

**Coming Up This Week:**

| Date    | Program                         | Time                | Location | Cost         |
|---------|---------------------------------|---------------------|----------|--------------|
| Oct. 15 | Gentle Yoga                     | 9:45 am – 11 am     | YECC     | \$10.00      |
| Oct. 15 | Cribbage                        | 12 pm – 3 pm        | YECC     | \$2.00       |
| Oct. 15 | Coffee and Chat                 | 1 pm – 4 pm         | TCRC     | Donation     |
| Oct. 15 | Go Go Gadgets: Pinterest        | 1:30 pm – 3 pm      | TCRC     | \$2.00       |
| Oct. 15 | Pickleball                      | 1:30 pm – 3 pm      | YMCA     | \$3.00       |
| Oct. 16 | Coffee and Chat                 | 9:30 am – 12 pm     | YECC     | Donation     |
| Oct. 16 | Better Choices and Chronic Pain | 9:30 am – 12 pm     | YECC     | <b>FULL</b>  |
| Oct. 16 | Hand and Foot Canasta           | 12:30 pm – 3 pm     | YECC     | \$2.00       |
| Oct. 16 | ESSETRICS for Seniors           | 1 pm – 1:45 pm      | eOne     | \$10.00      |
| Oct. 16 | Watercolors for Beginners       | 12:30 pm – 2:30 pm  | YECC     | \$97.50      |
| Oct. 17 | Boosting Your Memory            | 9 am – 11:30 am     | YECC     | <b>FULL</b>  |
| Oct. 17 | American Mahjong                | 9:30 am – 12 pm     | YECC     | \$2.00       |
| Oct. 17 | TELUS WISE                      | 12 pm – 2:30 pm     | YECC     | \$2.00       |
| Oct. 17 | Contract Bridge                 | 12:30 pm – 3 pm     | YECC     | \$2.00       |
| Oct. 17 | ESSETRICS & CARDIO              | 1 pm – 2 pm         | YECC     | \$10.00      |
| Oct. 17 | Coffee and Chat                 | 1 pm – 4 pm         | TCRC     | Donation     |
| Oct. 18 | Stretch and Strengthen Yoga     | 9 am – 10 am        | YECC     | \$10.00      |
| Oct. 18 | Cribbage                        | 9:30 am – 11:30 am  | YECC     | \$2.00       |
| Oct. 18 | Golden Years, Golden Gloves     | 10:15 am – 11:15 am | YECC     | \$10.00      |
| Oct. 18 | Travel Group                    | 10 am – 12 pm       | YECC     | <b>FREE</b>  |
| Oct. 18 | Cabaret Dance                   | 11:30 am – 12:30 pm | YECC     | \$65/session |
| Oct. 18 | Pickleball                      | 1:30 pm – 3 pm      | YMCA     | \$3.00       |
| Oct. 19 | Art Group                       | 9:30 am – 12 pm     | YECC     | \$2.00       |
| Oct. 19 | Coffee With Councillor Knack    | 10:30 am – 12:30 pm | YECC     | <b>FREE</b>  |
| Oct. 19 | Knitting/Stitching Group        | 11:30 am – 3 pm     | YECC     | \$2.00       |
| Oct. 19 | ESSETRICS for Seniors           | 1 pm – 1:45 pm      | YECC     | \$10.00      |

**Coming up this Month:** All program details can be found [here](#). To register, call 587-987-3200.

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| Oct. 22 - Philosophy of Health                 | Oct. 26 - Art of Redesigning Jewellery (Due Oct. 16) |
| Oct. 23 - Demystifying Incontinence            | Oct. 29 - Coffee With Councillor Cartmell            |
| Oct. 24 - Writing for Wellness (Due Oct.16)    | Oct. 31 - Flu Shot Clinic                            |
| Oct. 25 - Finding an Aging in Place Specialist | Oct. 31 - SWESA Luncheon (Due Oct. 26)               |

**Please Note:**



**RENOVATION**

October 15 - 19, 2018

**Improvements at Yellowbird East Community Centre**

Thank you for your patience and understanding as we accommodate many improvements with new furnaces, windows, paint and window coverings over the next few weeks at Yellowbird.

587-987-3200

[programs@swedmontseniors.ca](mailto:programs@swedmontseniors.ca)

Home Supports: 780-860-2931

[www.Swedmontseniors.ca](http://www.Swedmontseniors.ca)



### **MySeniorCentre (MSC): Data Privacy**

There have been a few member questions about the privacy of individual information in the new MSC system. The collection and storage of personal information is how business is done in today's environment, whether it's through banks, libraries, organizations, or general memberships. [Click here](#) to learn more steps taken to protect your personal information. SWESA's team are happy to answer any questions or concerns as we work to implement the new system for January 2019. Please email your questions [here](#).

### **October Lunch**

Glazed Ham with Autumn Squash

Please [click here](#) for the poster and further details.

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

**Cost:** \$15.00 per person

**Location:** Yellowbird East Community Centre

**Registration and payment due October 26.**

### **SWESA Gym Closure - Friday October 26**

Due to the Annual Yellowbird Pumpkin Patch Party, we are not able to use the auditorium on Friday, October 26. This has left use to cancel both art drop-in and ESSETRICS. Lori Griffith is happy to invite everyone to attend her class at [eOne Fitness](#) from 1:00 pm until 1:45 pm. Any members who have prepaid for the session will be given a credit. Please contact me [here](#) to make arrangements.



### **Stay Connected:**

#### **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](#).

#### **Millwoods Seniors Association Christmas Craft/Bake/Book Sale**

Get your Christmas shopping done early at this craft fair. MWSA will also have a pancake breakfast, bake sale and book sale. Everyone is welcome. Call 780-496-2997 for more information.

**When:** October 27, 10 a.m. – 2 p.m.

**Location:** Millwoods Seniors Association (2610 Hewes Way, 2nd Floor)

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