

Coming Up This Week:

Date	Program	Time	Location	Cost
August 6	CLOSED		ALL	
August 7	Coffee and Chat	9:30 am – 11:30 am	YECC	Donation
August 7	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
August 8	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
August 8	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
August 9	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
August 9	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
August 9	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
August 9	Walking Group	10:30 am – 11:30 am	YECC	\$5/season
August 9	“Mixed” Music Line Dance	12 pm – 1 pm	YECC	\$10.00
August 10	Art Group	9:30 am – 12 pm	YECC	\$2.00
August 10	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
August 10	Essentrics for Seniors	1 pm – 1:45 pm	YECC	\$10.00
August 10	FALL PROGRAM GUIDE RELEASE	6 pm		

Please Note:



[FOR ALL OF AUGUST'S EVENTS, PLEASE CLICK HERE](#)

Registration and payment for Nacho Friday is due August 10.

The event is on Friday, August 24 from 1:00 pm – 2:30 pm.

Location: Brewsters Brewing Company (2335 - 111 Street)

Cost: Member \$12

The price does not include your beverage order or gratuity.



Thursday Changes: Yoga and Golden Gloves Schedules

Stretch and Strengthen Yoga will be from 9:00 am – 10:00 am.

This class is suitable for beginners or experienced participants who can practice yoga on the floor or standing, using the chair for balance.

Golden Years, Golden Gloves will run from 10:15 am – 11:15 am to accommodate. Thank you everyone for your understanding.



Stay Connected:

Badminton Fun Day Invitational

Come out and join the SEESA Badminton Club for this fun day of playing your favourite sport while meeting players from other centres across the city. No prior experience is required. Family and friends aged 55+ are invited.

When: August 10 from 9:00 am – 11:45 am

Location: South East Edmonton Seniors Association (9350 - 82 Street)

Cost: \$3 in advance or \$5 the day of the event

Lunch is not included in the cost. You are welcome to stay afterwards for lunch in the cafeteria. There will be a selection of soups and sandwiches available for purchase. You may register by calling 780-468-1985 by August 7.

Cariwest Festival

Cariwest is one of Edmonton's most colourful and vibrant festivals! It was introduced more than 30 years ago by the Western Carnival Development Association to fill the need of Caribbean Canadians to share their music, cuisine and carnival culture. The three-day event includes a Friday night costume extravaganza, a Saturday carnival parade, live entertainment, Caribbean cuisine, and a Caribbean village marketplace.

When: August 10-12

Location: Federal Plaza Building (9820 - 107 Street)

Cost: Various [Click here](#) for more information.

EPCOR RiverFest

3 locations, 2 days, and 1 river valley park system!

Purchase tickets to float on the North Saskatchewan River, explore free land activities that you can do in the river valley, and connect with river valley-related businesses, organizations, and clubs. RiverFest is a celebration of our North Saskatchewan River and the river valley park system, the largest urban parkland in North America. Each location features a variety of outdoor activities all geared to help get you active. For more details, [click here](#).

When: August 11, 12

Location: Various

Cost: Various

Westend Seniors Activity Centre 40th Anniversary Gala

Join the Westend Seniors Activity Centre in celebrating 40 years of excellence. There will be a buffet dinner accompanied by live entertainment with a dance to follow.

When: September 7 Cocktails at 5:00 pm, buffet at 6:00 pm

Location: Westend Seniors Activity Centre (9629 - 176 Street)

Cost: \$30 Tickets can be purchased in person at the centre. Call 780-483-1209 for more information.

Volunteers: We need your help!

Sound System Setup and Takedown for Special Events

SWESA has purchased a new sound system that will be arriving in the next few weeks. If you are interested in participating in the training opportunity to assist us with special events this fall and into the future. please contact us [here](#).

August 6 -10, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca