

Coming Up This Week:

Date	Program	Time	Location	Cost
August 20	Gentle Yoga	9:45 am – 10:45 am	YECC	\$10.00
August 20	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
August 21	Coffee and Chat	9:30 am – 11:30 am	YECC	Donation
August 21	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
August 22	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
August 22	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
August 23	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
August 23	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
August 23	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
August 23	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
August 24	Art Group	9:30 am – 12 pm	YECC	\$2.00
August 24	Lunch Bunch Meeting	11 am – 12:30 pm	YECC	Free
August 24	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
August 24	Nacho Day	1 pm – 2:30 pm	Self-Drive	\$12.00
August 24	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Please Note:



Nacho Day, August 24 from 1:00 pm – 2:30 pm

We will be meeting at [Brewsters Brewing Company](#) (2335 - 111 Street).

The weather looks fabulous to enjoy the patio so please think ahead about a hat, sunglasses and sunscreen. We do live in Alberta so be prepared to meet inside should the weather fail us too.



Fall 2018
Program Guide



September 2018 – December 2018

11000 41st Street, Edmonton, Alberta T5A 0A6
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We know that the Fall Guide just came out but to make sure that our presenters, instructors and members have the best experience possible, we ask you to keep the **registration deadlines** in mind.

Watercolors with Willie Wong – September 4

Bus Trip to Calgary Zoo – September 4

Cabaret Dance Classes with Michelle – September 6

Bob Layton: How Do You Want To Be Remembered? – September 10

[The Fall Guide can be found here.](#)



We had a great time at Birchwood Meadows. For more pictures of this trip, [click here](#).

Stay Connected:

Reciprocal Program Registration for Participating Seniors Centres Begins August 27

Your SWESA membership is accepted at these participating centres: [Edmonton Aboriginal Seniors Centre](#), [Seniors Association of Greater Edmonton](#), [Edmonton Seniors Centre](#), [South East Edmonton Seniors Association](#), [Jewish Seniors Centre](#), [Mill Woods Seniors Association](#), [North Edmonton Seniors Association](#), [Strathcona Place +55 Centre](#), [NorthWest Edmonton Seniors Society](#), and [Westend Seniors Activity Centre](#).

Seniors Technology Program

The University of Alberta Technology Training Centre is launching a new seniors program. They are hosting Wednesday afternoon sessions where seniors can learn about technology. The first four topics are:

When: Wednesdays from 1:00 pm – 4:00 pm

- September 12: Introduction to Cell Phones
- September 26: Taking Pictures with Your Phone
- October 17: Transfer Pictures from Phone to Computer
- October 31: Online Personal Security

Seniors are welcome to take one or as many sessions as they are interested in. The teaching component will be 1-1.5 hours long with plenty of time to ask questions and enjoy some free refreshments.

Location: University of Alberta Technology Training Centre
(B-11 Cameron Library, 116 Street and 85 Avenue)

Cost: \$25/class to register Please call 780-492-1397.

August 20 - 24, 2018

587-987-3200

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Home Supports: 780-860-2931

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