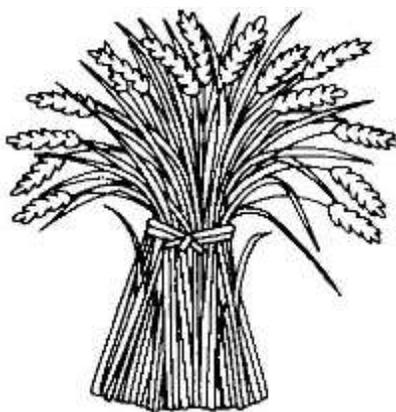




# Fall 2018 Program Guide



**September 2018 – December 2018**

**Yellowbird East Community Centre – 10710 - 19 Avenue NW  
Terwillegar Community Recreation Centre – 2051 Leger Road NW  
William Lutsky YMCA – 1975 - 111 Street NW  
eOne Fitness Studio – 3474 Allan Drive SW**

**587-987-3200**

[programs@swedmontseniors.ca](mailto:programs@swedmontseniors.ca)

[www.swedmontseniors.ca](http://www.swedmontseniors.ca)

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## Mailing Address

SWESA  
Box 88008 Rabbit Hill PO  
Edmonton, AB T6R 0M5

## A Great Place to Be 55+

SouthWest Edmonton Seniors Association (SWESA) is Edmonton's newest non-profit district seniors organization. SWESA offers social, cultural and recreational programs at several locations that are gathering places for individuals 55+ living in southwest Edmonton.

SWESA is growing every day and is run by a group of passionate volunteers and dedicated staff. Our mission is that, as a member-driven organization in concert with community groups and partners, SWESA empowers older adults in southwest Edmonton to be active and to be socially engaged through quality programs and services.

SWESA's vision is that we are a progressive organization creating a vibrant, welcoming age-friendly community. We ascribe to the core values of collaboration, respect, inclusion, accountability and innovation.

### 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 to December 31. With fall being our busiest season, SWESA is happy to offer a year and four-month membership to all new members for \$40 which will cover programs from September 1, 2018 to December 31, 2019.
- 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 at our Yellowbird East Community Centre office.
- Registration for select classes or events may be taken over the phone or by email. Please call 587-987-3200 or visit [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/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.

## Disclaimer/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.

## Locations of Classes

Yellowbird East Community Centre, 10710 - 19 Avenue NW

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

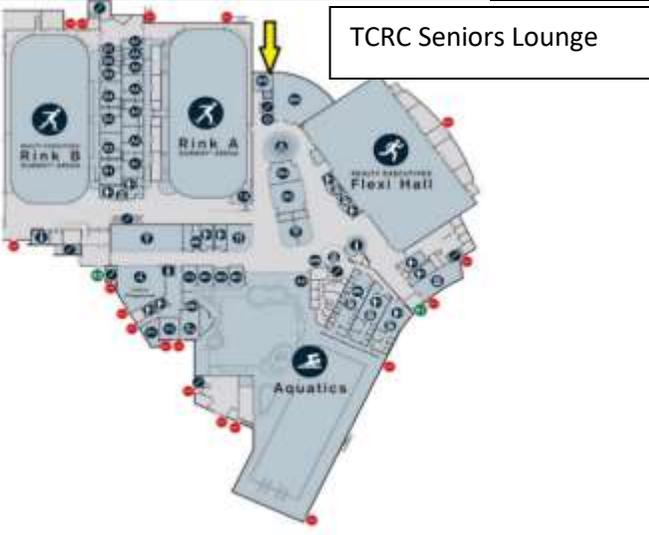
Terwillegar Community Recreation Centre, 2051 Leger Road NW

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

William Lutsky YMCA, 1975 - 111 Street NW

Hours: Mondays and Thursdays from 1:15 pm – 3:00 pm

eOne Fitness Studio, 3474 Allan Drive SW

|   |  |
|---|--|
|  <p>A floor plan of the TCRC Seniors Lounge. The plan shows two ice rinks, Rink B and Rink A, at the top left. To the right of the rinks is the Flexi Hall, and below it is the Aquatics area. A yellow arrow points to a specific area labeled 'TCRC Seniors Lounge'.</p> | <h3>Holidays/Centre Closures</h3> <p>There will be no programming running at any of the locations on</p> <p>Monday, September 3 – Labour Day<br/>Monday, October 8 – Thanksgiving Day<br/>Monday, November 12 – Remembrance Day<br/>Monday, December 24 – Tuesday, January 1</p> <p>Our TCRC programs will be suspended for the winter break from<br/>December 24 – January 7.</p> |
|---|--|

## **Seniors Home Supports Program (SHSP)**

This 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.

The scope of the [Seniors Home Supports Program](#) is:

- Snow Removal: remove snow and put down de-icer
- Housekeeping: clean floors, clean bathrooms, do laundry, dust, clean fridge
- Personal Services: hair care, foot care, home and respite care (personal care, homemaking, nursing care, companionship, accompanied transportation)
- Moving Help: organizing, junk removal, downsizing
- Home Repair and Maintenance: electrical, plumbing, painting, appliance repair, handyman, roofing/eavestroughs, deck and railing repairs, window cleaning
- Yard Help: mow lawn and do spring/fall clean-up including tree removal, trimming, etc. and gate, sidewalk and concrete repair

In addition to the call for an expanded scope, meeting the needs of low-income seniors who cannot afford to pay even the lowest rates for services has also been identified as an area of focus. A pilot subsidy program is being developed to help seniors pay for snow removal in the fall of 2018 and the winter of 2019. Assessment criteria, subsidy amount limits, application processes and allocation methods for the program will be developed.

At SWESA, Barbara Newell is our dedicated SHSP Coordinator. Barb is often in the community, meeting with service providers and seniors. You can usually find her at the Yellowbird East Community Centre most Mondays.

Contact Barbara at 780-860-2931 or email [hs@swedmontonseniors.ca](mailto:hs@swedmontonseniors.ca) to learn more or to attend her free information sessions as listed in this program guide.

## **Supports for Seniors (City of Edmonton)**

### **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 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 [“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.

### **Government of Alberta Information for Seniors**

The Government of Alberta provides several programs and services to support seniors in Alberta. This information is also helpful for caregivers and those Albertans who will be requiring these services in the near future. Call this toll-free number: 1-877-644-9992.

### **Alberta Seniors Advocate**

Alberta's Seniors Advocate Dr. Sheree Kwong See and her staff assist in dealing with concerns about government programs and services including housing, income and health benefit support programs, health and home care services, and continuing care. Albertans wishing to learn more can call 780-644-0682.

## Fall Programs

### Social

#### Coffee and Chat

Welcome to our home. Are you new to SWESA? This is a great way to meet fellow members in an informal, casual setting and an enjoyable 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.

**Cost:** A \$1-\$2 donation for refreshments is suggested.

#### 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

The seniors lounge at TCRC will be closed from December 24 – January 7.

### Luncheons

Enjoy a good meal with great company. Each event will feature a new theme and menu items. Registration and payment are due by noon on the Friday before the luncheon. The seniors lounge at TCRC will be closed on luncheon dates.

**When:** Wednesdays, monthly from 12:00 pm – 2:00 pm

September 26, October 31, November 28

**Location:** Yellowbird East Community Centre

**Cost:** \$15 **Registration is required.**

|   |
|---|
| <p>The Christmas event is on Friday, December 14 from 12:00 pm – 2:00 pm.<br/>This luncheon will be offered at a cost of \$20 per person at YECC.</p> |
|---|

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 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 members 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, varying backgrounds, and interesting conversations.

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

September 10, October 1, November 5, December 10

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5/season

Individuals will be billed for late book returns.

## **Games**

Come and learn to play a friendly game in a casual and warm setting. Some refer to this type of play as “kitchen cards”. Both beginners and experienced players are welcome and can join at any given time throughout the season.

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

**Cribbage** Mondays from 12:30 pm – 3:00 pm and Thursdays from 9:30 am – 11:30 am

**Hand and Foot Canasta** Tuesdays from 12:30 pm – 3:00 pm

**American Mahjong** Wednesdays from 9:30 am – 12:00 pm

**Contract Bridge** Wednesdays from 12:30 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$2 per drop-in session

## Technology

### Tech Help from Edmonton Public Library

Edmonton Public Library staff can help you learn how to operate your tablet, camera, laptop, phone or other tech device. They can also schedule free one-on-one sessions at their locations for any library member. Find your location [here](#).

#### When/Location

| <b>Terwillegar Community Rec Centre</b><br><b>All classes from 1:30 pm – 3:00 pm</b> | <b>Yellowbird East Community Centre</b><br><b>All classes from 10:30 am – 12:00 pm</b> |
|--|--|
| Monday, September 17<br>General Tech Help  | Tuesday, September 25<br>General Tech Help   |
| Monday, October 15<br>Pinterest  | Tuesday, October 30<br>General Tech Help   |
| Monday, November 19<br>General Tech Help   | Tuesday, November 27<br>General Tech Help  |
| Monday, December 17<br>Instagram   | Tuesday, December 11<br>Video Chatting   |

**Cost:** Member \$2 Registration is requested.

### **Volunteering**

Volunteering at EPL is a life-enriching, rewarding experience.

We need volunteers for diverse tasks from interacting with the public to working behind the scenes. Call [780-496-7000](tel:780-496-7000) or visit [www.epl.ca/volunteer](http://www.epl.ca/volunteer) to become involved.

### **Events and Programs**

EPL is a place of lifelong learning and entertainment.

From book sales, interactive movies to gala evenings, EPL events are always an experience. To learn more about what's going on in your neighbourhood, visit <https://epl.bibliocommons.com/events> or call [780-496-7000](tel:780-496-7000).



## The Arts

### Watercolors for Beginners

Willie Wong has been teaching pencil, watercolors, acrylics, and oil painting for 20 years to students of all ages and all skill levels. He excels at inspiring beginner artists with his easy-to-learn watercolor basics. Providing his students with his tried-and-true techniques, he walks each student through a piece of their choosing from start to finish.

**When:** Tuesdays, September 4, 11, 18 and October 9, 16, 23 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$97.50 for six classes You may choose to purchase supplies, using a supply list provided by the instructor, or pay an additional \$50 and the instructor will provide all materials. **Registration is required.**

### 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 7 to October 26

Session 2 – November 2 to December 21 (no class December 14)

**Location:** Yellowbird East Community Centre

**Cost:** \$30 for both sessions or \$2 drop-in fee

### 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 7 to October 26

Session 2 – November 2 to December 21 (no class December 14)

**Location:** Yellowbird East Community Centre

**Cost:** \$25 for both sessions or \$2 drop-in fee

### **Writing for Wellness**

In this workshop, we will look at various writings that you can do to promote personal wellness. We will start by using prompts to write a happy story. No previous writing experience is required. Facilitator Audrey Seehagen studied holistic medicine at Grant MacEwan University and owned a small practice, Healthy Buzz. She is a writer and poet who has been active in Edmonton-writing communities for many years. Audrey has hosted many writing programs at SWESA, and we look forward to welcoming her back.

**When:** Wednesday, October 24 from 9:30 am – 2:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$35 Please bring a bag lunch. Light snacks and refreshments are included in the workshop cost. **Registration is required by October 10.**

### **The Art of Redesigning Jewellery**

Hometown artist Shirley Zago will guide us in taking apart our own existing (costume) jewellery to recreate something different. We will have fun marrying pieces together and using our imaginations to create and design a new necklace and pair of earrings along with tips and techniques that open our minds to thinking outside the box. Green, unique, versatile and local – taking vintage to a whole new level!

**When:** Friday, October 26 from 12:30 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$15; Non-member \$20 **Registration is required by October 12.**

### **Intermediate Watercolors**

Continue painting with Willie in the world of watercolors. Students will now learn more techniques and shortcuts to achieve a frameable painting. Easy-to-follow handouts will be provided.

**When:** Tuesdays, October 30 to December 4 from 1:00 pm – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$97.50 for six classes You may choose to purchase supplies, using a supply list provided by the instructor, or pay an additional \$50 and the instructor will provide all materials. **Registration is required.**

## **Health and Wellness**

### **SWESA Walking Group**

Join SWESA volunteer Val Solomon as she leads this group for active agers. Inexpensive with excellent health benefits, walking is a great way to stay fit and meet new people. We will venture out from Yellowbird Centre to explore the neighbouring parks, paths and trails at a brisk pace.

**When:** Thursdays, from 10:30 am – 11:30 am (last walk October 4)

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5/season

### **ESSETRICS® Barre for Active Agers**

Everything you ever wanted from a barre workout but without the pain and stiffness!

A dynamic, full-body workout that combines standing, floor and barre exercises in one class. All the benefits of a regular ESSETRICS® workout – stretch, strengthen and rebalance 650+ muscles. Respectful to the body, barre work helps to unlock and stretch the deep muscles of the spine, hips, hamstrings and quads, relieving pain and permitting full range of motion. Liz Olson is the instructor.

**When:** Wednesdays, from 11:00 am – 12:00 pm

Session 1 (8 classes) – September 5 to October 24

Session 2 (8 classes) – October 31 to December 19

**Location:** eOne Fitness Studio ([3474 Allan Drive SW](#))

**Cost:** Member \$65/session or \$100 for both sessions (16 classes) or \$10 drop-in fee

### **Stretch, Strengthen and Rejuvenate Yoga**

The practice of yoga is another word for rejuvenation! This class will start with the foundations of yoga and gradually progress and build on them. Some of the benefits can include improved flexibility, muscle tone and strength, greater range of motion of the joints, more body awareness, greater calm and ease of being, and increased enjoyment of being in a body.

**When:** Thursdays, from 9:00 am – 10:00 am

Session 1 (8 classes) – September 6 to October 25

Session 2 (8 classes) – November 1 to December 20

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session or \$110 for both sessions (16 classes) or \$10 drop-in fee

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

Time 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, upbeat and supportive environment. No equipment is required.

**When:** Thursdays, from 10:15 am – 11:15 am

Session 1 (8 classes) – September 6 to October 25

Session 2 (8 classes) – November 1 to December 20

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session or \$100 for both sessions (16 classes) or \$10 drop-in fee

### **Cabaret Dance Classes With Michelle**

Join Michelle Mitchell for this new sassy class using props such as hats, canes, or gloves to create an easy-to-learn, fun form of dance open to both men and women of all ages and abilities. The class consists of travelling steps across the floor and in the centre of the room to help build mind-body neuro-connections and physical movement that we will build upon from week to week. Whether you have previous experience or are stepping out for the first time, Michelle will guide you through steps from jazz, cabaret, burlesque and modern groove dance forms.

**When:** Thursdays, from 11:30 am – 12:30 pm

Session 1 (8 classes) – September 6 to October 25

Session 2 (8 classes) – November 1 to December 20

**Location:** Yellowbird East Community Centre

**Cost:** Member \$65/session **No drop-ins accepted**

### **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.

**When:** Thursdays, September 6 to December 20 from 1:15 pm – 3:00 pm

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

**Cost:** \$3 drop-in fee Registration is requested at the YMCA.

### **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.

**When:** Mondays and Thursdays, September 6 to December 20 from 1:30 pm – 3:00 pm

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

**Cost:** \$3 drop-in fee Registration is requested at the YMCA.

## **Gentle Yoga**

Participants will develop strength and flexibility while working at their own pace. Please bring a yoga mat and a blanket to class. Our longtime 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 9:45 am – 11:00 am

Session 1 (7 classes) – September 10 to October 29 (no class October 8)

Session 2 (6 classes) – November 5 to December 17 (no class November 12)

**Location:** Yellowbird East Community Centre

**Cost:** Member \$55/session or \$100 for both sessions (13 classes) or \$10 drop-in fee

## **ESSETRICS® for Seniors**

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650+ muscles. It has a slower pace than a general ESSETRICS® class and combines standing and chair exercises. The class is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. The exercises are ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength.

|   |  |
|---|--|
| Tuesdays from 1:00 pm – 1:45 pm   | Fridays from 1:00 pm – 1:45 pm   |
| eOne Fitness Studio<br><a href="#">3474 Allan Drive SW</a>                    | Yellowbird East Community Centre<br>10710 - 19 Avenue NW                     |
| Instructor: Samara Hipkin   | Instructor: Lori Griffith  |
| Session 1: September 11 to October 30<br>Session 2: November 6 to December 18 | Session 1: September 21 to October 26<br>Session 2: November 2 to December 7 |
| Member \$65/session or \$10 drop-in fee                                       | Member \$65/session or \$10 drop-in fee                                      |

## **Better Choices, Better Health: Chronic Pain**

Alberta Health Services staff will facilitate this six-week workshop for those who are experiencing chronic pain. Each participant is loaned a workbook and CD with an exercise program. Adult family members and caregivers are welcome. Workshop topics include

- managing your medications
- pacing yourself
- breathing
- managing sleep
- options for treatment
- dealing with difficult feelings

**When:** Tuesdays, October 2 to November 6 from 9:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5; Non-member \$10 for all 6 classes **Registration is required.**

### **Boosting Your Memory**

This four-week workshop is a memory enhancement program for adults, ages 50+ who are interested in addressing their concerns about memory in relation to normal aging. Occupational therapists, registered dietitians, exercise instructors, and pharmacists (all from Alberta Health Services) will address

- how memory works
- normal changes that occur with aging
- ways to boost your memory
- factors that affect memory (e.g., diet, exercise, sleep, medications, and stress)

**When:** Wednesdays, October 3 to October 24 from 9:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

**Cost:** Member \$15; Non-member \$20 **Registration is required.**

## **Toonie Talks**

All Toonie Talks are offered at a cost of \$2. Although registration is not required, we request that you let us know if you will be attending so that we can be prepared to inform our presenters, accommodate everyone and offer the best experience possible.

### **Sleep, Pain, and Non-Drug Ways to Break the Cycle**

Dr. Cary Brown practiced as an occupational therapist and department manager in Canada and Saudi Arabia and has held academic appointments in Canada and the United Kingdom. She is currently a professor in the Occupational Therapy Department at the University of Alberta doing research in the areas of sleep deficiency, knowledge translation, and chronic pain. Cary regularly provides sleep education workshops to diverse groups and co-authored/co-edited the book [\*An Occupational Therapist's Guide to Sleep and Sleep Problems\*](#). She presents regularly at national and international conferences and received the Canadian Pain Society's Pain Awareness Award for her work in the area of knowledge translation. We look forward to welcoming her to SWESA where she will explain the biology of the relationship between sleep and pain. Then, based on that information, we will explore non-drug methods to improve sleep and reduce pain.

**When:** Thursday, September 6 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Understanding Your Financial Institution's Investment Fees**

An increasing number of banks' and investment firms' clients are demanding more clarity about the types and reasons for investment fees they are paying either directly or indirectly. Come join Wei Woo as we explore this very relevant and important issue in depth. There will also be discussion on fee-based accounts and whether they are truly beneficial to your situation.

**When:** Tuesday, September 11 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Home Supports**

There is no place like home but as one ages, it can be more difficult and risky to climb ladders to change light bulbs, empty gutters and replace batteries in fire detectors. The city of Edmonton funds the Seniors Home Supports Program (SHSP) to enable residents to keep their homes safe and comfortable as these routine chores can become more dangerous. Join SWESA's SHSP Coordinator Barbara Newell for a free Toonie Talk where she will explain the process of vetting service providers to make sure that customers get safe, qualified service people to complete these tasks and more.

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

Thursday, November 22 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Edmonton's Newest Hospital: What's Happening in Heritage Valley?**

Edmonton's getting a new hospital, and it will enrich the lives of southwest Edmonton residents for generations. The province is committing \$400 million over the next four years. With a projection of 350-500 beds, the hospital will provide expanded health care delivery to a city that is seeing some of the highest population growth in the country. Over the next decade, the largest growth rate of seniors will occur in the Rutherford area. Join Kevin Gue, project director with Alberta Infrastructure, to learn more about the plans for this project.

**When:** Thursday, September 13 from 11:00 am – 12:30 pm

**Location:** Yellowbird East Community Centre

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

You may have noticed some recent work in the Yellowbird Community. Learn the latest about TELUS PureFibre™ construction. Stacey Harris, senior regional market manager from TELUS, will share information about what PureFibre is and why we are seeing so much work being done to changeover from existing copper Internet. Whether you are just joining the online world or are an avid surfer, join us to discuss all things relating to internet technology.

**When:** Friday, September 14 from 1:00 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

### **Independent Living**

iCare Pharmacy is an independently owned pharmacy that strives to make your pharmacy experience simple, convenient, and positive. In this session, pharmacist Wasif Kamal will discuss various strategies that can help promote your independence and decrease your stress when it comes to medication management. The focus will be on optimizing your health using options such as compliance packaging, auto refill programs, seeing your pharmacist for prescriptions, preparing for your vacation, and delivering medications to your door. Snacks provided by iCare Pharmacy.

**When:** Tuesday, September 18 from 2:00 pm – 3:00 pm

**Location:** eOne Fitness Studio ([3474 Allan Drive SW](#))

### **What You Need to Know About Diabetes**

Diabetes rates continue to increase in both Canada and the United States. As we age, our likelihood of developing diabetes also increases. This talk will focus on what is diabetes, how it affects us, the causes, the warning signs which indicate we might be developing diabetes, and some general management tips. Our speaker is Dr. Michael Schaplowsky from the alpineHealth Naturopathic Centre.

**When:** Wednesday, September 19 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Fraud Prevention**

Fraud affects everyone regardless of age or ethnicity. Fraudsters develop elaborate stories and scenarios to make you believe they are legitimate. Fraud can happen by phone, mail, in person, or, less commonly, the Internet. Studies show con artists are more likely to target senior citizens than other age groups, because they believe seniors are more susceptible to such scams. The need for fraud prevention has become greater than ever, and SWESA has arranged to bring you proactive information from Detective Linda Herczeg with the Economic Crimes Section of the Edmonton Police Service.

**When:** Tuesday, September 25 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

### **Bones, Birds and the Bees**

As we age, key hormone systems within our bodies change and may increase our risk for osteoporosis, erectile dysfunction or vaginal atrophy among other things. Bones, Birds and the Bees is that awkward talk you've been meaning to have with your health care provider. Adam Henley, a registered nurse and owner of Consortia Care, will explain normal hormonal changes we can expect, their impact on disease risk, and lifestyle changes that can improve your quality of life. Adam will tell about some of the controversies in the field (e.g., hormone replacement) and answer any questions.

**When:** Friday, September 28 from 11:30 am – 12:30 pm

**Location:** Yellowbird East Community Centre

### **Change for Climate**

A significant portion of Edmonton's greenhouse gas emissions comes from the residential sector. Change for Climate encourages Edmontonians to decrease energy use, increase efficiency through renovations and changing habits, and to go solar. What options are available to you? What is affordable? How can you start, or continue, making a difference? Join Leon Milner, program coordinator with City Environmental Strategies, for this presentation and discussion.

Prior to joining the city of Edmonton, Leon served as the assistant executive director of the Solar Energy Society of Alberta and holds a Bachelor's Degree in Environmental Studies from the University of Alberta.

**When:** Wednesday, October 3 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Growth vs. Value Investments**

Weighing the merits of these two competing investment styles is important for investors to prosper throughout different market cycles. Each style has its strength and weakness. Both growth and value stocks can maximize retirement portfolio's risk adjusted performance, but the two schools of investing take different approaches.

We will determine where each style outperforms the other in this session with Wei Woo.

**When:** Thursday, October 4 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

### **Master, Journeyman, Handyman: Who Do I Need To Do My Job?**

What is the difference? Who exactly do I need for what kind of job? These questions can be overwhelming as a homeowner and especially when there is an urgent issue with your home. Daniel, a handyman from one of our SHSP businesses, will join us to clarify these questions. He will share tips for regular home maintenance schedules and make sure that you can be proactive rather than reactive when keeping your home safe and comfortable.

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

**Location:** Yellowbird East Community Centre

### **Shingles, Pneumonia and the Influenza Vaccine: Know the Facts**

Do you want to learn about the cost and effectiveness of the new shingles vaccine? Are you interested in learning how to reduce your chance of pneumonia? Do you get your annual flu shot? Come learn more about your options. Katie Swan, a Rexall Pharmacy manager, will give a brief talk about the new shingles vaccine, followed by an introduction to the pneumococcal and influenza vaccines. There will be a question and answer session afterwards.

**When:** Friday, October 12 from 10:00 am – 12:00 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. This program 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. The 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.

**When:** Wednesday, October 17 from 12:00 pm – 2:30 pm

**Location:** Yellowbird East Community Centre

## **Philosophy of Health**

Dr. Karn Kang has always been heavily involved in sports and enjoys living an active lifestyle. Because of this, he went on to pursue his Bachelor of Human Kinetics degree and later his Doctor of Chiropractic degree. Dr. Kang enjoys the level of results his work produces and is passionate about helping his patients return to normal functioning so they can regain the freedom of being able to do things that matter most to them.

**When:** Monday, October 22 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

## **Demystifying Incontinence**

iCare Pharmacy, in partnership with Tena, is holding an information session to demystify incontinence – often a taboo and misunderstood subject. We will discuss various strategies that can help promote independence and decrease stress when it comes to bladder wellness. The focus will be on promoting dignity and discretion and ease of use. In addition, this program will give the wearer more confidence by assisting with selecting the right products based on your unique and personal needs. iCare Pharmacy provides you with the ability to receive these items conveniently and discreetly (you can trial products before you purchase them to make sure you are satisfied with your decision). You will have the opportunity to meet with a Tena representative for a private consultation.

**When:** Tuesday, October 23 from 2:00 pm – 3:00 pm

**Location:** eOne Fitness Studio (3474 Allan Drive SW)

## **Finding an Aging-in-Place Specialist With Home Instead Seniors Care**

Are you interested in planning to remain in your own home, as long as it is safe and comfortable to do so? Do you know how a Certified Aging-in-Place Specialist (CAPS) can help? Are you aware of the health issues to consider when thinking about home modifications, such as accommodations for a walker or hearing loss? Would you like to learn more about options to pay for the remodelling of your home? This workshop will help you

- learn about Certified Aging-in-Place Specialists

- identify seven health considerations to keep in mind when thinking about home modifications
- find out about possible funding sources

**When:** Thursday, October 25 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Edmonton Insight Community**

The Edmonton Insight Community is an inclusive and accessible online citizen panel made up of diverse residents who provide feedback on policies, initiatives and issues so that a wide spectrum of information is available to decision makers in our city. Join research advisers Ryan Harasem and Curtis Rollins to learn more about this platform.

**When:** Thursday, November 1 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Drive Happiness**

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

**When:** Friday, November 9 from 10:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

### **Investing in Emerging Markets**

Emerging market stocks were the best performers in 2017. Many financial institutions are recommending that clients increase these investments in their retirement portfolios. As well, large pension plans, including the Canada Pension Plan, are adding exposure from these markets. Emerging markets are projected to represent 39% of the global stock market by 2030. While valuations look reasonable, the investment composition has changed significantly over the past eight years; they have evolved into technology and consumer-focused economies and away from energy and materials-focused economies. Because of these sector changes, the investment risk level between emerging market stocks and American/European stocks has narrowed considerably. Come join Wei Woo as we discuss how to incorporate these investments into your retirement strategy.

**When:** Tuesday, November 20 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Ask A Lawyer: An Open Chat With Lina Marrazzo**

Lina is returning to SWESA to give members an opportunity to discuss their own concerns and legal needs. This session will be driven by the audience regarding some of the most common questions for older adults such as

- making a will
- being an executor
- making a power of attorney
- being a personal representative
- writing a personal directive

**When:** Wednesday, November 21 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

### **Mindful Investing: How to Weather and Prosper in Fragile Markets**

The market crisis in 2008-2009 was a difficult time for investors. We saw many people panic and make reactive decisions based on their emotions. For the last 100 years, the markets went through a downturn every five to seven years. In 2015, we experienced another major downturn with the oil crisis with 2016 and 2017 being good years. However, we are now in the late market cycle stage and in one of the longest running global bull markets. The key is to not shy away from investing when you still need to receive dividends or interest for your retirement income. Learn how to protect cash flow when the markets stall or go negative.

Investing is emotional, because it involves more than just your financial wellbeing. A bad investment decision can wipe out your retirement nest egg or your children's education fund. Investing is complex and more difficult than a lot of things we do on a regular basis. Join Wei Woo as he discusses how to avoid making common investment mistakes during the retirement years.

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

**Location:** Yellowbird East Community Centre

## **Special Interests**

### **Cinema Cronies**

Relax and enjoy a movie, some popcorn and some companionship in the boardroom. Regular attendees will have the ability to choose from multiple movie options.

**When:** Tuesday, September 4 from 12:30 pm – 2:30 pm

Friday, October 12 from 12:30 pm – 2:30 pm

Friday, November 16 from 12:30 pm – 2:30 pm

December 18, 19, 20 from 12:30 pm – 2:30 pm (seasonal favourites)

**Location:** Yellowbird East Community Centre

**Cost:** \$5 includes movie and snacks **Registration is required.**

### **Travel Interest Group**

Are you interested in travelling to new locations and experiencing unique tastes and cultures? Join Fred Greaves from Expedia CruiseShipCenters to explore adventures to all parts of the world and cross a few things off your bucket list. We'll look at single and group travel for all sorts of vacations from sunny resorts to exotic cruises, from glaciers to jungles.

**When:** Friday, September 21 from 12:00 pm – 2:00 pm

Thursday, October 18 from 10:00 am – 12:00 pm

Wednesday, November 14 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free

### **Indigenous Women in Canada**

In the 17<sup>th</sup> century, some indigenous women responded to the teaching of the Jesuit missionaries and found opportunity in the Catholic faith. In the fur trade era, not only were indigenous women crucial to the survival and success of the European traders, but some women used the opportunities provided by the fur trade to enhance their lives. Some indigenous women married French or Scottish fur traders and helped to create a new people, the Métis. Changing attitudes and legislation in the 19<sup>th</sup> and 20<sup>th</sup> centuries led to challenges and difficulties, but indigenous women have continued to meet these challenges and build lives for themselves and their children. The stories that will be shared with us are numerous and complex. Let's explore with Dr. Carolee Pollock, assistant professor of history, the Department of Humanities at MacEwan University.

**When:** Friday, October 5 from 10:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$5 **Registration is required by September 27.**

### **AMA Mature Driver Course**

With more and more drivers on the road, brushing up on driving knowledge as we age is more important than ever! This course aims to increase confidence through a review of the rules of the road and safe driving tips. Learn more about roundabouts, left hand turns, merging and traffic circles, etc.

**When:** Thursday, November 15 and Friday, November 16 from 9:00 am – 12:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$52.50; Non-member \$60 **Registration is required by November 1.**

### **Declutter and Downsize in a Holistic Way**

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? Are you overwhelmed with what to do with your possessions? It is not too early to start preparing.

**Class 1:** Learn the S.P.A.C.E. strategy, Top 11 Checklist, Two Pile Plus system, and more ways that will help you keep the items that bring you joy and find new homes for those that don't. Get inspired to work on your goals within the following 14 days.

**Class 2:** Develop a plan (the four P's) to downsize and move with less stress and more ease. Celebrate your successes, ask questions and find solutions for each other's challenges. The solutions and support are often in our group. Lynn Fraser's self-care tools respect you and your special memories holistically so you can transition joyfully into an energy-giving and peaceful space.

**When:** Fridays, November 23, 30 from 9:30 am – 11:30 am

**Location:** Yellowbird East Community Centre

**Cost:** Member \$20; Non-member \$25 for both classes

**Registration is required by November 2.**

## **Special Events**

### **Bus Trip: Giant Pandas at the Calgary Zoo**

For decades, giant pandas were on the endangered species list, but recently their fortunes have changed for the better thanks to extensive recovery efforts. Er Shun, Da Mao and cubs Jia Panpan and Jia Yueyue are on loan from China. Join SWESA members as we take in all the sights at the zoo and meet the new additions. Optional sessions offered may include tiger and lemur feeding and a talk about gorilla care. You may pack your own bagged lunch or choose to dine at any one of the on-site venues.

Stops in Red Deer (both ways) are planned for snacks at your own cost.

**When:** Thursday, September 13 from 8:00 am – 6:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$95 Lunch is not included. **Registration is required by September 4.**

### **Bob Layton: How Do You Want To Be Remembered?**

SWESA is excited to welcome Bob Layton to share with us some proven strategies on how to write your life story. Lots of laughs are guaranteed! This workshop will include

- 90-minute entertaining PowerPoint presentation
- your very own workbook for your very own memories
- triggers to help you remember “back in the day”
- the right questions about childhood, marriage, jobs, and travel
- challenges, tragedies, failures, and accomplishments
- surprise questions you would never have thought to include

**When:** Monday, September 24 from 12:30 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$15 **Registration is required by September 10.**

### **Bus Trip: The River Cree Resort and Casino**

It's time for another day of fun! SWESA members will be treated to a free lunch and a \$5 playing voucher.

**When:** Tuesday, October 2 from 10:00 am – 3:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$5; Non-member \$5 **Registration is required by September 25.**

### **SWESA Fall Health Fair**

This fall SWESA will bring together our members and our community networks to celebrate “Living Active”. SWESA is hosting this health fair to share resources and interactive displays. We will offer door prizes and host guest speakers as we celebrate our commitment to the physical and mental health of older adults.

**When:** Sunday, October 14 from 12:30 pm – 4:30 pm

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

**Cost:** Free

### **Coffee and Conversation With Councillor Knack**

As the city councillor responsible for the Seniors Initiative, Andrew Knack will be visiting SWESA to update you on current issues and to answer your questions on any concerns and issues that are important to you.

**When:** Friday, October 19 from 10:30 am – 12:00 pm

**Location:** Yellowbird East Community Centre

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

### **Coffee and Conversation With Councillor Cartmell**

It has been a busy first year for Councillor Cartmell, and 2019 promises to be even busier. Southwest Edmonton is facing some major changes in the years to come: the Terwillegar Corridor, Heritage Valley, and 135<sup>th</sup> Street development to name a few. City council is also deliberating the four-year capital budget this fall which will involve voting on significant infrastructure projects. Come and join the discussion.

**When:** Monday, October 29 from 2:30 pm – 4:00 pm

**Location:** Terwillegar Community Recreation Centre

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

### **Flu Shot Clinic**

Seasonal influenza immunizations will again be offered, starting late in October for the 2018-2019 influenza season. SWESA welcomes the return of our local Rexall pharmacists to administer this vaccine.

**When:** Wednesday, October 31 from 10:30 am – 2:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** Free

### **Christmas Cardmaking Workshop**

Join us for an extra push and get an early start on your holiday preparations. This workshop is geared to beginners who are interested in trying their hands at cardmaking. All materials and step-by-step instructions will be provided. Those with experience are welcome to attend and encouraged to bring past projects to keep beginners inspired. All participants will leave with six handmade Christmas cards.

**When:** Monday, November 5 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** Member \$15; Non-member \$20 **Registration is required by October 29.**

### **SWESA Town Hall**

Once again, the last year has brought SWESA growth in membership and in programs. Join us to learn about the new board structure and the projects our volunteers are working on. Ask questions and engage in an open discussion with volunteers and staff. Your feedback and questions about SWESA's direction and activities are welcome! Feel free to submit questions in advance to the program coordinator or drop them off in our suggestion box in the coffee room.

**When:** Tuesday, November 13 from 10:00 am – 11:30 am

**Location:** Yellowbird East Community Centre

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

### **Bus Trip: Magic of Lights at Castrol Raceway**

For the first time ever, we will participate in the newest festive and vibrant LED illuminated display in the Edmonton area. We will be celebrating the joy of the holidays on a 2 km drive-through experience from the comfort of a bus. We will take in multiple holiday themes with hundreds of thousands of sparkling lights. At every turn, and in every direction, the magical route is overflowing with spectacular light displays and animations including an amazing 200' light tunnel. We will return to Yellowbird Centre and end the evening with hot chocolate and a snack.

**When:** Wednesday, December 12 from 5:45 pm – 7:30 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$20 **Registration is required by November 28.**

Please be advised that if the temperature is below -30 degrees, the trip will be cancelled.

### **Christmas Singalong Party**

Neuroscience proves that group singing makes us happier, healthier, smarter and more creative. Every time you sing, you fire up the right temporal lobe of your brain and release endorphins, including oxytocin, which result in heightened states of pleasure, bliss, bonding, and love. Tone deaf or talented troubadours alike, join us from your seat or take centre stage as we lead you through this seasonal singalong and karaoke event with SWESA's new sound equipment. Light snacks and refreshments provided.

**When:** Monday, December 17 from 12:00 pm – 2:00 pm

**Location:** Yellowbird East Community Centre

**Cost:** \$5 **Registration is required by December 10.**

### **“Amahl and the Night Visitors”**

The Trinity Players, a community-based amateur theatre group from Holy Trinity Anglican Church, are proud to present Menotti's "Amahl and the Night Visitors". Three quirky wise men are following the star to visit the mystical baby. On the way, they take refuge in the home of Amahl and his mother, and miracles ensue. This is the perfect way to enjoy an opera – in English and with the whole family. Don't miss out on this beautiful, one-hour production hosted within this 100-year-old provincial registered historic site.

**When:** Friday, December 21 from 6:45 pm (show begins at 7:00 pm) – 8:00 pm

**Location:** Holy Trinity Anglican Church (10037 - 84 Avenue)

**Cost:** Adult \$12; Child \$5 **Registration is required by December 1.**

## **Book Shoppe**

Do you like to read? If so, 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 them we wouldn't be where we are today! There are many ways you can contribute your time and talents. Roles include special event and committee work, program hosts, personal phone callers, and many more. If you are interested in volunteering or would like more information about opportunities, call us at 587-987-3200 or visit [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 [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca) under the SWESA News link. New programs also may be featured in issues of SWESA's weekly bulletin.

## **Contact Information**

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

## Schedules of Programs/Events

### Location Legend

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

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

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

eOne Fitness Studio (3474 Allan Drive SW) = eOne

### Weekly Ongoing Programs

| <b>Date</b> | <b>Program</b>              | <b>Time</b>         | <b>Location</b> | <b>Cost</b>  |
|-------------|-----------------------------|---------------------|-----------------|--------------|
| Monday      | Gentle Yoga                 | 9:45 am – 11 am     | YECC            | \$10.00      |
| Monday      | Cribbage                    | 12:30 pm – 3 pm     | YECC            | \$2.00       |
| Monday      | Coffee and Chat             | 1 pm – 4 pm         | TCRC            | Donation     |
| Monday      | Pickleball                  | 1:30 pm – 3 pm      | YMCA            | \$3.00       |
| Tuesday     | Coffee and Chat             | 9:30 am – 12 pm     | YECC            | Donation     |
| Tuesday     | Hand and Foot Canasta       | 12:30 pm – 3 pm     | YECC            | \$2.00       |
| Tuesday     | ESSETRICS for Seniors       | 1 pm – 1:45 pm      | eOne            | \$10.00      |
| Wednesday   | American Mahjong            | 9:30 am – 12 pm     | YECC            | \$2.00       |
| Wednesday   | ESSETRICS Barre             | 11 am – 12 pm       | eOne            | \$10.00      |
| Wednesday   | Contract Bridge             | 12:30 pm – 3 pm     | YECC            | \$2.00       |
| Wednesday   | Coffee and Chat             | 1 pm – 4 pm         | TCRC            | Donation     |
| Thursday    | Stretch and Strengthen Yoga | 9 am – 10 am        | YECC            | \$10.00      |
| Thursday    | Cribbage                    | 9:30 am – 11:30 am  | YECC            | \$2.00       |
| Thursday    | Golden Gloves               | 10:15 am – 11:15 am | YECC            | \$10.00      |
| Thursday    | Walking Group               | 10:30 am – 11:30 am | YECC            | \$5/season   |
| Thursday    | Cabaret Dance               | 11:30 am – 12:30 pm | YECC            | \$65/session |
| Thursday    | Floor Curling               | 1:15 pm – 3 pm      | YMCA            | \$3.00       |
| Thursday    | Pickleball                  | 1:30 pm – 3 pm      | YMCA            | \$3.00       |
| Friday      | Art Group                   | 9:30 am – 12 pm     | YECC            | \$2.00       |
| Friday      | Knitting/Stitching Group    | 11:30 am – 3 pm     | YECC            | \$2.00       |
| Friday      | ESSETRICS for Seniors       | 1 pm – 1:45 pm      | YECC            | \$10.00      |

## Special Programs/Events

| Date             | Program                           | Time              | Location   | Cost       |
|------------------|-----------------------------------|-------------------|------------|------------|
| <b>September</b> |                                   |                   |            |            |
| Sept. 3          | <b>CLOSED: STAT HOLIDAY</b>       |                   | <b>ALL</b> |            |
| Sept. 4          | Cinema Cronies                    | 12:30 – 2:30      | YECC       | \$5.00     |
| Sept. 4          | Watercolors for Beginners         | 1:00 – 3:00       | YECC       | \$97.50    |
| Sept. 6          | Ways to Break the Cycle           | 10:00 – 11:30     | YECC       | \$2.00     |
| Sept. 10         | Book Club                         | 9:30 – 11:30      | YECC       | \$5/season |
| Sept. 11         | Understanding Investment Fees     | 10:00 – 12:00     | YECC       | \$2.00     |
| Sept. 11         | Watercolors for Beginners         | 1:00 – 3:00       | YECC       | \$97.50    |
| Sept. 12         | Home Supports                     | 10:00 – 12:00     | YECC       | Free       |
| Sept. 13         | Bus Trip to Calgary Zoo           | 8:00 am – 6:00 pm | YECC       | \$95.00    |
| Sept. 13         | Edmonton's Newest Hospital        | 11:00 – 12:30     | YECC       | \$2.00     |
| Sept. 14         | Let's Talk Fibre                  | 1:00 – 2:30       | YECC       | \$2.00     |
| Sept. 17         | General Tech Help                 | 1:30 – 3:00       | TCRC       | \$2.00     |
| Sept. 18         | Watercolors for Beginners         | 1:00 – 3:00       | YECC       | \$97.50    |
| Sept. 18         | Independent Living                | 2:00 – 3:00       | eOne       | \$2.00     |
| Sept. 19         | Diabetes                          | 10:00 – 12:00     | YECC       | \$2.00     |
| Sept. 21         | Travel Interest Group             | 12:00 – 2:00      | YECC       | Free       |
| Sept. 24         | Bob Layton                        | 12:30 – 2:00      | YECC       | \$15.00    |
| Sept. 25         | General Tech Help                 | 10:30 – 12:00     | YECC       | \$2.00     |
| Sept. 25         | Fraud Prevention                  | 12:00 – 2:00      | YECC       | \$2.00     |
| Sept. 26         | SWESA Luncheon                    | 12:00 – 2:00      | YECC       | \$15.00    |
| Sept. 28         | Bones, Birds and the Bees         | 11:30 – 12:30     | YECC       | \$2.00     |
| <b>October</b>   |                                   |                   |            |            |
| Oct. 1           | Book Club                         | 9:30 – 11:30      | YECC       | \$5/season |
| Oct. 2           | Better Choices and Chronic Pain   | 9:30 – 12:00      | YECC       | \$5.00     |
| Oct. 2           | Bus Trip to the River Cree        | 10:00 – 3:00      | YECC       | \$5.00     |
| Oct. 3           | Boosting Your Memory              | 9:00 – 11:30      | YECC       | \$15.00    |
| Oct. 3           | Change for Climate                | 10:00 – 12:00     | YECC       | \$2.00     |
| Oct. 4           | Growth vs. Value Investments      | 12:00 – 2:00      | YECC       | \$2.00     |
| Oct. 5           | Indigenous Women in Canada        | 10:00 – 12:00     | YECC       | \$5.00     |
| Oct. 8           | <b>CLOSED: STAT HOLIDAY</b>       |                   | <b>ALL</b> |            |
| Oct. 9           | Better Choices and Chronic Pain   | 9:30 – 12:00      | YECC       | \$5.00     |
| Oct. 9           | Watercolors for Beginners         | 1:00 – 3:00       | YECC       | \$97.50    |
| Oct. 10          | Boosting Your Memory              | 9:00 – 11:30      | YECC       | \$15.00    |
| Oct. 10          | Who Do I Need for the Job?        | 10:00 – 12:00     | YECC       | \$2.00     |
| Oct. 12          | Shingles, Pneumonia, Flu Vaccines | 10:00 – 12:00     | YECC       | \$2.00     |
| Oct. 12          | Cinema Cronies                    | 12:30 – 2:30      | YECC       | \$5.00     |
| Oct. 14          | SWESA Fall Health Fair            | 12:30 – 4:30      | YMCA       | Free       |
| Oct. 15          | Pinterest                         | 1:30 – 3:00       | TCRC       | \$2.00     |
| Oct. 16          | Better Choices and Chronic Pain   | 9:30 – 12:00      | YECC       | \$5.00     |
| Oct. 16          | Watercolors for Beginners         | 1:00 – 3:00       | YECC       | \$97.50    |
| Oct. 17          | Boosting Your Memory              | 9:00 – 11:30      | YECC       | \$15.00    |
| Oct. 17          | TELUS WISE                        | 12:00 – 2:30      | YECC       | \$2.00     |

| <b>Date</b>     | <b>Program</b>                  | <b>Time</b>    | <b>Location</b> | <b>Cost</b> |
|-----------------|---------------------------------|----------------|-----------------|-------------|
| Oct. 18         | Travel Interest Group           | 10:00 – 12:00  | YECC            | Free        |
| Oct. 19         | Coffee With Councillor Knack    | 10:30 – 12:00  | YECC            | Free        |
| Oct. 22         | Philosophy of Health            | 10:00 – 12:00  | YECC            | \$2.00      |
| Oct. 23         | Better Choices and Chronic Pain | 9:30 – 12:00   | YECC            | \$5.00      |
| Oct. 23         | Watercolors for Beginners       | 1:00 – 3:00    | YECC            | \$97.50     |
| Oct. 23         | Demystifying Incontinence       | 2:00 – 3:00    | eOne            | \$2.00      |
| Oct. 24         | Boosting Your Memory            | 9:00 – 11:30   | YECC            | \$15.00     |
| Oct. 24         | Writing for Wellness            | 9:30 – 2:30    | YECC            | \$35.00     |
| Oct. 25         | Finding an Aging Specialist     | 10:00 – 12:00  | YECC            | \$2.00      |
| Oct. 26         | Art of Redesigning Jewellery    | 12:30 – 2:30   | YECC            | \$15.00     |
| Oct. 29         | Coffee With Councillor Cartmell | 2:30 – 4:00    | TCRC            | Free        |
| Oct. 30         | Better Choices and Chronic Pain | 9:30 – 12:00   | YECC            | \$5.00      |
| Oct. 30         | General Tech Help               | 10:30 – 12:00  | YECC            | \$2.00      |
| Oct. 30         | Intermediate Watercolors        | 1:00 – 3:00    | YECC            | \$97.50     |
| Oct. 31         | Flu Shot Clinic                 | 10:30 – 2:30   | YECC            | Free        |
| Oct. 31         | SWESA Luncheon                  | 12:00 – 2:00   | YECC            | \$15.00     |
| <b>November</b> |                                 |                |                 |             |
| Nov. 1          | Edmonton Insight Community      | 10:00 – 11:30  | YECC            | \$2.00      |
| Nov. 5          | Book Club                       | 9:30 – 11:30   | YECC            | \$5/season  |
| Nov. 5          | Christmas Cardmaking            | 12:00 – 2:00   | YECC            | \$15.00     |
| Nov. 6          | Better Choices and Chronic Pain | 9:30 – 12:00   | YECC            | \$5.00      |
| Nov. 6          | Intermediate Watercolors        | 1:00 – 3:00    | YECC            | \$97.50     |
| Nov. 9          | Drive Happiness                 | 10:30 – 11:30  | YECC            | \$2.00      |
| Nov. 11         | Understanding Investment Fees   | 10:00 – 12:00  | YECC            | \$2.00      |
| Nov. 12         | <b>CLOSED: STAT HOLIDAY</b>     |                | <b>ALL</b>      |             |
| Nov. 13         | SWESA Town Hall                 | 10:00 – 11:30  | YECC            | Free        |
| Nov. 13         | Intermediate Watercolors        | 1:00 – 3:00    | YECC            | \$97.50     |
| Nov. 14         | Travel Interest Group           | 10:00 – 12:00  | YECC            | Free        |
| Nov. 15         | AMA Mature Driver Course        | 9:00 – 12:00   | YECC            | \$52.20     |
| Nov. 16         | AMA Mature Driver Course        | 9:00 – 12:00   | YECC            | \$52.20     |
| Nov. 16         | Cinema Cronies                  | 12:30 – 2:30   | YECC            | \$5.00      |
| Nov. 19         | General Tech Help               | 1:30 – 3:00    | TCRC            | \$2.00      |
| Nov. 20         | Investing in Emerging Markets   | 10:00 – 12:00  | YECC            | \$2.00      |
| Nov. 20         | Intermediate Watercolors        | 1:00 – 3:00    | YECC            | \$97.50     |
| Nov. 21         | Ask A Lawyer                    | 10:00 – 12:00` | YECC            | \$2.00      |
| Nov. 22         | Home Supports                   | 10:00 – 12:00  | YECC            | Free        |
| Nov. 23         | Declutter and Downsize          | 9:30 – 11:30   | YECC            | \$20.00     |
| Nov. 27         | General Tech Help               | 10:30 – 12:00  | YECC            | \$2.00      |
| Nov. 27         | Intermediate Watercolors        | 1:00 – 3:00    | YECC            | \$97.50     |
| Nov. 28         | SWESA Luncheon                  | 12:00 – 2:00   | YECC            | \$15.00     |
| Nov. 30         | Declutter and Downsize          | 9:30 – 11:30   | YECC            | \$20.00     |
| <b>December</b> |                                 |                |                 |             |
| Dec. 4          | Intermediate Watercolors        | 1:00 – 3:00    | YECC            | \$97.50     |
| Dec. 10         | Book Club                       | 9:30 – 11:30   | YECC            | \$5/season  |

| Date    | Program                        | Time              | Location   | Cost    |
|---------|--------------------------------|-------------------|------------|---------|
| Dec. 11 | Video Chatting                 | 10:30 – 12:00     | YECC       | \$2.00  |
| Dec. 12 | Mindful Investing              | 10:00 – 12:00     | YECC       | \$2.00  |
| Dec. 12 | Bus Trip to Magic of Lights    | 5:45 pm – 7:30 pm | YECC       | \$20.00 |
| Dec. 14 | SWESA Luncheon                 | 12:00 – 2:00      | YECC       | \$20.00 |
| Dec. 17 | Christmas Singalong Party      | 12:00 – 2:00      | YECC       | \$5.00  |
| Dec. 17 | Instagram                      | 1:30 – 3:00       | TCRC       | \$2.00  |
| Dec. 18 | Cinema Cronies                 | 12:30 – 2:30      | YECC       | \$5.00  |
| Dec. 19 | Cinema Cronies                 | 12:30 – 2:30      | YECC       | \$5.00  |
| Dec. 20 | Cinema Cronies                 | 12:30 – 2:30      | YECC       | \$5.00  |
| Dec. 21 | “Amahl and the Night Visitors” | 6:45 pm – 8:00 pm | Self-drive | \$12.00 |
| Dec. 24 | <b>CLOSED: WINTER BREAK</b>    |                   | <b>ALL</b> |         |

## Program Registration Form

(cheques payable to SWESA)

**Detach and submit with payment**

Date: \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

| #  | Program | Date         | Cost |
|----|---------|--------------|------|
| 1. |         |              |      |
| 2. |         |              |      |
| 3. |         |              |      |
| 4. |         |              |      |
| 5. |         |              |      |
| 6. |         |              |      |
| 7. |         |              |      |
| 8. |         |              |      |
|    |         | <b>Total</b> |      |