

Coming Up This Week:

| When | Program | Time | Location | Cost |
|-------------------|-------------------------------|---------------------------|-------------|----------|
| Monday, Sept. 30 | Better Choices, Better Health | 9:30 am – 12 pm | FULL | Free |
| Monday, Sept. 30 | Gentle Yoga | 9:45 am – 11 am | YECC | \$10.00 |
| Monday, Sept. 30 | Cribbage | 12:30 pm – 3 pm | YECC | \$2.00 |
| Monday, Sept. 30 | Coffee and Chat | 1 pm – 4 pm | TCRC | Donation |
| Monday, Sept. 30 | Arizona Ten | 1:30 pm – 4 pm | BQCL | \$2.00 |
| Monday, Sept. 30 | CPP, OAS, and GIS | 2 pm – 3 pm | YECC | \$2.00 |
| Tuesday, Oct. 1 | Save Your Photos! | 9:30 am – 11:30 am | YECC | \$2.00 |
| Tuesday, Oct. 1 | Coffee and Chat | 9:30 am – 12 pm | YECC | Donation |
| Tuesday, Oct. 1 | Watercolor Painting | 12:30 pm – 2:30 pm | YECC | \$97.50 |
| Tuesday, Oct. 1 | Hand and Foot Canasta | 12:30 pm – 3 pm | YECC | \$2.00 |
| Tuesday, Oct. 1 | Choir | 12:45 pm – 1:45 pm | YECC | \$10.00 |
| Tuesday, Oct. 1 | ESSETRICS for Seniors | 1 pm – 1:45 pm | eOne | \$10.00 |
| Wednesday, Oct. 2 | American Mahjong | 9:30 am – 11:30 am | YECC | \$2.00 |
| Wednesday, Oct. 2 | Cooking with Pulses | 9:30 am – 11:30 am | YECC | \$2.00 |
| Wednesday, Oct. 2 | Boosting Brain Health | 12:30 pm – 3 pm | YECC | \$5.00 |
| Wednesday, Oct. 2 | Contract Bridge | 12:30 pm – 3 pm | YECC | \$2.00 |
| Wednesday, Oct. 2 | ESSETRICS/Cardio | 1 pm – 2 pm | eOne | \$10.00 |
| Wednesday, Oct. 2 | Coffee and Chat | 1 pm – 4 pm | TCRC | \$10.00 |
| Thursday, Oct. 3 | Stretch and Strengthen Yoga | 9 am – 10 am | YECC | \$10.00 |
| Thursday, Oct. 3 | All About Eyebrows | 9:30 am – 10:30 am | YECC | \$2.00 |
| Thursday, Oct. 3 | Cribbage | 9:30 am – 11:30 am | YECC | \$2.00 |
| Thursday, Oct. 3 | Golden Gloves | 10:15 am – 11:15 am | YECC | \$10.00 |
| Thursday, Oct. 3 | Walking Group | 10:30 am – 11:30 am | YECC | \$5.00/s |
| Thursday, Oct. 3 | Computers for Beginners | 12 pm – 1:30 pm | YECC | \$5.00 |
| Thursday, Oct. 3 | Paper Quilling Group | 12 pm – 2 pm | YECC | \$2.00 |
| Thursday, Oct. 3 | Zumba Gold | 1 pm – 1:45 pm | YECC | \$10.00 |
| Friday, Oct. 4 | Euchre | 9:30 am – 11:30 am | YECC | \$2.00 |
| Friday, Oct. 4 | Art Group | 9:30 am – 12 pm | YECC | \$2.00 |
| Friday, Oct. 4 | Knitting/Stitching Group | 11:30 am – 3 pm | YECC | \$2.00 |
| Friday, Oct. 4 | ESSETRICS for Seniors | 1 pm – 1:45 pm | YECC | \$10.00 |

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

Please Note:



YMCA and Pickleball The partnership with the YMCA has come to an end. We would like to thank all the SWESA members and other players who made this such a successful program.

The September Luncheon was a great success! Thank you to all our volunteers who helped! A special thanks to Barry Headrick for the slideshow. Click [here](#) for the album. Password: SWEdmSeniors

Coming Up At YECC:



Volunteers:



Boosting Your Brain Health - This popular four-week workshop is a memory enhancement program for adults ages 50+ who are interested in addressing their concerns about memory in relation to normal aging. **There are spaces open. Please register with SWESA [here](#).**

2019 Flu Vaccines - [iCare Pharmacy Windermere](#) will be on site to provide free flu vaccines.

Monday, October 21 from 2 pm – 4 pm at TCRC

Tuesday, October 29 from 11 am – 2 pm at YECC

Wednesday, October 30 from 11 am – 2 pm at YECC

Bus Trip to the Mosque: Exploring Islam

We are looking forward to joining the seniors group at the Al Rashid Mosque on Wednesday, October 16 for a tour and lunch. If you are attending or curious, click on the links below for more information:

[Brief History – Al Rashid Mosque](#)

[Guidelines for Visitors](#)

There is still room on this trip. Call 587-987-3200 to register. If you are a Telus customer, turn to channel 707. Here you will find a local documentary titled “Secret Edmonton: Canada’s First Mosque” that shares more about the coming together of many faiths and cultures in Edmonton to build the original mosque.

Blue Quill Community League

Remember to take the SWESA survey! [Click here](#) to give us your feedback on the events and programs you would like to see at Blue Quill.

Location: 11304 - 25 Avenue

SWESA Diversity and Inclusion Committee

Chaired by a board director, this committee acknowledges and respects diversity, recognizes barriers to inclusion, and actively works to meet the needs of seniors with varied and diverse backgrounds. With four existing members, they are looking for joiners who are interested in supporting SWESA to bring education and awareness to diversity and inclusion in our membership. The group meets monthly and is actively planning a forum in the new year. For more information or to express interest, please contact Rita at 780-756-0688 or email her [here](#).

Cutlery/Placemat Rolls

Do you have extra fabric lying around? As you’ve noticed we are trying to lessen the environmental impact of our lunches by encouraging everyone to bring their own cutlery and cups. If you can sew [some of these](#) to donate to SWESA, we would be grateful!