

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Sept.23	Better Choices Better Health	9:30 am – 12 pm	FULL	Free
Monday, Sept. 23	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Sept. 23	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Sept. 23	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Sept. 23	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Sept. 23	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Tuesday, Sept. 24	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Sept. 24	Tech Help with EPL	10 am – 11:30 am	YECC	\$2.00
Tuesday, Sept. 24	Bus Trip: River Cree	10 am – 2:30 pm	YECC	\$5.00
Tuesday, Sept. 24	Choir	12:30 pm – 1:30 pm	YECC	\$10.00
Tuesday, Sept. 24	Watercolor Painting	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Sept. 24	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Sept. 24	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Sept. 25	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Sept. 25	SWESA Luncheon	11:30 am – 2 pm	YECC	FULL
Wednesday, Sept. 25	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Sept. 25	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, Sept. 26	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Sept. 26	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Sept. 26	Fundamentals of Photography	9:30 am – 12 pm	YECC	\$120.00
Thursday, Sept. 26	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Sept. 26	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Thursday, Sept. 26	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Sept. 26	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Sept. 26	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Sept. 27	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Sept. 27	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Sept. 27	Fundamentals of Photography	9:30 am – 12 pm	YECC	\$120.00
Friday, Sept. 27	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Sept. 27	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

Please Note:



The Bus Trip to the River Cree Time Change

There are still seats available on this trip. Register by phone at 587-987-3200. We welcome you to join us. Please note that the bus will depart at 10 am, a half hour earlier than originally scheduled.

Coming Up At YECC:



Service
Canada 



Stay Connected:

fest



September 20 Luncheon

Special thanks to members of the [Country Sunshiner's Square Dance](#) group for the entertainment and for use of their props. We invite you to come in your western wear to take full advantage of the 'WANTED' photo booth. Don't forget that we do offer a cash bar, 50/50 raffle and free door prizes. We look forward to having you!

CPP, OAS and GIS A specialist with Service Canada will share information about the Canada Pension Plan (CPP), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and post-retirement benefits and help you to access the benefits finder on the Service Canada website.

When: Monday, September 30 from 2:00 pm – 3:00 pm

Location: Yellowbird East Community Centre

Save Your Photos Before Disaster Strikes! Old printed photos are very susceptible to floods and fires, but the worst enemy is time. Photos and video clips stored in computers, cell phones and USBs are also at risk of technology failure or change. Carmen Carvajal, a member of the Association of Personal Photo Organizers, hosts this interactive session. Bring a few of your own photos and learn how to preserve them.

When: Tuesday, October 1 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

GeriActors present FEST– the Festival of Edmonton Seniors Theatre

Featuring workshops in Shakespeare and Improv for all skills and abilities, and performances in theatre, music, poetry and more, FEST celebrates the creativity and artistry of older adults. Don't miss this exciting festival.

When: Saturday, October 5 from 12 pm – 9 pm

Location: Sugar Swing Ballroom 10019 – 80 Ave *Wheelchair Accessible* Plus, FREE refreshments!

Garneau Hall Open House

Everyone is invited to attend this afternoon gathering with local performer Kay DaSilva. Entertainment and refreshments are free. This is your chance to get to know us and our independent and supportive living community.

When: Sunday, October 6 from 2 pm to 4 pm

Location: Garneau Hall (10923 - 82 Avenue)

City of Edmonton Active for Life 2019

Join a morning of moving and learning! Choose from a variety of 30-minute sessions designed specifically for the Active Older Adult.

Sessions include: Essentrics, Tai Chi, Zumba Gold, Mindfulness & Stress Reduction, Strength Training for the Older Adult and more at the Terwillegar Recreation Centre. Session descriptions and schedules will be emailed out upon registration. [Click here to register.](#)

When: Wednesday, October 23, 2019 from 9:15 am to 12:15 pm