

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Oct. 28	Chronic Pain	9:30 am – 12 pm	BQCL	FULL
Monday, Oct. 28	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Oct. 28	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Oct. 28	A Taste of Dance – click here	1 pm – 2 pm	YECC	\$12.00
Monday, Oct. 28	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Oct. 28	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Monday, Oct. 28	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Tuesday, Oct. 29	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Oct. 29	Tech Help With EPL	10 am – 11:30 am	YECC	\$2.00
Tuesday, Oct. 29	True Cost of Food	12:30 pm – 2 pm	YECC	\$2.00
Tuesday, Oct. 29	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 29	Choir	12:45 pm – 1:45 pm	YECC	\$10.00
Tuesday, Oct. 29	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Oct. 30	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 30	SWESA Luncheon	11:30 am – 2 pm	YECC	FULL
Wednesday, Oct. 30	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Oct. 30	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Thursday, Oct. 31	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Oct. 31	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Oct. 31	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Oct. 31	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Oct. 31	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Oct. 31	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Nov. 1	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Nov. 1	Personal Safety Devices	9:30 am – 11:30 am	YECC	\$2.00
Friday, Nov. 1	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Nov. 1	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Nov. 1	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

Please Note:



Another SWESA signature event is in the books. Thank you to the entire team who organized this event and to all the attendees. It takes an army to work through all the details of these major events.

A special thanks to Barry Headrick for taking photos at the event. Click [here](#) to have a look. Password: SWEdmSeniors

We also had a tremendous amount of support from local sponsors. You can find a comprehensive listing of these businesses by clicking [here](#).

Thank You

Coming Up:



Volunteers:



2019 Flu Vaccines - [iCare Pharmacy Windermere](#) will be on site to provide free flu vaccines. Click [here](#) to let us know you are coming.
Tuesday, October 29 from 11:30 am – 2 pm at YECC
Wednesday, October 30 from 11 am – 2 pm at YECC

Versal Workshop With the Edmonton Calligraphic Society (ECS) Versals are ornately decorated letters that are usually written with a chisel-shaped nib or quill. These letters indicate headings, beginnings of verses or poems, and significant parts of text. An ECS volunteer will provide all supplies to allow you to create elegant lettering artwork. Friday, November 8 from 9:30 am – 12:30 pm at YECC
Registration is required by November 1.

Christmas Card Making Workshop Join us for a push to start your holiday preparations. This workshop is geared towards beginners who are interested in trying their hand at card making. Scrapbooker enthusiast Candace Boissonneault returns with all materials and step-by-step instructions to help you create six handmade Christmas cards. Those experienced with card making are also welcomed to attend and encouraged to bring past projects to keep beginners inspired. Thursday, November 21 from 11 am – 1 pm at YECC
Registration is required by November 10.

Blue Quill Open House and Coffee With Councillor Knack

We have been expanding into Blue Quill slowly but surely and have started running some programs. The furniture is in place and we are working on Saturday morning and Thursday afternoon coffee groups. We hope to build on the same warm and welcome atmosphere that got SWESA to our current 600 + members!

Join us for a look at the space, followed by coffee with Councillor Andrew Knack, who will arrive at 3 pm to share in conversation about things that matter to you.

When: Wednesday, November 6 from 12 pm – 3 pm

Councillor Knack will join us from 3 pm until 4:30 pm.

Location: Blue Quill Community League ([11304 - 25 Avenue, AB T6J 5B1](#))

Please click [here](#) and let us know if you are coming.

SWESA Hosts/Hostesses

As we expand to our new space at the Blue Quill Community League, we are looking for program hosts/hostesses to share our SWESA hospitality. We are also seeking people who may be interested in helping us to distribute flyers in the neighbourhood and to spread the word of our expansion. We hope to reach more residents in the community and learn about what we can offer to best meet their needs. If you are interested in assisting with this important work, let us know [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!

