

Coming Up This Week:

When	Program	Time	Location	Cost
Monday, Oct. 14	CLOSED for Thanksgiving		ALL	
Tuesday, Oct. 15	Estate Planning	9:30 am – 11:30 am	YECC	\$2.00
Tuesday, Oct. 15	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Oct. 15	Watercolor Painting	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Oct. 15	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Oct. 15	Choir	12:45 pm – 1:45 pm	YECC	\$10.00
Tuesday, Oct. 15	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Oct. 16	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 16	Garden Suites YEG	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Oct. 16	Bus Trip: Mosque	10:30 am – 3 pm	YECC	FREE
Wednesday, Oct. 16	Boosting Brain Health	12:30 pm – 3 pm	YECC	\$5.00
Wednesday, Oct. 16	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Oct. 16	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Oct. 16	Coffee and Chat	1 pm – 4 pm	TCRC	\$2.00
Thursday, Oct. 17	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Oct. 17	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Oct. 17	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Oct. 17	Walking Group	10:30 am – 11:30 am	YECC	\$5.00/s
Thursday, Oct. 17	My Journey/Funeral Director	10:30 am – 12 pm	BQCL	\$2.00
Thursday, Oct. 17	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Oct. 17	Zumba Gold	1 pm – 1:45 pm	YECC	\$10.00
Thursday, Oct. 17	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Friday, Oct. 18	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Oct. 18	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Oct. 18	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Oct. 18	Beginner Computers	12 pm – 1:30 pm	BQCL	\$5.00
Friday, Oct. 18	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00
Saturday, Oct. 19	Oktoberfest	4 pm – 12 am	GCCA	\$60.00

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

Please Note:



October 14 - 18, 2019

Thank you to this week's presenters!

Jerry and Dan from the [Medicine Shoppe](#) will be back on November 7 to present on Strokes. We look forward to their return.

Jo Haggerlund with AHS presented on Medical Assistance in Dying. Click [here](#) for more information.

Also, worth noting, the YMCA has welcomed back all SWESA members for the \$3.00 drop-in fee. Pickleball will resume on Mondays and Thursdays until we re-evaluate this program for January.

Coming Up At YECC:



Stay Connected:



Volunteers:



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 11:30 am – 2 pm at YECC

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

Big News: Massive Online Open Courses

SWESA and the Edmonton Public Library are working together to bring you a new opportunity for university courses. We have some exciting ideas but would like to hear from you in order to make this a great experience for everyone. Please let us know if you would like to see a course in a variety of subjects ranging from Paleontology to Philosophy. You can take the two-minute survey [here](#).

Parking at YECC

We understand that parking at the Yellowbird Centre has been very busy this fall, but we do have to insist that the two parking stalls between the dumpster and the curb remain open. There are additional charges should they need to return for missed pickups. Please help us to keep costs down and our locations tidy. We appreciate your cooperation.

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. Click on the links below for more information:

[Brief History – Al Rashid Mosque](#)

[Guidelines for Visitors](#)

Please park at the end of the SWESA parking lot, across the street, or in the neighbouring church parking lot to allow other members access to their classes in the building.

The October Lunch is open for registration. The poster can be found [here](#).

Amplify Your Voice Within our stressed healthcare system, it's not unusual for patients to feel rushed and dismissed. Improve your overall wellbeing by learning what to say and how to say it!

When: Saturday, October 26 from 12:45 pm – 4 pm

Location: Hosanna Lutheran Church (9009 - 163 Street)

Click [here](#) for more information.

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!