



# **FALL 2017**

# **Program Guide**

**September 2017 – December 2017**



**Yellowbird East Community Centre – 10710 - 19 Avenue NW**  
**Terwillegar Community Recreation Centre – 2051 Leger Road NW**  
**Twin Brooks Community League – 11341 - 12 Avenue NW**  
**William Lutsky YMCA – 1975 - 111 Street NW**

**587-987-3200**

**[programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca)**

**swedmontonseniors.ca**

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## **SWESA – A Great Place to Be 55+**

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest non-profit seniors' organization. SWESA currently is developing social, cultural and recreational programs and is a gathering place for individuals 55+ living in southwest Edmonton.

SWESA is growing every day. Run by a group of passionate volunteers, SWESA's mission is to provide opportunities for adults 55+ in southwest Edmonton to pursue healthy and satisfying lives through engagement in a variety of programs and through social connections.

### **Important Information**

#### **MEMBERSHIP:**

- SWESA's \$30 annual membership fee enables you to participate in SWESA's programs at member rates. The membership year runs from January 1, 2018 to December 31, 2018.
- Valid membership from other seniors centres may be recognized for participation in SWESA programs and special events at member rates.
- SWESA members will receive priority at registration. Non-SWESA members' names may be put on a waiting list at the time of registration and can be bumped to give priority to SWESA members.
- Your SWESA membership card entitles you to discounts at most city of Edmonton recreational facilities.

#### **REGISTRATION:**

- You can register for activities in person at our Yellowbird East Community Centre office. Registration for select classes or events may be taken over the phone or by email. Please contact 587-987-3200 or [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca) for registration inquiries.
- Payment is by cash or cheque; **registration is only confirmed upon payment.**
- Sign up early to avoid cancellation due to insufficient registration.

#### **CANCELLATIONS AND REFUNDS:**

- SWESA reserves the right to cancel programs.
- Participants will be notified if a program is cancelled. Fees collected at the time of registration are fully refundable.
- No refunds will be given to participants if they withdraw from a program of their own volition. SWESA credit may be given in varying circumstances.

## DISCLAIMERS/LIABILITY:

- SouthWest Edmonton Seniors Association is not responsible for any physical injuries that may take place during any of its programming.
- Opinions or viewpoints expressed by guest speakers or lecturers are not necessarily reflective of SouthWest Edmonton Seniors Association's Board of Directors, staff or volunteers.

## LOCATION OF CLASSES:

Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Hours: Monday to Friday from 9:00 am – 3:00 pm (2:00 pm closure on Thursdays)

Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

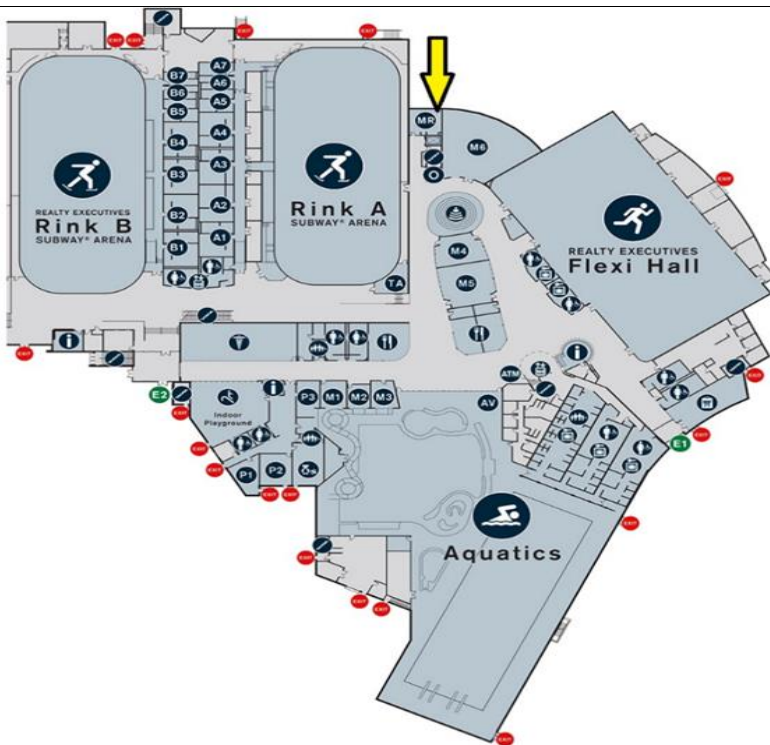
Hours: Mondays and Wednesdays from 1:00 pm – 4:00 pm

Twin Brooks Community League (TBCL), 11341 - 12 Avenue NW

Hours: Wednesdays and Thursdays from 12:00 pm – 2:00 pm

William Lutsky YMCA (YMCA), 1975 - 111 Street NW

Hours: Mondays and Thursdays from 1:30 pm – 3:00 pm



TCRC Seniors Lounge

## HOLIDAYS/CENTRE CLOSURES

There will be no programming running at any of the locations on:

- Monday, September 4 for Labour Day
- Monday, October 9 for Thanksgiving
- Monday, November 13 for Remembrance Day

**The YECC site** will be closed

Friday, December 22 – Tuesday, January 2.

**The TCRC Lounge** will be closed

Monday, December 11 – Monday, January 8.

**The TBCL site** will be closed

Thursday, December 21 – Wednesday, January 10.

# **City of Edmonton – Supports for Seniors**

## **3-digit Phone Numbers**

- 211 Senior Information/Referrals
- 311 City of Edmonton Information Line
- 411 Directory Assistance
- 511 Alberta Travel and Road Report information
- 611 Telephone Trouble
- 811 Health Link (includes dementia information)
- 911 Emergency

**The Seniors Home Supports Program** gives seniors referrals for vetted service providers. Seniors are not charged for referrals, but they will pay a fee to the service provider for completing the work. Six seniors organizations are working together to provide this coordinated system that serves all areas of Edmonton. Seniors contact the organization that serves their area of the city as shown [HERE](#).

Our coordinator can be reached at 780-860-2931 or [hs@swedmontonseniors.ca](mailto:hs@swedmontonseniors.ca).

## **The Edmonton Seniors Coordinating Council**

ESCC is an umbrella organization that encourages coordinated actions of its members to continue to build an Age Friendly Edmonton and enhance the lives of all Edmonton seniors. Under the [“for seniors”](#) you will

- find recreational and wellness programs for adults 55+
- read about the latest news and events for seniors
- learn about ESCC member agencies and their services
- find your local seniors centre in Edmonton
- find useful information about a variety of seniors topics
- discover work and volunteer opportunities

## **Transportation – Drive Happiness**

Mobility is about much more than simply getting from A to B. It's about dignity, freedom and being in control of your lifestyle. With Drive Happiness, seniors can remain active, mobile and fully engaged in their community. Are you 65 years and over? Do you have difficulty using public transportation services? Are you able to enter and exit a vehicle with limited assistance? Do you have an annual income under \$35,000 (if single) or \$60,000 (if a couple)? You may qualify for a ride. Exceptions may apply. Call 780-424-5438 for further information.

## FALL 2017 PROGRAMS

### SOCIAL

#### Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow SWESA members in an informal, casual setting and a great way to stay in touch for longtime members. Join us for interesting conversation and a monthly birthday celebration. Stay for a short time or stay all morning! Coffee, tea and refreshments are always available.

#### Yellowbird East Community Centre (YECC), 10710 - 19 Avenue NW

Tuesdays from 9:30 am – 12:00 pm

#### Terwillegar Community Recreation Centre (TCRC), 2051 Leger Road NW

Mondays and Wednesdays from 1:00 pm – 4:00 pm

**Cost:** A \$1 - \$2 donation for refreshments is suggested. All are welcome to attend.

### LUNCHEONS



Come and enjoy a good meal with great company. Each event will feature a new theme and menu item(s). **REGISTRATION AND PAYMENT ARE REQUIRED** by noon on the Friday before the luncheon.

**The seniors lounge at TCRC will be closed on luncheon dates.**

**When:** Monthly, from 12:00 pm – 2:00 pm

September 20, October 25, November 22, December 15

**Location:** Yellowbird East Community Centre

**Cost:** The cost varies depending on the menu items available; typical costs have ranged from \$15 - \$20.

We are always open to sharing our SWESA connection's talent! If you would like to speak or perform at one of our luncheons, please do let us know.

Many hands make light work! If you are interested in being involved in the planning of or decorating for our luncheons, please email [volunteers@swedmontonseniors.ca](mailto:volunteers@swedmontonseniors.ca).

## **BOOK CLUB**

SWESA's book club meets monthly to discuss the book that they have read and express their opinions, likes, dislikes, etc. SWESA provides the books and discussion questions. The book selections are chosen to appeal to a wide variety of reading tastes and will be given out and collected at SWESA. Our members are an informal and friendly group who have dynamic personalities and interesting conversations.

**When:** Mondays, monthly from 9:30 am – 11:30 am

September 11, October 16, November 6, December 11

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5/season registration fee; Non-member \$10/season registration fee  
Individuals will be billed for late book returns.

## **GAMES**

Come and learn to play a friendly game such as canasta, mahjong (a traditional Chinese tile game), or bridge. Both beginners and experienced players are welcome. There are other openings for our social room so please feel free to let us know if you would like to start another game get-together.

### **Hand and Foot Canasta**

Tuesdays, September 5 to December 19 from 12:30 pm – 3:00 pm

### **American Mahjong**

Wednesdays, September 6 to December 20 from 9:30 am – 12:00 pm

### **Contract Bridge**

Wednesdays, September 6 to December 20 from 12:30 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$2; Non-member \$4 per drop-in session

Registration is not required.

If you are interested in booking time and space to organize a card group with SWESA, please contact the program coordinator.

## THE ARTS

### Art Group

Calling all artists! This is an informal drop-in program for artists wanting to share studio space with like-minded individuals. Participants bring their own art supplies (drawings, watercolors and mixed media) and create art in a social, supportive environment.

There is no instructor for this program. No oil paints or strong scents are allowed due to SWESA's low-scent policy and participants' allergies.

**When:** Fridays, from 9:30 am – 12:00 pm

Session 1 - September 1 to October 27

Session 2 - November 24 to December 15

**Location:** Yellowbird East Community Centre

**Cost:** Member \$25; Non-member \$40/both sessions or drop-in Member \$2;  
Non-member \$4

### Knitting and Stitching Group

Come and join the knitting and stitching group at SWESA! Bring your own projects (knitting, cross stitching, crocheting, hand sewing, etc.) and work in a fun, social group. While there is no instructor, members share ideas and learn from each other. The group occasionally plans independent field trips.

**When:** Fridays, from 11:30 am – 3:00 pm

Session 1 - September 1 to October 27

Session 2 - November 24 to December 15

**Location:** Yellowbird East Community Centre

**Cost:** Member \$25; Non-member \$40/both sessions or drop-in Member \$2;  
Non-member \$4

### Guitar Lessons – Instructor: Mike Footit

Shake the dust off that old guitar that has been tucked in the closet. Now is the time to learn to play or brush up on your rusty skills. Join others in practicing common chords, classic songs and a few different styles. During his 40+ years as a musician, Mike Footit has fronted bands that opened for April Wine and Tom Cochrane and has played as a solo act, performing blues and roots music. Mike's love of guitar and teaching are combined in his offer to host this group of musicians.

**When:** Bi-weekly Thursdays, starting September 21 from 10:00 am – 12:00 pm

September 21, October 5, 19, November 2, 16, 30, December 14

**Location:** Yellowbird East Community Centre

**Cost:** Member \$10; Non-member \$20 for the season or \$2 per drop-in session



## TECHNOLOGY

### Tech Help with Edmonton Public Library

Keeping up with technology can be difficult for anyone. It seems that we are able to get the hang of one device just in time for a newer version to be released. Edmonton Public Library staff can help you learn how to operate your tablet, camera, laptop, phone or other tech device. Edmonton Public Library also schedules free one-on-one sessions at their locations for any library member. Find your location [here](#).

#### **When/Location:**

<b>Terwillegar Community Rec Centre</b>	<b>Yellowbird East Community Centre</b>
Monday, September 18 from 1:30 – 3:00 Massive Open Online Courses	Tuesday, September 26 from 10:30 – 12:00 Email Basics for Beginners
Monday, October 2 from 1:30 – 3:00 What Is This “Cloud” Thing I Hear About?	Tuesday, October 31 from 10:30 – 12:00 Photo Organizing and Storage
Monday, October 16 from 1:30 – 3:00 Syncing Your Devices	Tuesday, November 28 from 10:30 – 12:00 General Tech Help (bring any device)
Monday, October 30 from 1:30 – 3:00 General Tech Help (bring any device)	Tuesday, December 19 from 10:30 – 12:00 Facebook for Beginners
Monday, November 27 from 1:30 – 3:00 Introduction to Instagram	

**Cost:** Member \$2; Non-member \$4 **Registration is requested.**

### EPL @ Home Service

If you can't make it in for over three months, EPL will bring their collection to you. EPL provides home service where you live, whether it's an extended care facility, a seniors' lodge or your own home. You will be matched with a carefully screened and trained volunteer who will deliver materials selected by staff directly to you.

To register for home service, contact [your branch](#).



## **HEALTH AND WELLNESS**

### **Essentrics for Seniors**

Release tight muscles, rebalance joints and restore your body.

This is an age-reversing workout that will restore movement in your joints, increase flexibility and strength in your muscles, relieve pain, improve balance and stimulate your cells to increase energy and vibrancy.

Lori Griffith is a certified essentrics instructor and lifelong fitness enthusiast. She discovered the Aging Backwards movement when searching for programs for her parents and has been dedicated to bringing this program to the seniors of southwest Edmonton for the last three years. She enjoys getting to know her students and helping them become and stay more active, independent and healthy.

**When:** Fridays, from 1:00 pm – 1:30 pm

Session 1 - September 1 to October 27

Session 2 - November 3 to December 8

**Location:** Yellowbird East Community Centre

**Cost:** \$10 drop-in fee or Member \$65/session or \$115 for both sessions

### **SWESA Walking Group**

Join SWESA volunteer Val Solomon as she leads this group for all abilities. Inexpensive with excellent health benefits, walking is a great way to stay fit and meet people. We will venture out from YECC to explore the neighbouring parks, paths and trails.

**When:** Thursdays, September 7 until the cold weather arrives (anticipating the end of October) Times vary due to weather. Please call for more information.

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5; Non-member \$10 for the season **Registration is requested.**

### **Golden Years, Golden Gloves**

Join SWESA for a total-body workout! This fitness class is designed to increase flexibility, balance, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training in a fun, supportive environment. No equipment is required.

**When:** Thursdays, from 10:00 am – 11:00 am

Session 1 - September 7 to October 26 from 10:00 am – 11:00 am

Session 2 - November 2 to December 21 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

**Cost:** \$10 drop-in fee or Member \$60/session or \$100 for both sessions

### **"Mix Music" Line Dance Class!**

Michelle Mitchell is back! Our certified dance instructor and choreographer has worked with Leduc seniors at Telford House and the Oshawa, Ontario seniors' clubs for many years. She has taught a variety of dance class styles and creates dance fitness classes for all ages and abilities. This class uses a variety of music, such as swing, tango, country, disco, Latin, etc. and dynamic fun routines to make an hour of exercise fly by! Here's a way to get moving, enjoy music and have fun!

**When:** Thursdays, September 7 to October 26 from 1:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$10 drop-in fee or \$70/session for members

### **Gentle Yoga**

This class will introduce you to the holistic benefits of yoga. Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket to class. Our long-time instructor Linda Vaudan is certified in working with older adults and can work with you through any concern or chronic pain. This class is suitable for all fitness levels and abilities. Poses may be performed with a chair.

**When:** Mondays, from 10:00 am – 11:00 am

Session 1 - September 11 to October 30 (7 classes) No class October 9.

Session 2 - November 6 to December 18 (6 classes) No class November 13.

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55 for each session; Non-member \$10 per drop-in class

### **Pickleball**

Pickleball is becoming wildly popular these days and court wait times are increasing. Together, SWESA and the YMCA hope to accommodate more court time for active players to participate in this tennis, ping pong, and badminton hybrid racquet game. Join us to learn more about pickleball or to take advantage of this new court time.

**When:** Mondays, September 11 to December 18 from 1:30 pm – 3:00 pm

**Location:** William Lutsky YMCA (1975 - 111 Street NW)

**Cost:** \$2 drop-in fee **Registration is requested.**

**Boosting Your Memory** is a six-week memory enhancement program for adults, age 50 and over, who are interested in addressing their concerns around memory in relation to normal aging (not related to the disease process).

**When:** Tuesdays, from September 12 to October 17 from 12:30 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$20; Non-member \$25 for the season

**Registration is required by September 5.**

**Navigating the Rivers** is a weekly two-hour class. In a small group with a skilled bereavement facilitator, participants share their experience, learn how to acknowledge and reconcile with their own grief, and learn techniques to continue being supported in a group setting.

**When:** Tuesdays, September 12 to October 24 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$10; Non-member \$10 for the season **Registration is requested.**

Roads to Healing is a prerequisite session to this series. You can find more information about this under the TOONIE TALKS section in this guide.

### **Floor Curling**

Floor curling is a highly social sport that can be enjoyed for a lifetime by all ages and abilities. This game promotes sportsmanship and camaraderie and is an inexpensive and less dangerous alternative to many other sports.

Join us for this new program where unique indoor floor curling equipment is used to provide a true curling experience without ice!

**When:** Thursdays, September 14 to December 22 from 1:30 pm – 3:00 pm

**Location:** William Lutsky YMCA (1975 - 111 Street)

**Cost:** \$2 drop-in fee **Registration is requested.**

### **Tai Chi**

Join us for our six-week beginner classes where we will offer a friendly environment in which to learn this health-improving art. You do not have to be in great physical shape to start learning; this art can be practiced by people of almost all ages and conditions. You will be progressively shown the first 17 moves of the 108 move “set”. An accredited volunteer instructor will demonstrate each move and give you guidance on how to perform it. Please bring a water bottle and wear loose-fitting comfortable clothing that allows free range of movement. We recommend indoor shoes with little or no heel. No bare feet please.

**When:** Wednesdays, October 4 to November 8 from 12:30 pm – 1:30 pm

**Location:** Twin Brooks Community League

**Cost:** \$50/session or \$10 per drop-in class **Registration is requested.**

## **TOONIE TALKS**

All Toonie Talks are offered at a cost of **\$2 for members and \$5 for non-members.** Although registration is not required, we request that you let us know if you will be attending so that we can be prepared to accommodate everyone.

### **The F Word: Feminism**

What exactly is feminism? Join Kaylin Betteridge, a registered social worker and a women's initiative coordinator with the city of Edmonton, as she discusses some myths of feminism and shares what the city is doing to make things better for all genders. This session is open to everyone.

**When:** Friday, September 1 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **Roads to Healing**

Roads to Healing is a two-hour presentation that gives an overview of how grief is experienced and introduces ideas about how to deal with one's own experience. It is offered in various Edmonton-area venues throughout the year. Although there is no charge for this program, donations to the Edmonton Healing Centre for Grief and Loss are gratefully accepted. For those who wish to delve deeper, Roads to Healing serves as an introduction to Navigating the Rivers.

**When:** Tuesday, September 5 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

This is a prerequisite session to the Navigating the Rivers of Grief series found under the HEALTH AND WELLNESS section of this guide. You may just attend this session.

### **Selecting a Suitable Financial Advisor**

Who we choose as our financial advisor has a great influence on our satisfaction with financial services and on our personal financial wellbeing. Factors to consider when selecting the right advisor and financial institution include (1) the quality of financial planning advice, (2) investment performance, (3) the amount of client communication, and (4) the pay structure of the financial institution.

Just as every individual is different, every advisor is unique. Join Wei Woo as we discuss how to find your best fit.

**When:** Tuesday, September 12 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Everyone Has a Travel Bucket List. Have You Been Able to Complete Yours?**

Are you looking to travel by yourself, or would you prefer to travel in a group?

This expert-led talk will give you some great tips on where the HOT travel destinations are, the MUST-see destinations, and the different modes of transportation that are available. Those who are interested in group travel with fellow SWESA members may stay afterwards to begin some in-depth discussion about group travel opportunities for SWESA members.

**When:** Thursday, September 14 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Global Terrorism**

Allan Bleiken, president of Global Trends Ltd., has accumulated more than 40 years of executive experience on a national and international level within industry, government, education, and the diplomatic field. As the owner and president of a private research company, he authored numerous reports, publications, and studies for industry and government. Join us and learn more about the causes and motivations of terrorism and why it's difficult to defeat it. There will be time for questions.

**When:** Friday, September 22 from 12:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

### **Seniors Financial Assistance Options**

This presentation by a representative from Alberta's Ministry of Seniors and Housing will cover (1) Alberta seniors benefits, (2) special needs assistance, (3) The Seniors Home Adaptation and Repair Program, and (4) the seniors property tax deferral program. Information about the Seniors Advocate office and the 811 dementia health link will also be provided.

**When:** Monday, September 25 from 12:30 pm – 1:30 pm

**Location:** Yellowbird East Community Centre

### **Home Supports**

Join SWESA's Seniors Home Supports Program (SHSP) Coordinator Barbara Newell for a complimentary Toonie Talk.

Barbara will provide information about the city of Edmonton-funded project that is enabling seniors to remain in their homes longer with the help of vetted service providers offering snow removal, yard maintenance, housekeeping, and minor repairs. Learn more about the thorough vetting/screening process, the customer follow-up process, and the reasonable rates that providers offer seniors.

**When:** Wednesday, September 27 from 1:30 pm – 2:30 pm

**Location:** Terwillegar Community Recreation Centre

**When:** Monday, October 2 from 1:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

**When:** Thursday, November 16 from 12:00 pm – 1:00 pm

**Location:** Twin Brooks Community League

### **Medicinal Marijuana in Canada: How Does It Work?**

Canada's number of authorized medicinal marijuana users in 2002 was 477. In 2016, there were approximately 37,000 authorized users. By 2024, the projected number of licensed users is 433,638 Canadians. Cannabinoid Medical Clinic (CMClinic) is at the forefront of patient care in the field of prescription cannabinoids and medical marijuana. They treat the needs of patients suffering from chronic illnesses including, but not limited to, multiple sclerosis, epilepsy, cancer, arthritis, anxiety, glaucoma, and post traumatic stress disorder through a stringent marijuana regulatory system.

Join fellow SWESA members for a session by a CMClinic educator who will explain the process of getting a referral to the clinic, how to find effective treatment for chronic and serious conditions, and how to navigate the new medical marijuana regulatory system.

**When:** Thursday, September 28 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Let's Talk Fibre**

Find out the latest about TELUS PureFibre™ construction.

Dean Shular, senior regional market manager from TELUS, will be on hand at this complimentary Toonie Talk to share information about what's happening and answer your questions. Please join us.

**When:** Friday, September 29 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Wills and Estates**

The Edmonton Community Legal Centre introduced us to local lawyer Lina Marrazzo last year. Lina is a wealth of knowledge, and she will share more about why it is important to include estate and will considerations as part of the retirement-planning process.

**When:** Wednesday, October 11 from 2:00 pm – 3:00 pm

**Location:** Terwillegar Community Recreation Centre

### **Your Life, Your Legacy**

As North America's largest provider of funeral, cremation and cemetery services, the Dignity Memorial® network is the name families turn to for compassionate and professional final arrangements. Dignity Memorial provides care for more than 500,000 families each year and understands the importance of thoughtful, personalized

arrangements. This presentation addresses the advantages of pre-arranging a funeral, including the benefits of planning and steps involved in the planning process.

Participants may request a free personal planning guide.

**When:** Thursday, October 12 from 10:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Implications of Trump's Presidency for Your Retirement Portfolio**

Almost one year has passed, and we have clearer direction on policies that are intended to go forward under the new American president. One of the major questions many retirees may have is what does this presidency mean for our economies, the markets, and how it ultimately impacts retirement finances. Join Wei Woo as we discuss how to position one's retirement portfolio for success with the new political and economic environment.

**When:** Monday, October 23 from 12:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

### **AMA Travel Presents: Travel Solo but Not Alone**

Dale Gillis is a group specialist and certified senior travel consultant with over 40 years industry experience. Following 16 years as an agency owner, Dale sold his travel business and recently returned to AMA Travel at the Edmonton Kingsway location. Dale has personally organized and escorted more than 45 groups to many destinations around the world. He is presenting a unique community-based program known as "Go Solo", describing how you can explore the world solo, but not alone. He will feature upcoming opportunities with AMA Travel and discuss personal safety when travelling.

**When:** Thursday, October 26 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

### **Air Quality Health Index with Health Canada**

The Air Quality Health Index (AQHI) is a scale designed to help you understand what the air quality around you means to your health. It is a health protection tool that is designed to help you make decisions to protect your health by limiting short-term exposure to air pollution and adjusting your activity levels during increased levels of air pollution. Come join Opel Vuzi, regional air quality and health specialist with Health Canada, to discover more about the impacts of air pollution on human health and ways to reduce exposure.

**When:** Friday, October 27 from 11:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre



### **The Truth About Hearing Aids**

For those who missed this session last year, Michael Chu from Miracle Ear is back after rave reviews. All types of hearing loss can affect one's ability to understand conversational sounds. This seminar highlights studies of the anatomy of the ear, hearing loss and its relation to cognitive function, dementia auditory deprivations, tinnitus, and hearing aid technology.

**When:** Wednesday, November 1 from 12:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

### **TELUS WISE**

TELUS WISE (Wise Internet and Smartphone Education) is an industry-leading educational program on Internet and Smartphone safety. TELUS is introducing this program to our SWESA members that will include in-class training about safety when using the Internet as well as a variety of tips and tools on Internet and Smartphone safety and security. TELUS WISE content has been developed in partnership with MediaSmarts and other industry experts, addressing a critical need for timely, informative and relevant information, given the steady growth of Smartphone adoption and Internet use. As an organization, we're always looking for ways to help people keep themselves safe from online criminal activity such as financial fraud.

**When:** Tuesday, November 7 from 12:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

### **Drive Happiness**

Drive Happiness is an Edmonton non-profit volunteer driving organization. Our focus is meeting the transportation needs of our seniors, helping them retain their independence, and creating awareness for seniors' isolation. Join us to learn more about how to access this service or how to become a volunteer driver.

**When:** Thursday, November 9 from 11:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Healthy Food Choices**

Making healthy food choices can be difficult while managing diabetes. Diabetes Canada offers a great educational presentation and take-home materials to help you balance your diet and take control of your diabetes. We will show you resources and tools to help you prevent and manage your diabetes.

**When:** Friday, November 10 from 10:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Dying With Dignity – Physician Assisted Dying, an Update**

Joan Brady is back to discuss the changes that have occurred since the passing of Bill C-14 in June of 2016. At least 1300 gravely ill adults have received a doctor's help to end their lives across Canada since legalization. Experts say those numbers are expected to rise. Join us as we learn more about some of the issues that have come about for both physicians and patients during first-year access as we; as who is choosing medically-assisted dying.

**When:** Wednesday, November 15 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **The Role of Exchange-traded Funds in Retirement Portfolios**

Like mutual funds, ETFs allow investors to spread risk over a series of investments, as opposed to one or two stocks or bonds. ETFs typically charge lower management fees than mutual funds and have been gaining in massive popularity among retirees for the past six years; they vary in how they are run. Like all types of investments, there are both benefits and risks, as there is no such thing as a perfect investment. Come join Wei Woo as we discuss the pros and cons of using this category of investment in a retirement portfolio.

**When:** Thursday, November 16 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **When Anxiety Is Too Much: Turning Down the Anxiety Dial**

If you experience anxiety, you are normal. All of us experience some level of anxiety. Anxiety is now recognised as the most common of all mental health problems and is the number one health problem in women.

This workshop is for anyone who ever struggled with anxiety and provides a frame for understanding how your brain makes you anxious and what you can do to change it and turn down the anxiety dial. Learn practical, effective tips to manage your anxiety on a daily basis. Attending this workshop will boost your confidence in how to both prevent and manage your anxiety. You will leave the session with an expanded collection of tools and techniques.

**When:** Thursday, November 23 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

## **SPECIAL INTEREST**

### **Spanish for Beginners**

Jane Ann Evans returns for her third session of Spanish for Beginners at SWESA. Jane lived in Mexico from 1990 until late 2011. During that time, while owning her own graphic design studio, she taught art classes in her own studio and Photoshop classes in the Academia de Fotografia, as well as communications and graphic design in Spanish at the Universidad del Valle de Mexico. Her own language studies took place at the Academia Hispanoamericana. She likes to teach Spanish the way that she learned it and that is to hear and speak it rather than read and write. One of the beautiful things about Spanish is that if you can speak it, you can also read and write it.

The class will consist of two consecutive hours each week with a 10-minute break in between. The first hour will focus on irregular and regular verbs in their present tense as well as vocabulary based on scenarios such as getting a room at a hotel, ordering a meal in a restaurant, and buying food at the market. The second hour will be pure conversation with fluent Spanish speakers. Previous classes have enjoyed lunch at a local Mexican restaurant at the end of the session.

**When:** Mondays, September 11 to November 27 from 10:00 am – 12:00 pm

No classes October 9, October 16, November 13

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55; Non-member \$75 **Registration is required.**

### **SWESA Travel Interest Group**

SWESA member Steve Simser would like to bring anyone who suffers from the lifelong wanderlust that he is experiencing to come together. Here is how it started for him:

*My first experience travelling was back in 1968 when I attended cadet camp in Banff, Alberta. While flying in a Viscount turboprop airplane, as I experienced the views of the majestic Rocky Mountains, I was hooked on seeing the world. I have been truly blessed with an awesome spouse who also enjoys travelling as much as I do. Travelling to new destinations has always been a way to stimulate all five senses for us.*

*We have taken cruises, travelled Europe, and organized a bus tour with four buses to the Mall of America. We have toured through many states and almost every province in Canada. I would like to contribute to organizing an interest group at SWESA to meet and travel with like-minded people who truly want to experience what this world can offer.*

Steve has reached out to experienced consultant Gwen Schilling for advice and support along the way.

*I not only am able to assist my clients with picking the best location for their next vacation, but I also work to ensure that the vacation is what they visualize. I have planned wedding groups to international destinations and all kinds of cruises throughout the Caribbean, Europe and the South Pacific.*

*I have never been happier at work. I want to go to the office, love what I do, and send people on their "Dream Vacation".*

The group will kick off with Gwen's Toonie Talk: Everyone Has a Travel Bucket List. Anyone interested in continuing to look at travel options and possibly planning a future SWESA members trip can stay afterwards.

The following meetups are scheduled as follows:

**When:**

Thursday, September 14 from 10:00 am – 12:00 pm at YECC

Wednesday, October 11 from 10:00 am – 12:00 pm at YECC

Wednesday, November 8 from 10:00 am – 12:00 pm at YECC

**Cost:** Free

## **SPECIAL EVENTS**

### **Gnocchi Making with the Ital Canadian Seniors Centre**

The Ital Canadian Seniors Association is a non-profit organization that has been registered under the Societies Act since September 1986. Like SWESA, this organization offers drop-in programs to meet the social and recreational needs of their membership and to promote and afford the opportunity for social, friendly activities. They also provide educational, recreational, cultural and social activities for the seniors and the public in Edmonton and the surrounding area. SWESA will welcome them to our centre to teach us how to make gnocchi. The word gnocchi may be derived from the Italian word nocchio meaning "a knot in wood" or from nocca meaning "knuckle". It has been a traditional type of Italian pasta of (probable) Middle Eastern origin since Roman times. Join us and meet new friends, learn a new recipe, and enjoy this delicious dish.

**When:** Wednesday, September 13 from 11:00 am – 1:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$10; Non-member \$15

**Registration is required by September 6.**

### **Edmonton Waste Management Facility Tour**

Come tour the world-famous Edmonton Waste Management Centre. Discover how recyclables get sorted, how old computers get recycled, and how your garbage gets turned into compost or methanol. This self-drive tour is booked to meet our guide for 1:00 pm, when we will board a shuttle for a custom tour.

**When:** Friday, September 15 from 1:00 pm – 3:00 pm

**Location:** Site 310, 250 Aurum Road NE Edmonton, AB T6S 1G9

**Cost:** Member \$5; Non-member \$10

**Registration is required by September 8.**

### **Love Note Day**

Love Note Day is an international day marked to tell someone you love them. When was the last time you gave or received a love note?

Love Note Day can be for any family members or for longtime friends, too. It's the perfect day to make someone feel appreciated with just a few heartfelt words. Join us during the Tuesday coffee group to exchange a positive note (a poem, a quote, a compliment, or a joke) with a fellow SWESA member to let them know just how much you appreciate your peers and the sense of community we offer at SWESA. If you can't make it, write your own little note for a family member, a friend, or even for yourself.

**When:** Tuesday, September 26 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

**Cost:** The SWESA coffee groups are by donation. **Registration is requested.**

### **Photo Organizing Workshop**

Did you know that one shoebox holds about 1000 photographs? Now think about how many photos are in your personal collection. Don't be overwhelmed, SWESA has a solution. Karen Murdock is a certified photo organizer with 40 years of experience working with seniors. She spent over 10 years organizing and touching up photos for families in her previous career.

#### 1. Sorting and Organizing (Wednesday, October 4)

Not sure where to begin? We will cover the best practices of photo organization, learn techniques that professional photo organizers use, and receive a list of supplies and ideas to make your project run smoothly. Please try to bring a shoebox of photos or photos still in the processing envelopes. So start hunting and gathering your photos!

#### 2. Planning, Scanning and Saving the Memories (Wednesday, October 18)

Wondering what's next, now that you have your photos organized? Let's work together to bring the final pieces of the puzzle together. Learn creative and fun ways to share your life story and reminisce along the way. Bring a selection of your favorite photos to share and start designing your first project.

**When:** Wednesdays, October 4 and 18 from 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$25; Non-member \$30 **Registration is required by September 27.**

### **Friday the 13<sup>th</sup> Ghost Tour**

A veteran storyteller with 12 years of experience guides us on a ghostly walk through Old Strathcona. We will visit historic buildings where area residents have reported ghosts, hauntings, murders, and mysteries. Too often, history, especially Canadian history, is presented as being dry and boring. Exploring our city's past is a fun and exciting way to spend an evening.

This is an outside walking tour, so please dress for the weather as we will go ahead rain or shine. Sign up if you dare! Friends and family are welcome on this outing.

**When:** Friday, October 13 from 5:00 pm – 7:00 pm

**Location:** 10322 - 83 Avenue (at "The Rescue" firefighter statue)

**Cost:** \$12

There is an option to join fellow members for a meal/dessert following the tour. Please note your interest when registering. **Registration is required by October 1.**

### **Wear Something Gaudy Day**

Gaudy [gaw-dee] is defined as "brilliantly or excessively showy, cheaply showy in a tasteless way and flashy". We all have something hiding in the back of our closet that was once a hot fashion trend. Give that item the time to shine in a non-judgmental and fun coffee group meetup. The sky is the limit, so add that old costume jewellery, fluorescent blazer or metallic pantsuit. Don't be shy. There's a prize for the best dressed!

**When:** Tuesday, October 17 from 10:00 am – 11:00 am

**Location:** Yellowbird East Community Centre

**Cost:** The SWESA coffee groups are by donation. **Registration is requested.**

### **AMA's Mature Driver Course**

Participate with AMA's professional driving instructor in this two-day classroom-only course to review your knowledge of the rules of the road, signage, merging, lane changing, intersections, safe driving tips and strategies. Receive tips on driving in adverse conditions, information on licensing standards in Alberta, and strategies to assist you in maintaining your independence.

**When:** Thursday, October 19 and Friday, October 20 from 9:30 am – 12:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$52.50; Non-member \$52.50 **Registration is required by October 1.**

### **Meet the Alberta Seniors Advocate**

Dr. Sheree Kwong See visits SWESA to discuss the role of the Senior Advocates office and presents information about demographics and how today's seniors can plan to age in place. There will be time for open discussion.

**When:** Friday, October 20 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free **Registration is requested.**

### **Blood Pressure and Glucose Checks Clinic**

The Compassion Network invites you to attend our free clinic on managing your blood pressure, stress, and glucose levels as an older adult, with special guests from the Medicine Shoppe and Vita Health Products. Enjoy some refreshments while learning about your recent blood pressure reading, glucose reading or other health concerns. Meet with friendly staff from The Compassion Network and get assessed by qualified healthcare professionals.

**When:** Tuesday, October 24 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free

**Registration is required by October 10.**

### **SWESA CommUNITY Drumming Circle**

SWESA is hosting a CommUNITY drumming circle! Many cultures practice drumming as a spiritual or religious passage and interpret drummed rhythm similarly to spoken language or prayer. Drumming has developed over millennia to be a powerful art form. This session will provide a social, engaging, and uplifting experience with many opportunities to create and express ourselves. No musical experience is required.

**When:** Thursdays, from 12:00 pm – 1:00 pm

October 26, November 2, November 9

**Location:** Twin Brooks Community League

**Cost:** Member \$35; Non-member \$45 **Registration is required by October 12.**

### **Bus Trip to the River Cree**

Join SWESA for another day of fun at the River Cree Resort and Casino. Lunch options are available for free as well as a \$5 playing voucher. The bus will leave YECC at 10:00 am and return at approximately 3:00 pm.

**When:** Monday, November 20 from 10:00 am – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5; Non-member \$5

### **Cariboo Magi – Live at the Rosebud Theatre**

*"A yuletide laughfest that's not to be missed." - The Vancouver Sun*

Under a starlit sky, a bedraggled troupe of star-struck players travel to the Cariboo region of British Columbia. Rehearsing *Hamlet*, *The Last of the Mohicans*, *A Christmas Carol* and *The Gospel of Luke* on their way, they travel by camel through deep snow and the wilds of the gold rush to fill a desperately needed performance contract. ... They're not actors. ... They arrive on Christmas Eve, just in time to walk onto the stage to perform. The result is the most sublime, divine and hilariously entertaining rendering of the Christmas story ever told.

**When:** Wednesday, November 29 from 7:30 am – 8:00 pm

**Location:** Rosebud, Alberta Bus included from YECC

**Cost:** Member \$95; Non-member \$120 **Registration is required by November 10.**

### **Candy Cane Tea at the Valley Zoo**

What a perfect way to get into the holiday spirit! Join fellow SWESA members for this Christmas celebration just for seniors. We will enjoy special performances, educational talks, and learn interesting facts about different animals. To wrap up a perfect afternoon, guests will be treated to candy cane tea, hot chocolate and festive baked goodies.

The event price includes your bus ride from YECC to the zoo and your return to YECC.

**When:** Tuesday, December 5 from 1:00 pm – 3:00 pm

**Location:** YECC

**Cost:** Member \$40; Non-member \$45 **Registration is required by September 30.**

### **Christmas Lights Tour**

See some beautiful Christmas lights around Edmonton on the ETS Christmas Lights Tour. This roughly two-hour bus ride will take you around the city to see some of Edmonton's most beautiful light displays at the Alberta Legislature, Candy Cane Lane, Churchill Square, and City Hall.

**When:** Wednesday, December 13 from 6:00 pm – 8:00 pm

**Location:** Buses departing from YECC, TCRC and TBCL

**Cost:** Member \$15; Non-member \$15 Family members are welcome to attend.

**Registration is required by November 29.**

### **SWESA Best in "Snow"**

Meet us at YECC for a snowman build off. We will provide a carrot and a few other items that must be used on the snowman, but the rest is up to you! We will arrange for judges to choose the best in "snow" before enjoying fellowship over some seasonal treats.

**When:** Tuesday, December 19 from 11:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5; Non-member \$8 **Registration is required by December 12.**



## **Book Shoppe**

Do you like to read? If so, come visit our book shoppe in the coffee room at Yellowbird East Community Centre. There is a large selection of books available for \$.50 each or a bag of books for \$5. All proceeds go towards supporting programming at SWESA. We also accept book donations.

## **Volunteers**


Volunteers are an important and integral part of our organization – without our volunteers we wouldn't be where we are today! There are many ways you can contribute your time and talents. Volunteer roles include special event and committee volunteers, program volunteers, personal phone callers, and many more. If you are interested in volunteering or would like more information about volunteer opportunities, contact us at 587-987-3200 or [swesa.volunteers@gmail.com](mailto:swesa.volunteers@gmail.com).

## **Stay Tuned!**

As we work to develop more programming, we may be introducing new classes and events that do not appear in this guide. For updated program information, see the calendar of events posted at Yellowbird East Community Centre, the Seniors Lounge at the Terwillegar Community Recreation Centre, and/or on SWESA's website at [swedmontonseniors.ca](http://swedmontonseniors.ca). New programs also may be featured in issues of SWESA's weekly email.

## **Contact Information**

If you have any questions or would like more information about programming, please contact our program coordinator at 587-987-3200 or [programs@swedmontonseniors.ca](mailto:programs@swedmontonseniors.ca). Our mailing address is 88008 Rabbit Hill PO, Edmonton, AB T6R 0M5.

		<b>Date:</b>	
<b>PROGRAM REGISTRATION FORM</b>			
<b>First Name</b>	<b>Last Name</b>		
<b>Program</b>		<b>Date</b>	<b>Cost</b>

Please complete the registration form and submit it along with payment to YECC.

### Schedule of Events

Terwillegar Community Recreation Centre = **TCRC** (2051 Leger Road NW)

Yellowbird East Community Centre = **YECC** (10710 - 9 Avenue NW)

Twin Brooks Community League = **TBCL** (11341 - 12 Avenue NW)

William Lutsky YMCA = **YMCA** (1975 - 111 Street NW)

### Weekly Programs/Events

<b>Date</b>	<b>Program</b>	<b>Time</b>	<b>Location</b>	<b>Cost</b>
Mondays	Gentle Yoga	10 am – 11 am	YECC	\$10.00
Mondays	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Mondays	Pickleball	1:30 pm – 3 pm	YMCA	\$2.00
Tuesdays	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Tuesdays	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Wednesdays	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Wednesdays	Tai Chi	12:30 pm – 1:30 pm	TBCL	\$10.00
Wednesdays	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Wednesdays	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Thursdays	Golden Gloves	10 am – 11 am	YECC	\$10.00
Thursdays	Walking Group	Varied	YECC	\$5.00/s
Thursdays	Floor Curling	1:30 pm – 3 pm	YMCA	\$2.00
Fridays	Art Group	9:30 am – 12 pm	YECC	\$2.00
Fridays	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00

## Special Programs/Events

Date	Program	Time	Location	Cost
Sept. 1	The F Word: Feminism	10:00 – 11:00	YECC	\$2.00
Sept. 1	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
<b>Sept. 4</b>	<b>CLOSED for Labour Day</b>		<b>ALL</b>	
Sept. 5	Roads to Healing	1:00 – 3:00	YECC	\$2.00
Sept. 7	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Sept. 8	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Sept. 11	Book Club	9:30 – 11:30	YECC	\$5.00/s
Sept. 11	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Sept. 12	Selecting a Financial Advisor	10:00 – 12:00	YECC	\$2.00
Sept. 12	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Sept. 12	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Sept. 13	Gnocchi Making	11:00 – 1:00	YECC	\$10.00
Sept. 14	SWESA Travel Interest Group	10:00 – 12:00	YECC	Free
Sept. 14	Everyone Has a Bucket List	10:00 – 12:00	YECC	\$2.00
Sept. 14	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Sept. 15	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Sept. 15	Waste Management Facility Tour	1:00 – 3:00	Self-drive	\$5.00
Sept. 18	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Sept. 18	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Sept. 19	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Sept. 19	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Sept. 20	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Sept. 21	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Sept. 21	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Sept. 22	Global Terrorism	12:30 – 2:30	YECC	\$2.00
Sept. 22	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Sept. 25	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Sept. 25	Seniors Financial Options	12:30 – 1:30	YECC	\$2.00
Sept. 26	Love Note Day	10:00 – 11:00	YECC	Donation
Sept. 26	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
Sept. 26	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Sept. 26	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Sept. 27	Home Supports	1:30 – 2:30	TCRC	Free
Sept. 28	Medicinal Marijuana	10:00 – 12:00	YECC	\$2.00
Sept. 28	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Sept. 29	Let’s Talk Fibre	10:00 – 11:30	YECC	\$2.00
Sept. 29	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Oct. 2	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Oct. 2	Home Supports	1:30 – 2:30	YECC	Free
Oct. 2	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Oct. 3	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Oct. 3	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Oct. 4	Photo Organizing	12:30 – 2:00	YECC	\$25.00/s

Oct. 5	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Oct. 5	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Oct. 6	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
<b>Oct. 9</b>	<b>CLOSED for Thanksgiving</b>		<b>ALL</b>	
Oct. 10	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Oct. 10	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Oct. 11	SWESA Travel Interest Group	10:00 – 12:00	YECC	Free
Oct. 11	Wills and Estates	2:00 – 3:00	TCRC	\$2.00
Oct. 12	Your Life, Your Legacy	10:30 – 12:00	YECC	\$2.00
Oct. 12	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Oct. 13	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Oct. 13	Friday the 13 <sup>th</sup> Ghost Tour	5:00 – 7:00	Self-drive	\$12.00
Oct. 16	Book Club	9:30 – 11:30	YECC	\$5.00/s
Oct. 16	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Oct. 17	Wear Something Gaudy Day	10:00 – 11:00	YECC	Donation
Oct. 17	Boosting Your Memory	12:30 – 3:00	YECC	\$20.00
Oct. 17	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Oct. 18	Photo Organizing	12:30 – 2:00	YECC	\$25.00/s
Oct. 19	AMA’s Mature Driver Course	9:30 – 12:30	YECC	\$52.50
Oct. 19	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Oct. 19	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Oct. 20	AMA’s Mature Driver Course	9:30 – 12:30	YECC	\$52.50
Oct. 20	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Oct. 20	Meet the AB Seniors Advocate	1:00 – 3:00	YECC	Free
Oct. 23	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Oct. 23	Implications of Trump’s Presidency	12:30 – 2:30	YECC	\$2.00
Oct. 24	Navigating the Rivers	1:00 – 3:00	YECC	\$10.00
Oct. 24	Blood Pressure/Glucose Clinics	1:00 – 3:00	YECC	Free
Oct. 25	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Oct. 26	Travel Solo but Not Alone	10:00 – 11:00	YECC	\$2.00
Oct. 26	CommUNITY Drumming Circle	12:00 – 1:00	TBCL	\$35.00
Oct. 26	“Mix Music” Line Dance Class	1:00 – 2:00	YECC	\$10.00
Oct. 27	Air Quality Health Index	11:00 – 12:00	YECC	\$2.00
Oct. 27	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Oct. 30	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Oct. 30	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Oct. 31	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
Nov. 1	The Truth About Hearing Aids	12:30 – 2:30	YECC	\$2.00
Nov. 2	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Nov. 2	CommUNITY Drumming Circle	12:00 – 1:00	TBCL	\$35.00
Nov. 3	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Nov. 6	Book Club	9:30 – 11:30	YECC	\$5.00/s
Nov. 6	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Nov. 7	TELUS WISE	12:30 – 2:30	YECC	\$2.00
Nov. 8	SWESA Travel Interest Group	10:00 – 12:00	YECC	Free

Nov. 9	Drive Happiness	11:00 – 12:00	YECC	\$2.00
Nov. 9	CommUNITY Drumming Circle	12:00 – 1:00	TBCL	\$35.00
Nov. 10	Healthy Food Choices	10:30 – 11:30	YECC	\$2.00
Nov. 10	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
<b>Nov. 13</b>	<b>CLOSED for Remembrance Day</b>		<b>ALL</b>	
Nov. 15	Dying With Dignity	10:00 – 12:00	YECC	\$2.00
Nov. 16	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Nov. 16	Exchange-traded Funds	10:00 – 12:00	YECC	\$2.00
Nov. 16	Home Supports	12:00 – 1:00	TBCL	Free
Nov. 17	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Nov. 20	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Nov. 20	River Cree Bus Trip	10:00 – 3:00	YECC	\$5.00
Nov. 22	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Nov. 23	When Anxiety is Too Much	10:00 – 12:00	YECC	\$2.00
Nov. 24	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Nov. 27	Spanish for Beginners	10:00 – 12:00	YECC	\$55.00
Nov. 27	Go Go Gadgets	1:30 – 3:00	TCRC	\$2.00
Nov. 28	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
Nov. 29	Cariboo Magi at Rosebud, Alberta	7:30 am – 8:00 pm	YECC	\$95.00
Nov. 30	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Dec. 1	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Dec. 5	Candy Cane Tea Bus Trip	1:00 – 3:00	YECC	\$40.00
Dec. 8	Essentrics for Seniors	1:00 – 1:30	YECC	\$10.00
Dec. 11	Book Club	9:30 – 11:30	YECC	\$5.00/s
Dec. 13	Christmas Lights Bus Tour	6:00 – 8:00	YECC	\$15.00
Dec. 14	Guitar Lessons	10:00 – 12:00	YECC	\$2.00
Dec. 15	SWESA LUNCHEON	12:00 – 2:00	YECC	\$15.00
Dec. 19	Go Go Gadgets	10:30 – 12:00	YECC	\$2.00
Dec. 19	Best in “Snow”	11:00 – 12:00	YECC	\$5.00