

Coming Up This Week:

Date	Program	Time	Location	Cost
Sept. 3	CLOSED		ALL	
Sept. 4	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Sept. 4	Cinema Cronies: Wild Oats	12:30 pm – 2:30 pm	YECC	\$5.00
Sept. 4	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Sept. 4	Watercolors for Beginners	1 pm – 3 pm	YECC	\$97.50
Sept. 4	Registration Deadline: Calgary Zoo			\$95.00
Sept. 5	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Sept. 5	ESSETRICS Barre	11 am – 12 pm	eOne	\$10.00
Sept. 5	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Sept. 5	Welcome Back: Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Sept. 6	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Sept. 6	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Sept. 6	Sleep: Ways to Break the Cycle	10 am – 11:30 am	YECC	\$2.00
Sept. 6	Golden Years, Golden Gloves	10:15 am – 11:15	YECC	\$10.00
Sept. 6	Walking Group	10:30 am – 11:30	YECC	\$5/season
Sept. 6	Cabaret Dance	11:30 am – 12:30	YECC	\$65/session
Sept. 6	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Sept. 6	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Sept. 7	Art Group	9:30 am – 12 pm	YECC	\$2.00
Sept. 7	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Sept. 7	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

The fall programs are starting this week! ESSETRICS Barre at eOne Fitness Studios, the second offering of Willy Wong’s Beginner Watercolor Classes, and our new Cabaret Classes all begin this week. There’s still time to register for any of these classes, and you are welcome to pop in and check them out prior to registering for the first session of the fall season. For more information, please contact the program coordinator at 587-987-3200 or email [here](#).

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

Dr. Cary Brown 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](#). 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 at YECC **Cost:** \$2

Please Note:



Fall 2018
Program Guide



September 2018 – December 2018

Yellowbird East Community Centre – 10710 - 19 Avenue NW
Terwilliger 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@swedmontonseniors.ca
www.swedmontonseniors.ca

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



2019 memberships are now available. New members may join for the remainder of 2018 plus the 2019 membership year (January 1 to December 31) for \$40.

Registration Deadline – September 10

Bob Layton: How Do You Want to Be Remembered?

ESSEINTRICS With eOne

Essentrics is a full-body stretching and strengthening program designed to decompress joints and rebalance and lengthen your muscles. The workout combines ballet strengthening, tai chi fluidity and physiotherapy techniques. In an Essentrics Barre class, we will use the ballet barre for isolation in the standing series and to increase the range of motion and deepen your stretch.

Click [HERE](#) for class costs, locations and more details.



Lori



Sam



Liz

Stay Connected:

Grandparents Day Luncheon

Stop by the Silver Thymes Café for their Grandparents Day luncheon. Check their [website](#) for the menu and cost or call 780-433-5807. Everyone is welcome.

When: Friday, September 7 from 11:30 am – 1:00 pm

Location: Strathcona Place 55+ Centre (10831 University Avenue)

September 3- 7, 2018

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca