


# OCTOBER 2017 SWESA Programs

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Spanish 10 - 12 Gentle Yoga 10 - 11 Home Supports 1:30 - 2:30 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 ICloud Pickleball 1:30 - 3		Coffee and Chat 9:30 - 12 Canasta 12 - 3 Boosting Memory 12:30 - 3 Navigating the Rivers of Grief 1-3		Mah Jong 9:30 - 12 Bridge 12:30 - 3 Tai Chi 12-1 Photo Organizing 12:30 - 2 Coffee and Chat 1 - 4		Golden Years Golden Gloves 10 - 11 Guitar Lessons 10 - 12 Mix Music Line Dance 12 - 1 Board Meeting 1 - 3 Floor Curling 1:30 - 3		Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 Board Booking 1 - 3 (FR)	
9		10		11		12		13	
CLOSED 		Coffee and Chat 9:30 - 12 Canasta 12 - 3 Boosting Memory 12:30 - 3 Navigating the Rivers of Grief 1 - 3		Mah Jong 9:30 - 12 SWESA travel 10 - 12 Bridge 12:30 - 3 Tai Chi 12-1 Coffee and Chat 1 - 4 Wills and Estates 2 - 3		Golden Years Golden Gloves 10 - 11 Your Life Your Legacy 10:30 - 12 Mix Music Line Dance 12 - 1 Floor Curling 1:30 - 3		Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 Old Strathcona Ghost Walk 5 - 7	
16		17		18		19		20	
Election Day Spanish Cancelled Yoga Cancelled Book club 930-1130 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 Syncing devices Pickleball 1:30 - 3		Coffee and Chat 9:30 - 12 Wear Something Gaudy Day 10 - 11 Canasta 12 - 3 Boosting Memory 12:30 - 3 Navigating the Rivers of Grief 1 - 3		Mah Jong 930-12 Tai Chi 12 - 1 Bridge 12:30 - 300 Photo Organizing 12:30 - 2 Coffee and Chat 1 - 4		Golden Years Golden Gloves 10 - 11 Guitar Lessons 10 - 12 Mix Music Line Dance 12 - 1 Floor Curling 1:30 - 3		Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 Seniors Advocate 1 - 3	
23		24		25		26		27	
Gentle Yoga 10 - 11 Spanish 10 - 12 Implications of Trump's Presidency for your Retirement Portfolio 12:30 - 2:30 Coffee and Chat 1 - 4 Pickleball 1:30 - 3		COFFEE CHAT N' CARDS 930-12 CANASTA 12-3 Navigating the Rivers of Grief 1 - 3 Blood Pressure/Glucose Clinic 1 - 3		MAH JONG 930-12 Tai Chi 12 - 1 Bridge 12:30 - 3 SWESA luncheon 12:00 - 2:00 TCRC CLOSED		Golden Years Golden Gloves 10 - 11 Mix Music Line Dance 12 - 1 COMMUNITY Drumming 12-1 AMA Go Solo 10 - 11 Floor Curling 1:30 - 3		Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 Air Quality Index 11 - 12	
30		31							
Gentle Yoga 10 - 11 Spanish 10 - 12 Lunch Committee 1-2 Coffee and Chat 1 - 4 Go Go Gadgets 1:30 - 3 General help Pickleball 1:30 - 3		COFFEE CHAT N' CARDS 930-12 CANASTA 12-3 Go Go Gadgets 1:30 - 3 Photo org and storage							
YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road TWIN BROOKS COMMUNITY LEAGUE (TBCL) 11341 12 Ave NW WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW SPECIAL EVENTS - Please see program guide for details and pre-registration info. Board and Committee Events									

\*\* - Luncheon registration and payment is due at noon on the Friday prior to the event.