








# OCTOBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Home Supports 9 - 12 <b>Book Club 9:30 - 11</b> Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	<b>2</b> Coffee and Chat 9:30 - 12 <b>Chronic Pain 930 - 1230</b> <b>River Cree 10 - 3</b> Canasta 12:30 - 3 <b>ESSETRICS 1 - 1:45</b> 	<b>3</b> <b>Boosting your Memory 9 - 11:30</b> Mah Jong 9:30 - 12 <b>ESSETRICS BARRE 11 - 12</b> Bridge 12:30 - 3 Executive Meeting 1 - 3 Coffee and Chat 1 - 4	<b>4</b> Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 <b>Growth vs Value 12 - 2</b> Floor Curling 1:15 - 3 Pickleball 1:30 - 3	<b>5</b> Art Group 9:30-12 <b>Indigenous Women Canada 10 - 12</b> Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
<b>8</b> <b>CLOSED</b> 	<b>9</b> Coffee and Chat 9:30 - 12 <b>Chronic Pain 930 - 1230</b> Canasta 12:30 - 3 <b>ESSETRICS 1 - 1:45</b> Watercolor for Beginners 1 - 3	<b>10</b> <b>Boosting your Memory 9 - 11:30</b> Mah Jong 9:30 - 12 <b>Handyman, Journeyman 10 - 12</b> <b>ESSETRICS BARRE 11 - 12</b> Bridge 12:30 - 3 Coffee and Chat 1 - 4	<b>11</b> Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 <b>Board Meeting 1 - 3</b> Floor Curling 1:15 - 3 Pickleball 1:30 - 3	<b>12</b> Art Group 9:30-12 <b>Vaccines: Know Your Options 10 - 12</b> Knitting/Stitching 11:30 - 3 <b>Cinema Cronies 1230 - 230</b> Essentrics 1 - 1:30 
<b>15</b> Home Supports 9 - 12 Gentle Yoga 9:45 - 11 Cribbage 12 - 3 Coffee and Chat 1 - 4 <b>Go Go Gadgets (Pinterest) 1:30 - 3</b> Pickleball 1:30 - 3	<b>16</b> Coffee and Chat 9:30 - 12 <b>Chronic Pain 930 - 1230</b> Canasta 12:30 - 3 <b>ESSETRICS 1 - 1:45</b> Watercolor for Beginners 1 - 3 - 1	<b>17</b> <b>Boosting your Memory 9 - 11:30</b> Mah Jong 9:30 - 12 <b>ESSETRICS BARRE 11 - 12</b> <b>TELUS WISE 10 - 12</b> Bridge 12:30 - 3 Executive Meeting 1 - 3 Coffee and Chat 1 - 4	<b>18</b> Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 Golden Years Golden Gloves 10 - 11 <b>Travel Group 10 - 12</b> Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	<b>19</b> Art Group 9:30-12 <b>Coffee With Councillor Knack 1030 - 1230</b> Knitting/Stitching 11:30 - 3 Essentrics 1 - 1:30
<b>22</b> Home Supports 9 - 12 Gentle Yoga 9:45 - 11 <b>Philosophy of Health 10 - 12</b> Cribbage 12:30 - 3 Coffee and Chat 1 - 4 Pickleball 1:30 - 3	<b>23</b> Coffee and Chat 9:30 - 12 <b>Chronic Pain 930 - 1230</b> Cinema Cronies 12 - 12:30 Canasta 12:30 - 3 <b>ESSETRICS 1 - 1:45</b> <b>Demystifying Incontinence 2 - 3</b> Watercolor for Beginners 1 - 3	<b>24</b> <b>Boosting your Memory 9 - 11:30</b> <b>Writing For WellNess 930 - 230</b> Mah Jong 9:30 - 12 <b>ESSETRICS BARRE 11 - 12</b> Bridge 12:30 - 3 Coffee and Chat 1 - 4	<b>25</b> Stretch and Strength Yoga 9 - 10 Cribbage 9:30 - 12 <b>Finding an Age In Place Specialist 10 - 12</b> Golden Years Golden Gloves 10 - 11 Cabaret 11:30 - 12:30 Floor Curling 1:15 - 3 Pickleball 1:30 - 3	<b>26</b> Art Group 9:30-12 Knitting/Stitching 11:30 - 3 <b>Art of Redesigning Jewellery 1230 - 230</b> Essentrics 1 - 1:30
<b>29</b> Home Supports 9 - 12 Gentle Yoga 9:45 - 11 Cribbage 12:30 - 3 Coffee and Chat 1 - 4 <b>Coffee With Councillor Cartmell 230 - 4</b> Pickleball 1:30 - 3	<b>30</b> Coffee and Chat 9:30 - 12 <b>Chronic Pain 930 - 1230</b> <b>Go Go Gadgets 10:30 - 12</b> Canasta 12:30 - 3 <b>ESSETRICS 1 - 1:45</b> Intermediate watercolours 1 - 3	<b>31</b> Mah Jong 9:30 - 12 <b>Flu shot Clinic 10:30 - 2:30</b> <b>ESSETRICS BARRE 11 - 12</b> Bridge 12:30 - 3 <b>OCTOBER LUNCH 12 - 2</b> Executive Meeting 1 - 3 		
<b>YELLOWBIRD EAST COMMUNITY CENTRE (YECC) 10710-19Avenue</b> <b>TERWILLEGAR COMMUNITY RECREATION CENTRE (TCRC) 2051 Leger Road</b> <b>WILLIAM LUTSKY YMCA (YMCA) 1975 111 St NW</b> <b>EONE FITNESS STUDIO (eOne) 3474 Allan Drive SW</b> <b>SPECIAL EVENTS - Please see program guide for details and pre-registration info.</b> <b>Board and Committee Events</b> <b>SENIORS HOME SUPPORTS COORDINATOR AVAILABLE 9 - 12</b> <b>** - Luncheon registration and payment is due at noon on the Friday prior to the event.</b>			<b>SWESA Fall Health Fair</b> 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. <b>When:</b> Sunday, October 14 from 12:30 pm – 4:30 pm <b>Location:</b> William Lutsky YMCA (1975 - 111 Street) <b>Cost:</b> Free	