

Coming Up This Week:

Date	Program	Time	Location	Cost
Oct. 22	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Oct. 22	Philosophy of Health	10 am – 12 pm	YECC	\$2.00
Oct. 22	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Oct. 22	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Oct. 22	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Oct. 23	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Oct. 23	Better Choices and Chronic Pain	9:30 am – 12 pm	YECC	FULL
Oct. 23	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Oct. 23	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Oct. 23	Watercolors for Beginners	1 pm – 3 pm	YECC	\$97.50
Oct. 23	Demystifying Incontinence	2 pm – 3 pm	eOne	\$2.00
Oct. 24	Boosting Your Memory	9 am – 11:30 am	YECC	FULL
Oct. 24	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Oct. 24	Writing for Wellness	9:30 am – 2:30 pm	YECC	\$35.00
Oct. 24	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Oct. 24	ESSETRICS & CARDIO	1 pm – 2 pm	YECC	\$10.00
Oct. 24	Coffee and Chat	1 pm – 4 pm	TCRC	Donation
Oct. 25	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Oct. 25	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Oct. 25	Finding an Aging-in-Place Specialist	10 am – 12 pm	YECC	\$2.00
Oct. 25	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Oct. 25	Cabaret Dance	11:30 am – 12:30 pm	YECC	\$65/session
Oct. 25	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Oct. 26	Art Group	9:30 am – 12 pm	YECC	\$2.00
Oct. 26	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Oct. 26	The Art of Redesigning Jewelry	12:30 pm – 2:30 pm	YECC	\$15.00
Oct. 26	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00

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

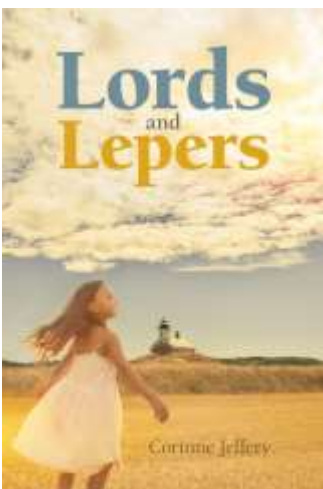
Oct. 29 – Coffee With Councillor Cartmell	Nov. 5 – Christmas Cardmaking (Due Oct. 29)
Oct. 30 – Intermediate Watercolors Starts	Nov. 9 – Drive Happiness
Oct. 31 – Flu Shot Clinic	Nov. 11 – SWESA Closed
Oct. 31 – SWESA Luncheon (Due Oct. 26)	Nov. 12 – SWESA Town Hall
Nov. 1 – Edmonton Insight Community	Nov. 20 – Investing in Emerging Markets

Please call 587-987-3200 to register or [click here](#) to read more about our programs.

Please Note:



Stay Connected:



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.

October Lunch – Registration Due this Week

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

Location: Yellowbird East Community Centre

Cost: \$15.00 per person

SWESA Gym Closure – October 26

Due to the Annual Yellowbird Pumpkin Patch Party, we are unable to use the auditorium on Friday, October 26. This has left us 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 – 1:45 pm. Any members who have prepaid for the session will be given a credit. Please contact me [here](#) to make arrangements.

SWESA Invited to Remembrance Day Ceremony

Students and staff of Roberta MacAdams School would like to extend a warm welcome to all members of SWESA to join them for their Remembrance Day Assembly.

When: Friday, November 9 at 10:30 am

Location: Roberta MacAdams School (2099 Blackmud Creek Drive)

Meet Canadian Bestselling Author Corinne Jeffery

Meet Corinne and get your signed copy of her fourth and most recent novel, *Lords and Lepers*. She wrote the bestselling Canadian historical fiction trilogy *Understanding Ursula* with titles *Arriving: 1909–1919*, *Thriving: 1920–1939*, and *Choosing: 1940–1989*.

When: Saturday, October 20 from 11:00 am – 4:00 pm

Location: Indigo, South Edmonton Common (1837 - 99 Street)

Link: www.corinnejeffery.ca