

Coming Up This Week:

When	Program	Time	Location	Cost
July 15	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
July 15	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
July 16	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
July 16	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
July 16	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
July 17	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
July 17	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
July 17	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
July 18	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
July 18	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
July 18	Seniors on the Go!	9:30 am – 1:30 pm	YECC	FREE
July 18	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
July 18	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
July 19	Euchre	9:30 am – 11:30 am	YECC	\$2.00
July 19	Art Group	9:30 am – 12 pm	YECC	\$2.00
July 19	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
July 19	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



Seniors on the Go is a free summer program designed to give Edmonton's seniors the opportunity to feel more comfortable, confident, and safe using public transportation. There will be a short presentation before our tour to view the new developments of downtown as well as the more historical areas of Whyte Avenue and the University of Alberta. There will be a short stop at the Legislature so that participants may use the restrooms and stretch their legs for a few minutes before reboarding the bus. We will continue to the last leg of the tour before returning to YECC. Awesome transit goody bags will be provided for each participant!

When: Thursday, July 18 from 9:30 am – 1:30 pm

A Transit Tech session will be held on Friday, July 26 from 9:30 am – 11:30 am. More information will follow. You may attend one or both sessions.

Please register by calling 587-987-3200.

U of A Nursing Students: All About Vaping

Wondering about the safety of vaping (e-cigarettes)? In collaboration with the Edmonton Police Service, the nursing students are preparing vaping awareness projects to be shared with local junior high and high school students. There are many marketing messages and strategies aimed at this age group that make vaping highly enticing, and unfortunately there is a steady increase in the incidence of youth vaping. Come join us and hear about their projects.

When: Thursday, July 25 from 10:00 am – 11:00 am

Stay Connected:

Ribfest



Volunteers:



Edmonton Ribfest

This second annual event includes the best of ribs, chicken and pulled pork.

When: Friday, July 12 – Sunday, July 14

Location: Borden Park (7507 Borden Park Road)

Highland Games

The Highland Gathering is an outdoor event showcasing piping and drumming competitions, massed band performances, highland dance competitions, and Scottish heavy games. There will be food trucks, a family Ceilidh, beer gardens, and a community market.

When: Friday, July 12 – Sunday, July 14

Location: Broadmoor Lake (Salisbury Athletic Park)

Ring of Fire

This tribute to country legend Johnny Cash features over two dozen of Cash's classic hits including "I Walk the Line" and "A Boy Named Sue."

When: Saturday, July 20 – Sunday, August 11

Location: Citadel Theatre (9828 - 101A Avenue)

35th Annual Grand North American Old Time Fiddle Championship

Participants come from various provinces of Canada and others from the United States to compete for more than \$16,000 in prize money. The weekend's activities include fiddling contests for all ages, open mic and dance, an old-time family dance, dinner, and camping.

To find out more:

- Read the [brochure](#) and [additional information](#)
- Call Ken at 780-237-2706
- Email wildrosefiddlers@gmail.com

When: Friday, July 19 – Sunday, July 21

Location: Agricentre (Radway, Alberta: Hwy 28 northeast of Edmonton)

Volunteer Treasurer Wanted

The On 'R Own Home Society (OROHS) is a small Edmonton-based not-for-profit society that is focused on providing opportunities for low-income families living in Capital Region Housing (CRH) in south Edmonton.

Mentoring is provided. For information about this position, click [here](#).

To contact Karen and Germaine, click [here](#).

SWESA at the Taste of Edmonton July 18 - 28

If you have free time and would like to help us with our fundraising efforts for SWESA by selling tickets at the Taste of Edmonton Festival, please call Anne at 780-465-7066.

There are also "guardian" shifts available with the Brander Garden ROCKS program. This position requires volunteers to walk around the site and direct people to ticket booths, washrooms, and smoking areas. [Click here](#) to register for your shift!