

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, August 26	Insomnia	9:30 am – 11:30 am	YECC	\$2.00
Monday, August 26	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, August 26	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, August 27	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, August 27	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, August 27	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, August 28	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, August 28	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, August 28	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, August 29	PROGRAM REGISTRATION	9:30 am – 2 pm	YECC	
Thursday, August 29	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, August 29	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, August 29	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, August 29	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Friday, August 30	PROGRAM REGISTRATION	9:30 am – 2:00 pm	YECC	
Friday, August 30	Bus Trip: Stettler Train	8:00 am – 6:30 pm	YECC	\$160.00
Friday, August 30	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, August 30	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, August 30	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, August 30	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



ADDITIONAL CHANGES: Bus Trip to the Stettler Train

We have had to move the trip back a day! Included in your ticket is the coach bus and iconic steam train ride with a buffet-style Alberta roast beef meal, time for sightseeing in Big Valley, and on-board entertainment. Shuttles to tour Big Valley will also be provided.

When: Friday, August 30 from 8 am – 6:30 pm

Train departs Stettler at 11 am for this departure. We will need to leave Yellowbird no later than 8 am. Bus will begin boarding at 7:45am. SWESA will be open at 7:30 am.

You are welcome to pack your breakfast on the bus.

Location: Yellowbird East Community Centre

Although we do our best to plan every detail of our programs, four months can allow for many changes. We appreciate your patience and understanding as we work to make this trip happen!



Fall 2019 Program Guide



September 2019 – December 2019

Yellowbird East Community Centre – 10710 - 19 Avenue NW
eOne Fitness Studio – 3474 Allan Drive SW
Terwillegar Community Recreation Centre – 2051 Leger Road NW
William Lusk YMCA – 1975 - 111 Street NW

587-987-3200
programs@swedmontseniors.ca
www.swedmontseniors.ca

IT'S HERE!

THE FALL PROGRAM GUIDE HAS ARRIVED!

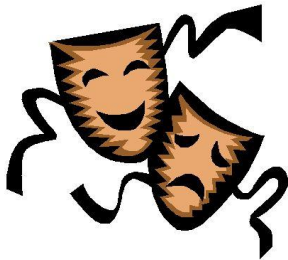
We have several new and exciting programs to offer this season including Zumba Gold, photography classes, computer classes, and bus trips to destinations near and far. Click [here](#) to view the Fall 2019 Program Guide.

We would like to thank our instructors and presenters for their ongoing support.

Registration will take place on Thursday, August 29 from 9:30 am – 2:00 pm and Friday, August 30 from 9:30 am – 3:00 pm. Please be prepared with cash or a cheque.

As always, please let us know if you plan to attend our programs even if registration is not required. This helps the presenters and us to prepare. We are then able to contact you in the event of changes or cancellations.

Coming Up:



Improv Workshop With the GeriActors

Through theatre games, improv, laughter and fun, you can share your memories, use your imagination, and watch your stories come alive. Whether you have a history in theatre, have always dreamt of performing, or just want to try something new, a GeriActors workshop is the perfect place to begin! Workshops are barrier free and inclusive, with participants of all abilities and experiences.

When: Monday, September 9 from 1:00 pm – 2:30 pm

Location: Yellowbird East Community Centre

Cost: \$10 **Registration is required by September 6.**

Stay Connected:



Volunteers:



August 26-30, 2019

NEW ESSETRICS Tone for Pickleball

Pickleball is the fastest-growing sport in North America and like all racquet sports, it can be hard on the muscles and joints. With this 6-week ESSETRICS Tone workout, you will gain the flexibility and tone that you need to be at your best on the court this year! ESSETRICS rebalances the body, prevents injuries and unlocks stiff joints. Great for both men and women, you will be ready for your best season yet.

When: Tuesdays from September 17th – October 22nd (2:00 pm – 3:00 pm)

Location: [eOne Fitness](#) Phone 780-916-4483 Email Info@eonefitness.ca

Welcome Week Hosts/Hostesses

September 3-6 is welcome week where we will offer our programs on a pay-what-you-will basis. We expect this to be a busy time. If you are friendly, outgoing, and interested in ensuring that everyone is greeted with a smile and that there is a hot cup of coffee waiting for them, please contact our program coordinator [here](#) or call 587-987-3200.