

Coming Up This Week:

Date	Program	Time	Location	Cost
Oct. 29	Gentle Yoga	9:45 am – 11 am	YECC	\$10.00
Oct. 29	Cribbage	12:30 pm – 3 pm	YECC	\$2.00
Oct. 29	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Oct. 29	Councillor Cartmell	2:30 pm – 4 pm	TCRC	FREE
Oct. 30	Coffee and Chat	9:30 am – 12 pm	YECC	Donation
Oct. 30	Better Choices and Chronic Pain	9:30 am – 12 pm	YECC	FULL
Oct. 30	Go Go Gadgets	CANCELLED	YECC	\$2.00
Oct. 30	Hand and Foot Canasta	12:30 pm – 3 pm	YECC	\$2.00
Oct. 30	ESSETRICS for Seniors	1 pm – 1:45 pm	eOne	\$10.00
Oct. 30	Intermediate Watercolors	1 pm – 3 pm	YECC	\$97.50
Oct. 31	American Mahjong	9:30 am – 12 pm	YECC	\$2.00
Oct. 31	Flu Shot Clinic	10:30 am – 2:30 pm	YECC	FREE
Oct. 31	SWESA Luncheon	12 pm – 2 pm	YECC	SOLD OUT
Oct. 31	Contract Bridge	12:30 pm – 3 pm	YECC	\$2.00
Oct. 31	ESSETRICS & CARDIO	1 pm – 2 pm	eOne	\$10.00
Oct. 31	Coffee and Chat	CLOSED	TCRC	Donation
Nov. 1	Stretch and Strengthen Yoga	9 am – 10 am	YECC	\$10.00
Nov. 1	Cribbage	9:30 am – 11:30 am	YECC	\$2.00
Nov. 1	Edmonton Insight Community	10 am – 11:30 am	YECC	\$2.00
Nov. 1	Golden Years, Golden Gloves	10:15 am – 11:15 am	YECC	\$10.00
Nov. 1	Cabaret Dance	11:30 am – 12:30 pm	YECC	\$65/session
Nov. 1	Pickleball	1:30 pm – 3 pm	YMCA	\$3.00
Nov. 2	Art Group	9:30 am – 12 pm	YECC	\$2.00
Nov. 2	Knitting/Stitching Group	11:30 am – 3 pm	YECC	\$2.00
Nov. 2	ESSETRICS for Seniors	1 pm – 1:45 pm	YECC	\$10.00

Colors indicate special classes or events.

Coming Up This Month:

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

Nov. 5 – Christmas Cardmaking – seats available	Nov. 15 and Nov. 16 – AMA Mature Drivers
Nov. 9 – Drive Happiness	Nov. 20 – Investing in Emerging Markets
Nov. 12 – SWESA Closed	Nov. 21 – Ask a Lawyer
Nov. 13 – SWESA Town Hall	Nov. 23 and Nov. 30 – Holistic Decluttering

Please Note:



October 29 – Nov. 2, 2018

Demystifying Incontinence

Thank you to [iCare Pharmacy](#) for presenting this session at the eOne Fitness Studio. For those who were interested in gaining a copy of the presentation, please click [here](#) and [here](#).

587-987-3200

programs@swedmontonseniors.ca

Home Supports: 780-860-2931

www.Swedmontonseniors.ca



AMA Mature Driver Course

With more and more drivers on the road, brushing up on driving knowledge as we age is more important than ever! This course aims to increase confidence through a review of the rules of the road and safe driving tips. Learn more about roundabouts, left hand turns, merging and traffic circles, etc.

When: Thursday, November 15 and Friday, November 16 from 9:00 am – 12:00 pm

Location: Yellowbird East Community Centre

Cost: Member \$52.50; Non-member \$60

Registration is required by November 1.



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Declutter and Downsize in a Holistic Way

Are you or a loved one planning to declutter and then downsize to a smaller home? Is all your "stuff" weighing you down? Are you overwhelmed with what to do with your possessions? It is not too early to start preparing.

Class 1: Learn the S.P.A.C.E. strategy and more ways that will help you keep the items that bring you joy.

Class 2: Develop a plan (the four P's) to downsize and move with less stress and more ease.

When: Fridays, November 23, 30 from 9:30 am – 11:30 am

Location: Yellowbird East Community Centre

Cost: Member \$20; Non-member \$25 for both classes

Registration is required by November 2.

Stay Connected:



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)



Drama Club

MWSA Drama Club is looking for new members to share stories, create skits, express themselves through fun activities, and more! MWSA strives to provide a supportive environment where everyone is welcome, regardless of skill level, ability, or background. No performance background or drama club experience is needed.

When: Mondays from 12:30 pm – 2:30 pm

Location: Mill Woods Seniors Association (2610 Hewes Way)

Cost: Drop-in fee of \$2 for MWSA members/\$4 non-members

Call 780-496-2997 for more information.