly game of Canasta Hand and Foot on Mondays, Bridge (Contract) on Wednesdays, Cribbage on Thursdays, and Euchre on Thursdays.

No meet: Jan 14th (Town Hall Social) Bridge, Contract and Feb 16th (Family Day) for Canasta Hand and Foot

Chess Club - Join fellow chess enthusiasts for a friendly and engaging afternoon of strategy, conversation, and fun. Every Wednesday from 12:30 pm - 3 pm. Chess sets provided, or bring your own if you prefer.

Genealogy Club: Meets once a month on **Tuesday, Jan 13th, Feb 10th, Mar 10th** from 12:30 pm - 2:30 pm. Dig up your roots and branch out with others exploring family history. Share tips, stories, and uncover the past together.

Knitting & Stitching Club: This relaxed and social Club meets on Fridays from 12:30 pm to 4 pm. This is a self-directed activity where members bring their projects (knitting, cross stitching, crocheting, felting, hand sewing, beading, etc).

Trivia Club - Test your knowledge using various Trivial Pursuit games and enjoy a friendly competition once a month on Tuesdays, Jan 20th, Feb 17th and Mar 17th from 3 pm - 4 pm. All questions, all fun - no pressure!

SWESA Chat Club at Booster Juice Community Rec Centre (BJCR) Stay awhile or casually drop by our regular meeting on Monday and Wednesday from 1 pm - 3:30 pm. For any changes or unforeseen closure, please check the SWESA Bulletin. **No meet: Monday, Feb 16th (Family Day)**.

SWESA Walking Club, Tuesday - Meet at 9:30 am inside the YMCA Lobby to discuss where to walk. Please remember to dress for the weather.

SWESA Neighbourhood Walkers Club, Thursdays Meet at 10 am inside the YMCA Lobby to walk the neighbourhood. Please remember to dress for the weather.

STAY IN THE KNOW!

Visit our website at www.swesa.ca for the most up-to-date information on programs, activities and special events.

WINTER Programs and Activities Description | Jan 5 - Mar 27, 2026

WORKSHOPS

Please Note: Drop-ins are not permitted for workshops, outings, special events, or any program or activity with specified pricing. Programs and Activities are subject to change with minimal notice. **Only registered participants will be notified if a program changes or is cancelled by email. Fees are non-refundable, even if participants cancel after registration or withdraw partway through.**

Pressed Flowers Card Making Class | Instructor: Nancy R.

Date: Tuesday, Jan 20, 2026

Time: 9:30 am - 12 pm

Location: Y- Studio 2

Cost: \$25 includes all card supplies. *Bring scissors or paper cutting tool, blunt nose tweezers if you have one.*

Max. 12 participants



Create beautiful one-of-a-kind greeting cards using pressed plant materials. Apply artistic principles to create arrangements with flowers and leaves. The dried materials are very delicate so having some hand dexterity and patience are assets.

This is a beginner friendly workshop with no experience required.

'Winter' Watercolour Experiential Workshop | Instructor: Carol V.

Date: Tuesday, Feb 3, 10, 17, 24, 2026 (4 Weeks)

Time: 10 am - 12 pm

Location: Y- Studio 2

Cost: \$105

Experimenting is everything in art, especially with watercolours. Whether you're new to art or are looking to discover new ways to add texture or special effects, experiential art gives you the permission to explore and try different techniques and practises in a playful and fun way.

This is a series of four workshops.

Feb. 3 – Monochrome Winter Scenes; and introducing salt technique

Feb. 10 – Adding details to a winter background

Feb. 17 – Light and Shadow for winter scenes

Feb. 24 – Birch trees and complexity for final painting

Materials List

- Watercolor pan or palette set
- Indigo paint (either separate or as part of your set)
- Watercolor brushes: bring what you have, but one watercolor brush round size 10 and one round size 4 (can be synthetic or natural hair)
- Salt (can be table salt or other)
- Sketch pencil and eraser
- Table cover
- Water container
- Toilet paper or paper towel

Following will be provided:

- Handout
- Watercolor Paper
- Pipette

If you have art supplies that are similar to this list, please bring them to use. You may wish to supplement your exploration with watercolor pencils if you have them. The Paint Spot (southside) and or Delta Art (northside) has the most variety of supplies.

STAY IN THE KNOW!

Visit our website at www.swesa.ca for the most up to date information on programs, activities and special events.

WINTER Programs and Activities Description | Jan 5 - Mar 27, 2026

WORKSHOPS

Please Note: Drop-ins are not permitted for workshops, outings, special events, or any program or activity with specified pricing. Programs and Activities are subject to change with minimal notice. Only registered participants will be notified by email if a program changes or is cancelled. Fees are non-refundable, even if participants cancel after registration or withdraw partway through.

Spanish and Salsa - 5 Weeks of Language and Dance Instructor: Damara L.

Dates: Thursday, Feb 5, 12, 19, 26, March 5, 2026 | **Time:** 10 am - 11:30 am

Location: Y- Studio 2 | **Cost:** \$90

Learn to speak basic Spanish and master the fundamentals of salsa dancing in this fun and interactive 5- week workshop! Each session blends easy, everyday Spanish phrases with simple salsa techniques, helping you build both language skills and dance confidence.

No experience is needed, just comfortable shoes and an open mind. You'll enjoy great music, cultural insights, and step-by-step instruction that may lead to a short group salsa dance by the final session.

Coloured Pencil - Nature on Small Scale Workshop | Instructor: Susan C.

Dates: Tuesday, March 3, 10, 17, 24, April 7, 14 (6 Weeks, No class Mar 31).

Time: 9:30 am - 12 pm

Location: Y - Studio 2 | **Cost:** \$130

Draw a colourful array of small nature drawings in this 6-week session. Explore a variety of subjects, including flowers and miniature landscapes, on white paper.

Gain experience with choosing colours and problem solving as you focus on values and textures. The class will include demonstrations and individual guidance. Photo-reference will be provided by the instructor.

Material List:

- Coloured pencils - must be artist's quality and have a good collection of pencils.
- A set of 36 Prismacolor Premier (not verithin or scholar) OR a collection with a variety of quality artist's pencils including Derwent Chromaflow, Coloursoft, Lightfast, FaberCastell Polychromos, Caran D'ache Luminance or Pablo, Lyra Rembrandt, Holbein
- 6 pieces of white Stonehenge drawing paper approximately 10" x 11" or smaller. (one 22" x 30" sheet cuts into six 10' x 11" pieces) and or light paper colours cream or fawn
- 1 pencil sharpener that works with your coloured pencils (Prismacolor manual sharpener with vestibule works well or Koh-i-noor 3-hole manual sharpener)
- 1 kneaded eraser
- 1 HB graphite pencil
- 1 sheet of grey or blue ERASABLE transfer paper OR 1 soft graphite stick
- Eraser/drafting brush - optional
- Prismacolor or Derwent colourless blender pencil
- Scotch Magic tape, and green painters tape – optional
- Stylus (embossing tool) – optional

We will be drawing on tables. If you prefer to draw on a more upright surface, you may bring a small easel or drawing board.

Most art stores will give a discount on supplies needed for an art class, so take your class receipt with you when shopping. Some art stores in Edmonton include The Gilded Rabbit, Delta Art and Drafting, and The Paint Spot.

STAY IN THE KNOW!

Visit our website at www.swesa.ca for the most up to date information on programs, activities and special events.

WINTER Programs and Activities Description | Jan 5 - Mar 27, 2026

Please Note: Drop-ins are not permitted for workshops, outings, special events, or any program or activity with specified pricing. Programs and Activities are subject to change with minimal notice. **Only registered participants will be notified by email if a program changes or is cancelled. Fees are non-refundable, even if participants cancel after registration or withdraw partway through.**

WORKSHOP

Nutrition Workshop - Nourish & Energize with High – Protein Vegetarian Salads

Date: Thursday, March 19, 2026 **Time:** 1 pm - 3 pm

Location: Chatty Cuppa Cafe **Cost:** \$25 including all food materials. *Maximum 5 participants*

Discover how to build flavourful, high – protein vegetarian salads using fresh ingredients and unique add-ins you may have never tried before. Learn simple techniques, taste new combinations and take home recipes you can recreate with ease.

OUTING

Monthly Casino Outing - River Cree Resort & Casino

Join us for our popular monthly trip to the River Cree Resort & Casino. It's a great way to meet SWESA members.

Monday, Jan 19, 2026 - 11 am pick up and 3:30 pm departure

Thursday, Feb 19, 2026 - 11:15 am pick up and 3:45 pm departure

Tuesday, Mar 24, 2026 - 11:15 am pick up and 3:45 pm departure

Cost: \$5 per trip. Includes lunch voucher and bus transportation. Participants must register and travel with the group to receive voucher- no exceptions.

COW PATTI - Comedy Dinner Theatre - Lacombe, Alberta

Date: Tuesday, March 17, 2026 | **Time:** Bus pick up 9 am at YMCA

Member Cost: \$115 and **Non-Member Cost/ Guest:** \$145 Includes admission, brunch, and a round-trip motorcoach transportation.

FINAL REGISTRATION & CUT OFF DATE: Friday - February 13, 2026.

Join us for a delightful out-of-town Dinner Theatre Brunch in Lacombe, AB to enjoy the 2026 show "The Sweet Delilah Swim Club".

Play Synopsis: Five lives. Four decades. One Beach Cottage. A heartfelt comedy that proves life's most important team might just be your friends. Grab your sunscreen. Cow Patti is headed to the beach. You're invited on a journey that moves through time with wit, warmth, and waves of laughter. Travel through four decades with these five Southern women in The Sweet Delilah Swim Club: A laugh-out-loud comedy about friendship, aging, and holding each other up-even when everything else is falling down. It's still BYOB (Bring Your Own Baggage) so leave your worries at the cottage door, 'cus Cow Patti will be serving up sunshine, sass, and serious laughs!

Buffet Brunch Menu: Eggs Benedict with Turkey, Italian Fritata (gf), Breakfast Sausages (df), Apple & Brie Chicken Breast (gf), Mini Cubed Hashbrowns with Roasted Peppers & Onions (veg, gf, df), Smashed Breakfast Potatoes (veg, gf) Blueberry Pancakes (veg), British Style Baked Beans (gf, df) Berry Salad (veg, gf, df), Broccoli Salad (veg, gf, df) Farmer Salad (veg, gf, df), Classic Potato Salad (veg, gf, df) Spinach & Feta Croissants (veg), Chocolate & Raspberry Croissants (veg), Assortment of Fresh Scones (veg), Chocolate Covered Strawberries (veg, gf), Pumpkin Squares (veg), Individual Pie Tarts, Strawberry Quark Cakes (veg), Raspberry & Vanilla Cream Puffs (veg). **Note:** veg = Vegetarian, gf = Gluten Free, df = Dairy Free.

Important: Please e-mail programs@swesa.ca to inform us of dietary requests and restrictions.

SPECIAL EVENTS, LUNCH & LEARNS, GENERAL INTEREST

WINTER WELCOME AT THE CHATTY CUPPA CAFE

Happy New Year SWESA members! Celebrate the reopening of Chatty Cuppa Cafe and reconnect with fellow members.

Date: Tuesday, January 6, 2026 **Time:** 10 am - 12 pm **Location:** Chatty Cuppa Cafe



FLOOR CURLING

Our seasonal favourite activity is back! Join our friendly floor curling group for a light competition and good laughs!

Date: Thursday, Jan 8 - Jan 29, 2026 (4 Weeks) **Time:** 10:30 am - 12 pm

Cost: \$9 or unlimited club pass, drop-in fee (*Minimum of 4 players required*)

LUNCH & LEARNS

Join us for our Lunch & Learn program, where members gather to explore a variety of interesting and informative topics.

- **JANUARY- Staying Financially Safe - Understanding Romance Scams.**

Tuesday, January 27, 2026



- **MARCH - Supportive strategies for connecting with individuals living with dementia.**

Tuesday, March 24, 2026

Time: 12 pm **Lunch** at the Chatty Cuppa Cafe

Presentation at 1 pm in Y- MPR

Cost: Members: \$8 | Guests/Non-Members \$15 per event includes sandwich (variety) and cookie.

EDMONTON RENOVATION SHOW - Jan 30 - Feb 1, 2026

Thank you Edmonton Renovation Show for your ongoing support with SWESA!

Complimentary tickets are available for SWESA members. Pick up at Front Desk while supplies lasts.

EDMONTON
RENOVATION
SHOW

JAN. 30-FEB. 1

EDMONTON
EXPO CENTRE



CARROT CAKE DAY!

Join us for a delicious slice, friendly conversation and a whole lot of sweetness! This is a perfect way to connect with SWESA members over something comforting!

Date: Tuesday, Feb 3rd **Time:** 1 pm- 2:30 pm

Location: Chatty Cuppa Cafe **Cost:** \$5



CHINESE NEW YEAR CELEBRATION LUNCH

Date: Tuesday, February 24 | **Time:** 1 pm - 3 pm

Location: MPR | **Cost:** \$25 Member, Guest/Non- Member \$35

2026



CHATTY
CUPPA
swesa EST. 2025

HAPPY 1 YEAR ANNIVERSARY
CHATTY CUPPA CAFE!
Thursday, February 26, 2026

STAY IN THE KNOW!

Visit our website at www.swesa.ca for the most up-to-date information on programs, activities and special events.

SPECIAL EVENTS, LUNCH & LEARNS, GENERAL INTEREST

BINGO!

Get ready to call out *BINGO!* for a chance to win surprise prizes. Whether you're a bingo pro or just in it for the laughs, this is your chance to relax, socialize and take home something unexpected. Come for the game, stay for the fun! *Participants are welcome to bring donated prizes.*

Dates: Tuesday, Jan 20, Feb 17, Mar 17 | **Time:** 12:30 pm - 2:30 pm | **Location:** MPR



FRENCH CONVERSATION GROUP

Join the group to get to know SWESA's French Speaking Members on Thursday mornings from 10:30 am - 12 pm at Chatty Cuppa Cafe / Y-Lobby.

SOCIAL WORKER APPOINTMENTS

Meet a Registered Social Worker at SWESA to discuss government benefits, the Canada Dental Program, housing options or another topic of support.

Dates: 2nd Wednesday of the Month, Jan. 14, Feb. 11, Mar. 11, 2026.

By appointment only. Send an appointment request to info@swesa.ca. You will receive a reply confirming your appointment.

See SWESA Bulletin for more details.

VIRTUAL REALITY DISCOVERY

Ever wondered what VR is all about? Join this discovery and explore simple virtual reality experiences. Prefer not to try VR but curious about the machine? You're welcome to simply see the equipment up close, learn how it works and ask questions about setting it at home!

Good to know: Virtual reality can feel different for everyone. It may cause dizziness or discomfort. If you have experienced vertigo or motion sensitivity, this activity may not be suitable for you.

Date: Tuesday, January 27, 2026 | **Time:** 10 am - 12 pm | **Location:** Y- Studio 2 | **Cost:** \$5



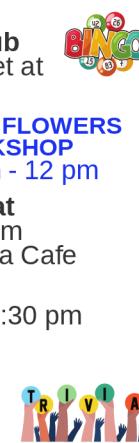
SMALL STEPS, BIG CHANGES - Health Assessment Day hosted by YMCA

SWESA Members are invited to sign up for a Health Assessment Day in partnership with the William Lutsky YMCA.

This session includes assessment of heart and muscle health, along with information about risk factors for Type 2 Diabetes.

Participants will have the opportunity to complete a survey to see if they are eligible for the Small Steps, Big Changes Program offered by the YMCA. Registration is required. Please wear comfortable clothing and bring indoor shoes.

Dates: Thursday, Feb. 26, 2026 | **Time:** 1 pm - 3 pm | **Location:** Y - Studio 2 | **Cost:** Free

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 	2 SWESA CLOSED
5 Registration Opens  SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	6 Walking Club 9:30 am Meet at Y- Lobby Winter Welcome at SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Book Club 12:30 pm - 2:30 pm Y-MPR 	7 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	8 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Floor Curling (W1 of 4) 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	9 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
12 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	13 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Genealogy Club 12:30 pm - 2:30 pm Y-MPR 	14 <i>Social Worker Appointments</i> SWESA Chat @ BJRC 1 pm - 3:30 pm Board Initiative Members Engagement Town Hall Social 1 pm - 3 pm Y- MPR No Bridge Club No Chess Club	15 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Floor Curling (W2 of 4) 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	16 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
19 Outing - River Cree Resort & Casino 11 am pick up 3:30 pm departure  SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	20 Walking Club 9:30 am Meet at Y- Lobby PRESSED FLOWERS WORKSHOP 9:30 am - 12 pm SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe BINGO! 12:30 pm - 2:30 pm Y-MPR Trivia Club 3 pm- 4 pm 	21 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	22 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Floor Curling (W3 of 4) 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	23 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
26 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	27 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Virtual Reality Discovery 10 am - 12 pm Y-Studio 2 LUNCH & LEARN Lunch at 12 pm Presentation at 1 pm 	28 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	29 <i>BOARD MEETING</i> Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Floor Curling (W4 of 4) 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	30 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	3 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Winter Watercolour Workshop (W1 of 4) 10 am - 12 pm Y- Studio 2 Book Club 12:30 pm - 2:30 pm Y-MPR CARROT CAKE DAY!! 1 pm - 2:30 pm Chatty Cuppa Cafe 	4 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	5 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Spanish & Salsa (W1 of 5) 10 am - 11:30 am Y- Studio 2 French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	6 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
9 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	10 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Winter Watercolour Workshop (W2 of 4) 10 am - 12 pm Y- Studio 2 Genealogy Club 12:30 pm - 2:30 pm Y-MPR 	11 <i>Social Worker Appointments</i> SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	12 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Spanish & Salsa (W2 of 5) 10 am - 11:30 am Y- Studio 2 French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	13 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
16 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	17 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Winter Watercolour Workshop (W3 of 4) 10 am - 12 pm Y- Studio 2 BINGO! 12:30 pm - 2:30 pm Y-MPR Trivia Club 3 pm - 4 pm 	18 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	19 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Spanish & Salsa (W3 of 5) 10 am - 11:30 am Y- Studio 2 French Conversation Group 10:30 am - 12 pm Outing - River Cree Resort & Casino 11:15 am pick up 3:45 pm departure  Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	20 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
23 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	24 Walking Club 9:30 am Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Winter Watercolour Workshop (W4 of 4) 10 am - 12 pm Y- Studio 2 CHINESE NEW YEAR CELEBRATION 1 pm - 3 pm Y- MPR 	25 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	26 <i>BOARD MEETING</i> Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Spanish & Salsa (W4 of 5) 10 am - 11:30 am Y- Studio 2 French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR SMALL STEPS BIG CHANGES - Health Assessment Day 1 pm - 3 pm Y-Studio 2	27 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	3 Walking Club 9:30 am Meet at Y- Lobby Coloured Pencil Workshop (W1 of 6) 9:30 am - 12 pm Y- Studio 2 SWESA CHAT 10 am - 12 pm Y- Studio 2 Book Club 12:30 pm - 2:30 pm Y-MPR 	4 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	26 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Spanish & Salsa (W5 of 5) 10 am - 11:30 am Y- Studio 2 French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	6 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
9 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	10 Walking Club 9:30 am Meet at Y- Lobby Coloured Pencil Workshop (W2 of 6) 9:30 am - 12 pm Y-Studio 2 SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Genealogy Club 12:30 pm - 2:30 pm Y-MPR 	11 <i>Social Worker Appointments</i> SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	12 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	13 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
16 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	17 COW PATTI THEATRE OUTING  Walking Club 9:30 am Meet at Y- Lobby Coloured Pencil Workshop (W3 of 6) 9:30 am - 12 pm Studio 2 SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe BINGO! 12:30 pm - 2:30 pm Y-MPR Trivia Club 3 pm - 4 pm MPR  	18 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	19 Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR NUTRITION WORKSHOP - HIGH PROTEIN VEGETARIAN SALADS 1 pm - 3 pm Chatty Cuppa Cafe	20 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
23 SWESA Chat @ BJRC 1 pm - 3:30 pm Canasta Hand & Foot 12:30 pm - 3 pm Y-MPR	24 Walking Club 9:30 am Meet at Y- Lobby Coloured Pencil Workshop (W4 of 6) 9:30 am - 12 pm Y- Studio 2 SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe Outing - River Cree Resort & Casino 11:15 am pick up 3:45 pm departure LUNCH & LEARN Lunch at 12 pm Presentation at 1 pm  	25 SWESA Chat @ BJRC 1 pm - 3:30 pm Bridge Club 12:30 pm - 3 pm Y-MPR Chess Club 12:30 pm - 3 pm Y-MPR	26 BOARD MEETING Neighbourhood Walkers 10 am - Meet at Y- Lobby SWESA Chat 10 am - 12 pm Chatty Cuppa Cafe French Conversation Group 10:30 am - 12 pm Cribbage Club Euchre Club 12:30 pm - 3 pm Y-MPR	27 Art Club 12:30 pm - 4 pm Y- MPR Knitting & Stitching 12:30 pm - 4 pm Y- MPR
NOTE: SWESA is closed for black out dates and Easter from Mar 30 - Apr 6, re-open Apr 7, 2026 for Spring Schedule.				