








MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
CLOSED 	Coffee and Chat 9:30 - 12 Canasta 12 - 3	Mah Jong 9:30 - 12 <b>The Philosophy of Health 10 - 12</b> Bridge 12:30 - 3	Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Mixed Music Dance 12 - 1 Stretch and Strength Yoga 1 - 2 <b>Freewill Shakespeare 8pm - 10:30pm</b> 	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
9 <b>Book Club 9:30 - 11</b> Gentle Yoga 10 - 11 Cribbage 12:30 - 3	10 Coffee and Chat 9:30 - 12 <b>Farmers Market Salads 11 - 1</b> Canasta 12 - 3 	11 Mah Jong 9:30 - 12 <b>Bus Trip to Outlet Mall 10 - 3</b> Bridge 12:30 - 3	12 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 <b>Bus Trip to the EIA Outlet Mall 10 - 3</b> Mixed Music Dance 12 - 3 Stretch and Strength Yoga 1 - 2 <b>Board Meeting 1 - 3</b>	13 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 <b>Cinema Cronies 12 - 2</b> Essentrics 1 - 1:30
16 Gentle Yoga 10 - 11 Cribbage 12:30 - 3 <b>Seniors Home Supports 1 - 2</b>	17 Coffee and Chat 9:30 - 12 <b>Potluck Patio Party 11:30 - 1:30</b> Canasta 12 - 3	18 Mah Jong 9:30 - 12 <b>Reverse Mortgage 10 - 11</b> Bridge 12:30 - 3	19 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Stretch and Strength Yoga 1 - 2	20 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 <b>Stop and Smell the Rosés 7pm - 9pm</b>
23 Gentle Yoga 10 - 11 <b>Advance Care Planning 10 - 12</b> <b>Cinema Cronies 12 - 2</b> 12:30 - 3 	24 Coffee and Chat 9:30 - 12 Canasta 12 - 3 	25 Mah Jong 9:30 - 12 Bridge 12:30 - 3 <b>Hot Fudge Sunday 1 - 2</b> 	26 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Stretch and Strength Yoga 1 - 2	27 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 <b>Cinema Cronies 12 - 2</b> Essentrics 1 - 1:30 
30 Gentle Yoga 10 - 11 Cribbage 12:30 - 3	31 Coffee and Chat 9:30 - 12 Canasta 12 - 3 <b>EPL Tech Help 12:30 - 2</b>			

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue

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.



SWESA volunteers will be selling tickets at the Taste of Edmonton July 23 - 27. Stop by, have a bite to eat and say hi!

