

**Coming Up This Week:**

When	Program	Time	Location	Cost
Monday, September 2	<b>Closed: Labour Day</b>		ALL	
Tuesday, September 3	Coffee and Chat	9:30 am – 12 pm	YECC	FREE
Tuesday, September 3	Cell Phones for Beginners	10:30 am – 12 pm	YECC	FREE
Tuesday, September 3	Watercolor Painting	12:30 pm – 2:30 pm	YECC	FREE
Tuesday, September 3	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	FREE
Wednesday, September 4	American Mahjong	9:30 am – 11:30 am	YECC	FREE
Wednesday, September 4	Showtime: Movie Screening	12:30 pm – 2:30 pm	YECC	FREE
Wednesday, September 4	Contract Bridge	12:30 pm – 3 pm	YECC	FREE
Wednesday, September 4	Coffee and Chat Welcome Back	1 pm – 4 pm	TCRC	FREE
Thursday, September 5	Stretch and Strengthen Yoga	9 am – 10 am	YECC	FREE
Thursday, September 5	Cribbage	9:30 am – 11:30 am	YECC	FREE
Thursday, September 5	Golden Gloves	10:15 am – 11:15 am	YECC	FREE
Thursday, September 5	Walking Group	10:30 am – 11:30 am	YECC	FREE
Thursday, September 5	Zumba Gold	1 pm – 1:45 pm	YECC	FREE
Friday, September 6	Euchre	9:30 am – 11:30 am	YECC	FREE
Friday, September 6	Art Group	9:30 am – 12 pm	YECC	FREE
Friday, September 6	Fun B-I-N-G-O	10:30 am – 12 pm	YECC	FREE
Friday, September 6	Knitting/Stitching Group	11:30 am – 3 pm	YECC	FREE
Friday, September 6	ESSEINTRICS for Seniors	1 pm – 2 pm	YECC	FREE

**Please Note:**



**Welcome Week September 3 – 6**

The week's theme is **"The Game of Life."** After you have participated in all four program areas, (Live Active, Intelligence, Friendship, and Entertainment) SWESA staff or volunteers will validate your entry form and you can enter to win some wonderful prizes! [Click here for the week's events.](#)

**L:** Live /Be ACTIVE (health and fitness)

**I:** Intelligence (class – art, watercolor, Toonie Talk)

**F:** Friendship (social programs or cards/coffee)

**E:** Entertainment (BINGO, Showtime movie)

A huge thank you to Rutherford Heights Retirement Residence and Drive Happiness for contributing prizes for this week.

**We Are Growing!**

In addition to Yellowbird, Terwillegar, eOne Fitness and pickleball at the YMCA, we are excited to be starting programs in a new dedicated space at **Blue Quill Community League.**

Watch our weekly email bulletin for more details.

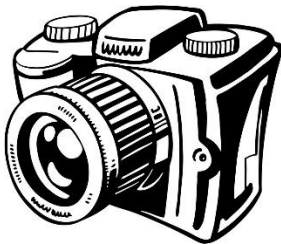


**Coming Up At YECC:**

### **SWESA in the Terwillegar Tribune**

SWESA is growing – not only because of the warm environment that you all contribute to while meeting fellow members but because you share your experiences with your friends and family too. Thank you to SWESA volunteer Carol Vaage for her ongoing commitment to spreading the word of SWESA.

Check out her article on page 16 [here](#).



### **Fundamentals of Photography**

You will learn the basic operation of cameras, composition strategy, viewing your images, Digital Asset Management (DAM), and software. This workshop will introduce depth of field, aperture, shutter speed, composition, lighting, and flash. You can expect six hours of classroom instruction, one assignment, image critique, and handouts of all the presentations and teaching slides.

**When:** Thursday, September 26 and Friday, September 27  
from 9:30 am – 12:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$120 **Registration is required by September 16.**

### **SWESA Town Hall**

Once again, the last year has brought SWESA growth in membership and in programs. Learn about board structure and the projects our volunteers are working on. Ask questions and engage in an open discussion with volunteers and staff. Your feedback and questions about SWESA's direction and activities are welcome! Feel free to submit questions in advance to the program coordinator or drop them off in our suggestion box in the coffee room.

**When:** Tuesday, September 10 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is requested.**



**Fall 2019  
Program Guide**



September 2019 – December 2019

Yellowbird East Community Centre – 10710 - 18 Avenue NW  
@25th Floor Station – 2414 Alder Drive SW  
Terwillegar Community Recreation Centre – 2051 Lager Road NW  
William Lobbey YMCA – 1075 - 111 Street NW

887-687-3200  
programs@swestseniors.ca  
www.swestseniors.ca

**Volunteers:**



## **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.

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.

### **Lunch Bunch Volunteers**

The SWESA lunch bunch has some exciting plans and menus in the works for our members this fall. If you would like to contribute to helping with these luncheons, please contact Anne at [armcnabb@shaw.ca](mailto:armcnabb@shaw.ca).