









November



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Edmonton Insight Community 10 - 1130 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
5	6	7	8	9
Home Supports 9 - 12 Book Club 9:30 - 11:30 Gentle Yoga 945 - 11 Christmas Card Making 12 - 2 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Better Choices Chronic Pain 930 - 12 SWESA Town Hall 10 - 1130 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Intermediate Watercolors 1 - 3	Mah Jong 9:30 - 12 ESSENTRICS BARRE 11 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Meeting 1 - 3 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	Art Group 9:30-12 Drive Happiness 1030 - 1130 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
12	13	14	15	16
CLOSED 	Coffee and Chat 9:30 - 12 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Intermediate Watercolors 1 - 3	Mah Jong 9:30 - 12 Travel Interest Group 10 - 12 ESSENTRICS BARRE 11 - 12 Bridge 12:30 - 3 Executive Meeting 1 - 3 Coffee and Chat 1 - 4	Stretch and Strength Yoga 9 - 10 AMA Mature Drivers 9 - 12 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	AMA Mature Drivers 9 - 12 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Cinema Cronies 1230 - 230 Essentrics 1 - 1:30
19	20	21	22	23
Home Supports 9 - 12 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Program Committee 1 - 3 Coffee and Chat 1 - 4 Go Gadgets 1:30 - 3 	Coffee and Chat 9:30 - 12 Emerging Markets 10 - 12 Cinema Cronies 12 - 12:30 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Intermediate Watercolors 1 - 3	Mah Jong 9:30 - 12 Ask A Lawyer 10 - 12 ESSENTRICS BARRE 11 - 12 Bridge 12:30 - 3 Coffee and Chat 1 - 4 	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Home Supports 10 - 12 Cabaret 11:30 - 12:30 Curling 1:15 - 3 Pickleball 1:30 - 3	Declutter and Downsize 930 - 1130 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 
26	27	28	29	30
Home Supports 9 - 12 Gentle Yoga 945 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	Coffee and Chat 9:30 - 12 Go Go Gadgets 10:30 - 12 Canasta 12:30 - 3 ESSENTRICS 1 - 1:45 Intermediate Watercolors 1 - 3	Mah Jong 9:30 - 12 ESSENTRICS BARRE 11 - 12 SWESA Luncheon 12 - 2 Bridge 12:30 - 3 Executive Meeting 1 - 3 	Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	Declutter and Downsize 930 - 1130 Art Group 9:30-12 Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30 

YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19 Avenue
 TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road
 WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW
 EONE FITNESS STUDIO (eOne) 3474 Allan Drive SW
 SPECIAL EVENTS - Please see program guide for details and pre-registration info.
 Board and Committee Events
 SENIORS HOME SUPPORTS COORDINATOR AVAILABLE 9 - 12
 ** - Luncheon registration and payment is due at noon on the Friday prior to the event.

November is Gratitude Month
 If everyone practiced daily gratitude, we could change ourselves *and* the planet for the better. Everyone would be much happier. Love would grow and hate would decrease. And the world would know true peace.