

Coming Up This Week:

Date	Program	Time	Location	Cost
Sept. 10	Registration for Bob Layton Due	3 pm	YECC	\$15.00
Sept. 10	Book Club: A Study in Scarlet	9:30 am – 11 am	YECC	\$5/season
Sept. 10	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Sept. 10	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Sept. 10	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Sept. 10	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Sept. 11	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Sept. 11	Understanding Investment Fees	10 am – 12 pm	YECC	\$2.00
Sept. 11	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Sept. 11	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Sept. 11	Watercolors for Beginners	1 pm – 3 pm	YECC	\$97.50
Sept. 12	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Sept. 12	Home Supports: Rob the Electrician	10 am – 12 pm	YECC	Free
Sept. 12	ESSETRICS Barre	11 am – 12 pm	eOne	\$10.00
Sept. 12	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Sept. 12	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Sept. 13	Bus Trip: Pandas at the Calgary Zoo	8 am – 6 pm	YECC	\$95.00
Sept. 13	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Sept. 13	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Sept. 13	Golden Years, Golden Gloves	10:15 am – 11:15	YECC	\$10.00
Sept. 13	Walking Group	10:30 am – 11:30	YECC	\$5/season
Sept. 13	Heritage Valley Hospital	11 am – 12:30 pm	YECC	\$2.00
Sept. 13	Cabaret Dance	11:30 am – 12:30	YECC	\$65/session
Sept. 13	Floor Curling	1:15 pm – 3 pm	YMCA	\$3.00
Sept. 13	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Sept. 14	Art Group	9:30 am – 12 pm	YECC	\$2.00
Sept. 14	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Sept. 14	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00
Sept. 14	TELUS Fibre Optics	1 pm – 2:30 pm	YECC	\$2.00

Join SWESA's Seniors Home Supports Program coordinator Barbara Newell as she welcomes "Rob - the Master Electrician" for a 1.5-hour presentation on the many existing safety and hazard concerns in the home.

September 12 from 10:00 am to 12:00 pm

2019 Memberships now available

New members are offered a special price of \$40.00 which will be valid for September 2018 through to December 31, 2019.

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. Join Kevin Gue, project director with Alberta Infrastructure, to learn more about the plans for this project.

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.

Please Note:



SWESA yoga has become very popular over the last year, and fall is the busiest season of the year. Please keep in mind that SWESA's program policies accommodate SWESA members into our programs first followed by drop-in members, and then we will accommodate reciprocal members and members of the public. If you plan to attend yoga on an ongoing basis, please register for the seasonal rate and secure your spot. For more about our yoga programs and a biography on Linda Vaudan, please click [here](#).

Stay Connected:

The Canadian Multicultural Education Foundation Presents the Mid-Autumn Festival

The CMEF, in partnership with the Chinese Benevolent Association of Edmonton, will offer physical activities such as Tai Chi and health information sessions. This is a free family-friendly festival that supports the community.

When: Saturday, September 15 from 1:00 pm to 4:00 pm

Location: Kinistinâw Park (10249 - 96 Street)

Cost: Free For more information, click [here](#).

3rd Annual Win Your Wine for Christmas: Presented by the Women of the Moose Chapter 853

You are invited to this fun-filled event where you could win up to 25 bottles of wine!

When: Thursday, September 20 from 5:00 pm to 9:00 pm

Location: Highlands Golf Club (6603 Ada Boulevard)

Cost: \$15.75 plus a \$10 bottle of wine. For tickets, please phone Jo-Ann at 780-993-1465 or email jmoloney@telusplanet.net. Please click [here](#) for the poster.

September 10 - 14, 2018

587-987-3200

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