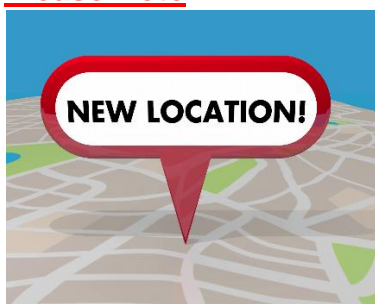


Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Sept. 16	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Sept. 16	Snow Removal Tips	10 am – 11 am	YECC	Free
Monday, Sept. 16	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Sept. 16	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Sept. 16	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Sept. 17	Understanding Investments	9:30 am – 11:30 am	YECC	\$2.00
Tuesday, Sept. 17	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Sept. 17	Choir	12:30 pm – 1:30 pm	YECC	\$10.00
Tuesday, Sept. 17	Watercolor Painting	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Sept. 17	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Sept. 17	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Sept. 18	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Sept. 18	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Sept. 18	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Sept. 18	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Sept. 19	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Sept. 19	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Sept. 19	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Sept. 19	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Thursday, Sept. 19	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Sept. 19	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Sept. 19	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Sept. 20	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Sept. 20	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Sept. 20	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Sept. 20	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

[Click here for our Fall 2019 Program Guide.](#)

Please Note:



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.

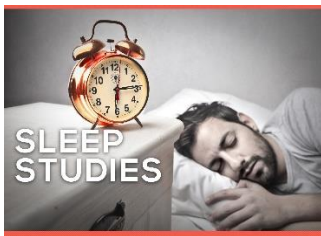
Watch our weekly email bulletin for more details.

Click [here](#) and tell us what you would like to see offered there.

Coming Up At YECC:



Stay Connected:



Snow Removal Tips and Safety Concerns

Join Barbara Newell, SWESA's Home Supports coordinator, for this free presentation. She will explain the program and welcome a snow removal service provider. They will answer your questions about recruiting a reliable contractor and offer snow removal tips.

When: Monday, September 16 from 10 am – 11 am

Understanding Fixed-Income Investments for Your Portfolio

Geared towards those who are interested in creating a reliable stream of income in their investment savings, this session covers bonds and bond mutual fund features as well as key strategies. Discover how to get the most out of fixed-income investments in the current market with investment advisor Wei Woo.

When: Tuesday, September 17 from 9:30 am – 11:30 am

Lunch Registration is Due by Noon on September 20

Monthly Luncheons will resume on September 25. For the menu and all the details, [please click here](#). The Country Sunshiner's Square Dance group will provide the entertainment.

We invite you to come in your western wear.

Sleep Study for Veterans and Family Members

The University of Alberta needs only 25 more participants to finish the study. The sooner they finish, the sooner they will be able to share the results in their final report and the how-to video about the technique. Response has been very positive so far, and people are benefiting from the sleep technique they are taught. To participate in this non-drug trial with a simple-to-use form of pressure point therapy, click [here](#).

Shakers and Makers Market

High-quality handmade goods, crafts, bags, knitting, jams, and preserves will be available at a fundraiser hosted by The GANG to support African grandmothers raising millions of children orphaned by AIDS. The profits go through the Stephen Lewis Foundation.

When: Saturday, October 26 from 10 am – 3 pm

Location: Southminster Steinhauer Church (10740 - 19 Avenue)

Cost: \$1.00