

Coming Up This Week:

Date	Program	Time	Location	Cost
Sept. 24	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Sept. 24	Bob Layton	12:30 pm – 2 pm	YECC	FULL
Sept. 24	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Sept. 24	Coffee and Chat	CLOSED	TCRC	Donation
Sept. 24	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Sept. 25	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Sept. 25	EPL: General Tech Help	10:30 am – 12 pm	YECC	\$2.00
Sept. 25	Fraud Prevention	12 pm – 2 pm	YECC	\$2.00
Sept. 25	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Sept. 25	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Sept. 26	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Sept. 26	ESSETRICS Barre	11 am – 12 pm	eOne	\$10.00
Sept. 26	SWESA Luncheon	12 pm – 2 pm	YECC	FULL
Sept. 26	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Sept. 26	Coffee and Chat	CLOSED	TCRC	Donation
Sept. 27	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Sept. 27	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Sept. 27	Golden Years, Golden Gloves	10:15 am – 11:15	YECC	\$10.00
Sept. 27	Walking Group	10:30 am – 11:30	YECC	\$5/season
Sept. 27	Cabaret Dance	11:30 am – 12:30	YECC	\$65/session
Sept. 27	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Sept. 28	Art Group	9:30 am – 12 pm	YECC	\$2.00
Sept. 28	Bones, Birds and the Bees	11:30 am – 12:30	YECC	\$2.00
Sept. 28	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Sept. 28	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Fraud Prevention

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. 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. Tuesday, September 25 from 12:00 pm – 2:00 pm at 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. Friday, September 28 from 11:30 am – 12:30 pm at Yellowbird East Community Centre

Please Note:



Stay Connected:

LAST CALL! Bus Trip to See Giant Pandas at the Calgary Zoo

Join SWESA members as we take in all the sights at the zoo and meet the new additions. Snow postponed the original trip, but it looks like we should see a 10–m15 degree day! 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 27 from 8:00 am – 6:00 pm

Location: Yellowbird East Community Centre

Cost: \$95 Lunch is not included. Call 587-987-3200 to register.

What You Need to Know About Diabetes

Dr. Michael Schaplowsky has rescheduled his talk that will focus on what diabetes is, how it affects us, the causes, the warning signs which indicate we might be developing diabetes, and some general management tips. Wednesday, October 3 from 10:00 am – 12:00 pm

Location: Yellowbird East Community Centre

October Lunch

Pumpkin Soup with Sage and Ham, Cheesy "Eyeball" Bread and Dip with Veggie Fingers and a Delectable Dessert
Great Food, Games, Friendship, Costume Prizes, Door Prizes, 50/50
View the poster here.

When: Wednesday, October 31 from 12:00 pm – 2:00 pm

Location: Yellowbird East Community Centre (10710 - 19 Avenue)

Cost: \$15.00 per person

Registration and payment are due October 26.

Shakers and Makers Market

The Edmonton Grannies (The GANG) are proud to welcome you to this first-time event. The GANG raises funds and awareness to support grandmothers in sub-Saharan Africa who raise children affected by AIDS. This effort will offer crafts, bags, knitted items, baking and preserves.

When: Saturday, October 20 from 10:00 am – 3:00 pm

Location: Southminster-Steinhauer United Church (10740 - 19 Avenue)

Cost: \$1 Admission For more information, please visit the website [here](#).

Winter Can't Keep You Disconnected!

The Seniors' Centre Without Walls is a seniors' centre from the comfort of your own home! Join a variety of interactive telephone-based social and health programming, free of charge.

Program catalogue available here: [September to December 2018](#)

To register, please call 780-395-2626. No referral is necessary.

September 24-28, 2018

587-987-3200

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Home Supports: 780-860-2931

www.Swedmontonseniors.ca