

**Coming Up This Week:**

When	Program	Time	Location	Cost
Monday, Nov. 18	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Monday, Nov. 18	Housekeeping Tips	10 am – 11 am	YECC	Free
Monday, Nov. 18	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Monday, Nov. 18	Taste of Dance: Latin Groove	1 pm – 2 pm	YECC	\$12.00
Monday, Nov. 18	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Monday, Nov. 18	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Tuesday, Nov. 19	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesday, Nov. 19	General Tech Help	10 am – 11:30 am	YECC	\$2.00
Tuesday, Nov. 19	Watercolors	12:30 pm – 2:30 pm	YECC	\$97.50
Tuesday, Nov. 19	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Tuesday, Nov. 19	Choir	12:45 pm – 1:45 pm	YECC	\$10.00
Tuesday, Nov. 19	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Wednesday, Nov. 20	American Mahjong	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Nov. 20	Medical Travel Concerns	9:30 am – 11:30 am	YECC	\$2.00
Wednesday, Nov. 20	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesday, Nov. 20	ESSETRICS/Cardio	1 pm – 2 pm	eOne	\$10.00
Wednesday, Nov. 20	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursday, Nov. 21	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Thursday, Nov. 21	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Thursday, Nov. 21	Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Thursday, Nov. 21	Christmas Card Workshop	11 am – 1 pm	YECC	\$15.00
Thursday, Nov. 21	Paper Quilling Group	12 pm – 2 pm	YECC	\$2.00
Thursday, Nov. 21	Zumba Gold	12:45 pm – 1:45 pm	YECC	\$10.00
Thursday, Nov. 21	Pickleball	1 pm – 3 pm	YMCA	\$3.00
Thursday, Nov. 21	Arizona Ten	1:30 pm – 4 pm	BQCL	\$2.00
Friday, Nov. 22	Euchre	9:30 am – 11:30 am	YECC	\$2.00
Friday, Nov. 22	Increasing Fruit and Veggies	9:30 am – 11:30 am	YECC	\$2.00
Friday, Nov. 22	Art Group	9:30 am – 12 pm	YECC	\$2.00
Friday, Nov. 22	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Friday, Nov. 22	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

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

**Please Note:**



November 18 - 22, 2019

**Registration Deadlines:**

Nov. 21 – Christmas Greenhouses (waitlist)  
 Nov. 22 – November lunch deadline – See the poster [here](#).  
 Nov. 22 – Candlelight Christmas

**Housekeeping Tips and Safety Concerns**

Join Barbara Newell, SWESA's Home Supports coordinator, and a service provider who will share tips, common safety concerns in seniors' homes, and how to choose the best person to fit your needs.

**When:** Monday, November 18 from 10 am – 11 am

## Coming Up:



## Stay Connected:



## Volunteers:



### **Tech Help**

Bring your camera, laptop, phone, or other tech device to Yellowbird this Tuesday and Edmonton Public Library staff will help you to work through an issue. Whatever your questions are, EPL staff are here to help.

**When:** Tuesday, November 19 from 10 am – 11:30 am  
**Location:** Yellowbird East Community Centre **Cost:** \$2

### **Medical Travel Concerns**

Wasif Kamal, pharmacist and owner of iCare Pharmacy Windermere, will cover a variety of topics including immunization, prevention and treatment of traveler's diarrhea, and ways you can keep yourself safe and healthy. He will also discuss travel medication kits and required documentation for airport security. Snacks will be provided courtesy of iCare.

**When:** Wednesday, November 20 from 9:30 am – 11:30 am  
**Location:** Yellowbird East Community Centre **Cost:** \$2

### **Christmas Card Making Workshop** – space available.

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.

**When:** Thursday, November 21 from 11 am – 1 pm  
**Location:** Yellowbird East Community Centre **Cost:** \$15

### **Yellowbird's 8<sup>th</sup> Annual Craft and Gift Sale**

Treat yourself and find a perfect gift at the Yellowbird craft sale! View a large selection of art, jewelry, gifts, and more. Free admission with door prizes and a concession run by SWESA members. Stop in and say Hi!

**When:** Saturday, November 16 from 10 am – 4 pm  
**Location:** Yellowbird East Community Centre (10710 - 19 Avenue)

### **St. Joseph's Auxiliary Annual Christmas Bake Sale**

The profits are used to benefit the residents at St. Joseph's Hospital. Baking, gently used decorations, and costume jewelry will be offered.

**When:** Friday, November 29 from 11:30 am – 2:30 pm  
**Location:** St. Joseph's Auxiliary Hospital Auditorium (10707- 29 Avenue)  
**Cost:** Free

### **Handy People Needed**

We are getting organized to create a library space, like the one at Yellowbird, over at Blue Quill. We have the shelving ordered but require help putting it together. If you have a few screwdrivers, some handy savviness, and a willingness to help, contact the program coordinator [here](#).

### **Front Desk Volunteers**

Are you friendly, great at multi-tasking, and have basic smart phone and computer skills? We are looking for folks who are available to man our front desk. Shifts are 9 am – 12 pm or 12 pm – 3 pm. If you are interested in learning more, please contact Emily, our front desk coordinator, [here](#).